

Paper 1: Movement analysis

Push up

Movement at the elbow:

Flexion (downwards)

Extension (upwards)

Lever system:

2nd class



Cricket bowling

Movement at the shoulder:

Rotation

Lever system:

1st class



Jumping

Movement at the ankle:

Plantar flexion (take-off)

Dorsiflexion (landing)

Movement at the hip:

Extension (take-off)

Flexion (landing)

Lever system at the ankle:

2nd class



Running

Movement at the knee:

Flexion (backwards/bending)

Extension (forwards/straightening)

Lever system:

3rd class



Tennis forehand

Movement at the shoulder:

Abduction (backswing)

Adduction (follow-through)

Lever system:

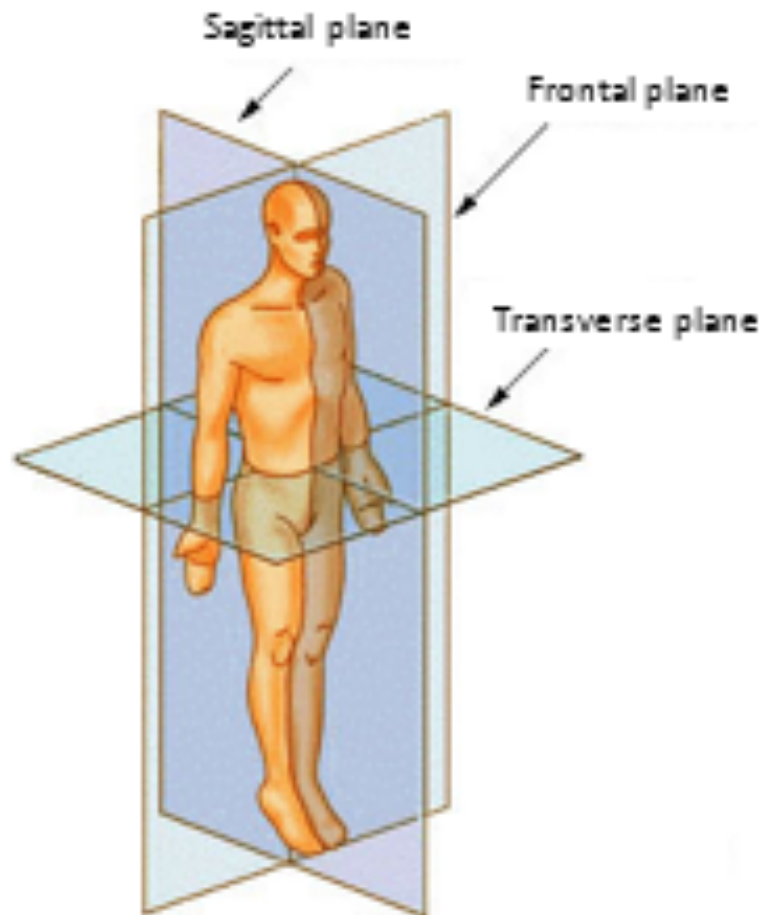
1st class



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:

