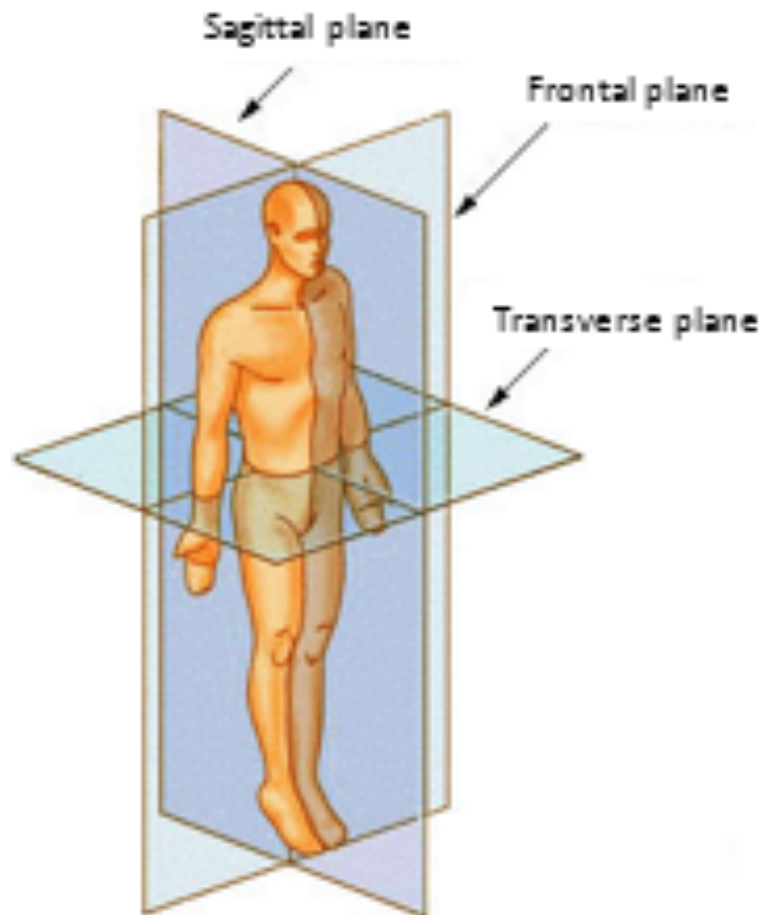


Paper 1: Movement analysis – planes and axes

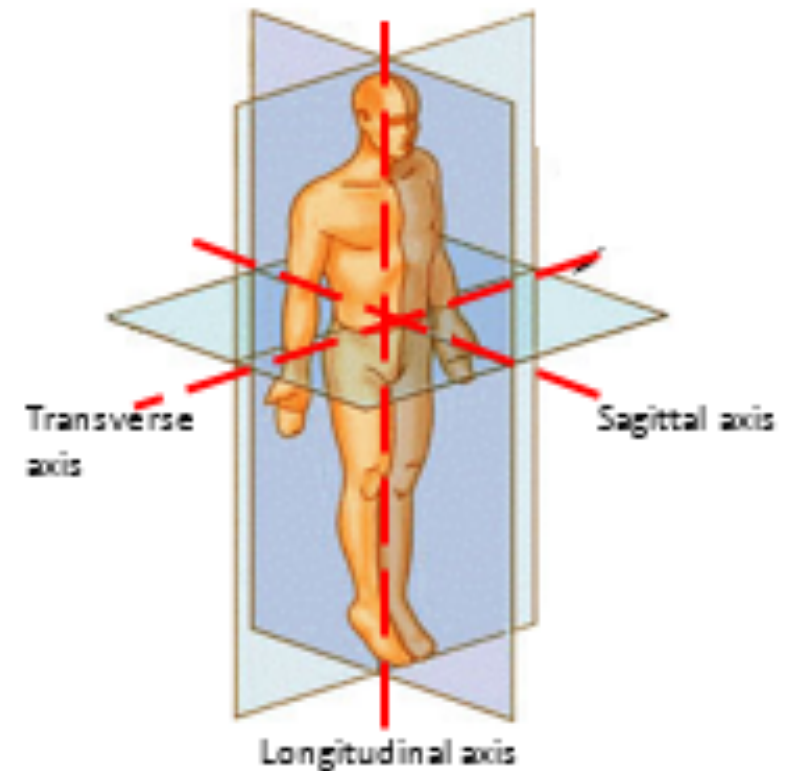
Planes of Movement

Any movement at a joint occurs in one of the planes outlined below.

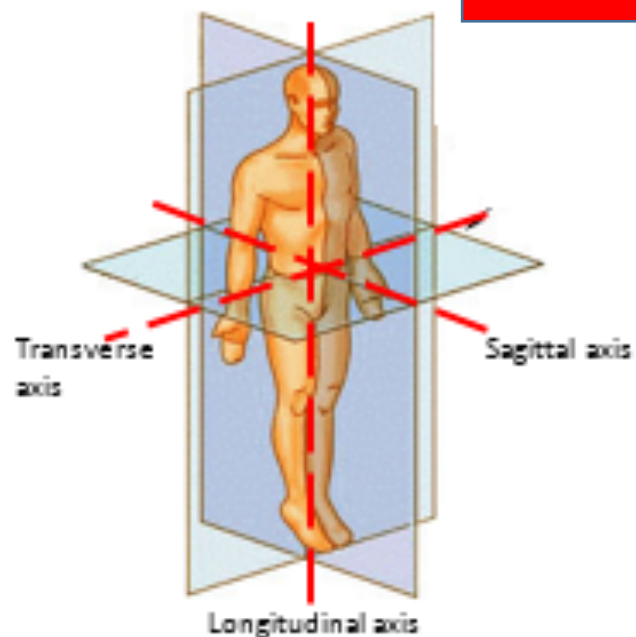
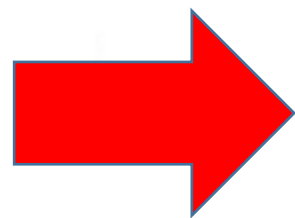
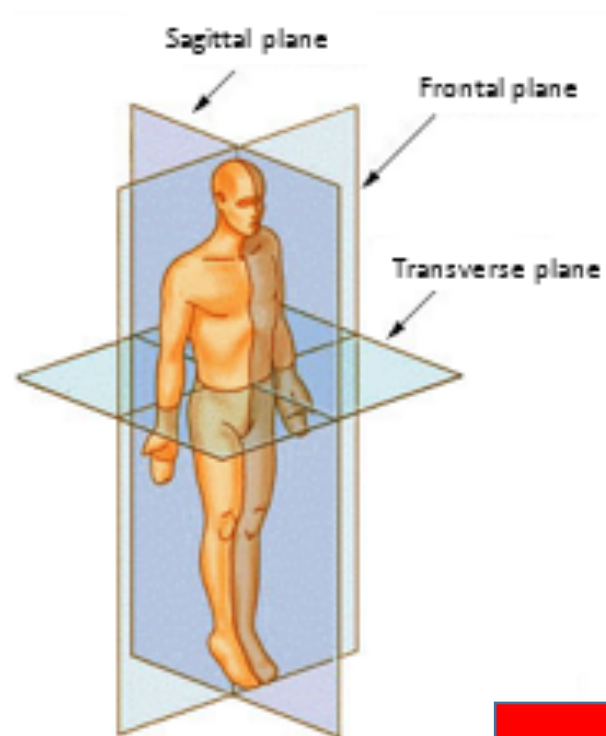


Axes of Rotation

Any time the body rotates, it does so around one of the three axes shown below:



Paper 1: Movement analysis – planes and axes



Front somersault

Plane: Sagittal
Axis: Transverse



Discus throw

Plane: Transverse
Axis: Longitudinal



Cartwheel

Plane: Frontal
Axis: Sagittal



Cycling

Plane: Sagittal Plane
Axis: Transverse

