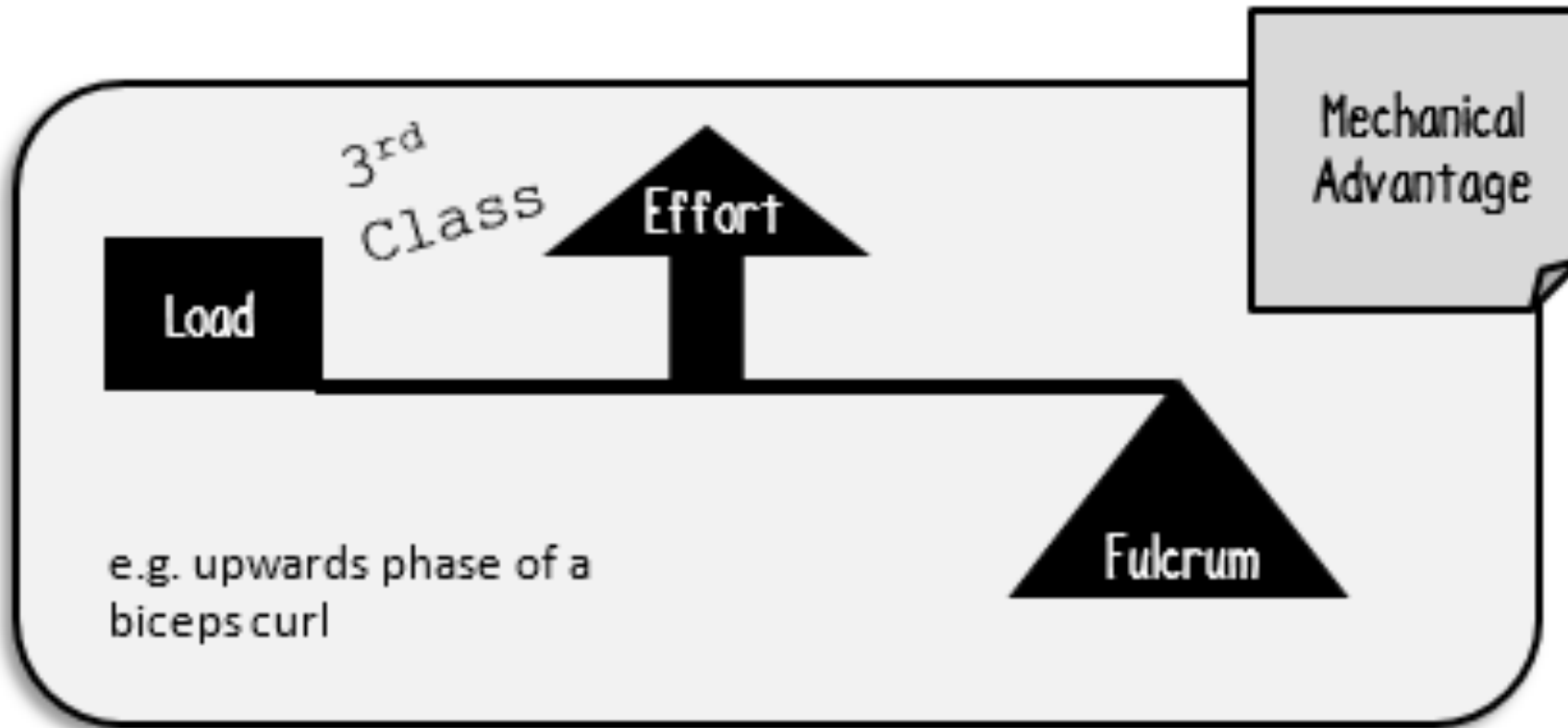


Paper 1: Movement analysis - levers

3rd Class Lever



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

