

Planes and axes of movement



UNTAMED
EDUCATION

1.2.2 Movement analysis

Frontal Plane

Sagittal Axis

Transverse Plane

Longitudinal axis

Planes and axes of movement

Sagittal Plane

Transversal axis

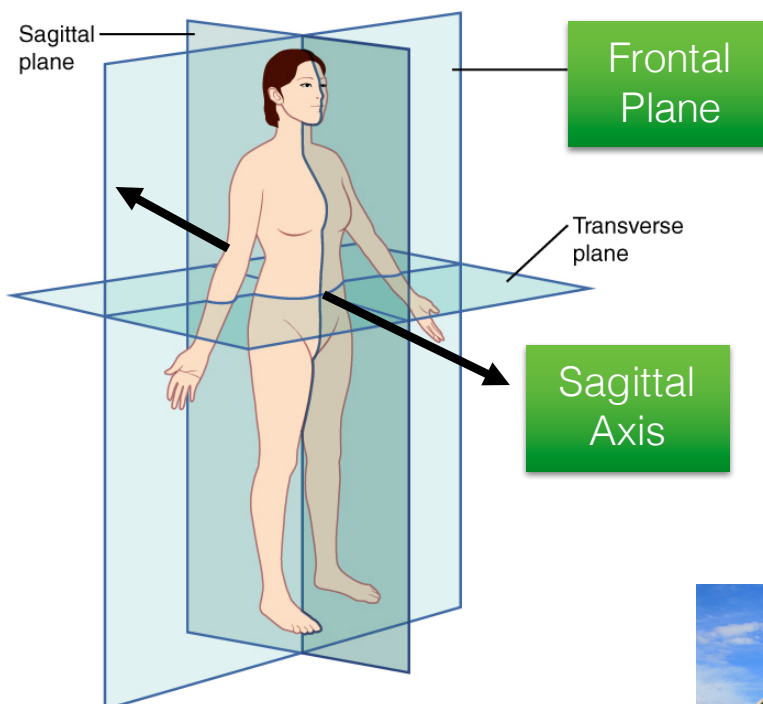


Planes and axes of movement

1. Planes and axes

- ▶ A **plane** is where the body is **divided into two parts**.
- ▶ Movement occurs in a plane.
- ▶ An **axis** is an **imaginary straight** line that passes through the body.
- ▶ The three planes and associated axes are:
 - i. **Frontal plane** and **sagittal axis**.
 - ii. **Transverse plane** and **longitudinal axis**.
 - iii. **Sagittal plane** and **transverse axis**.

2. Frontal plane - Sagittal Axis



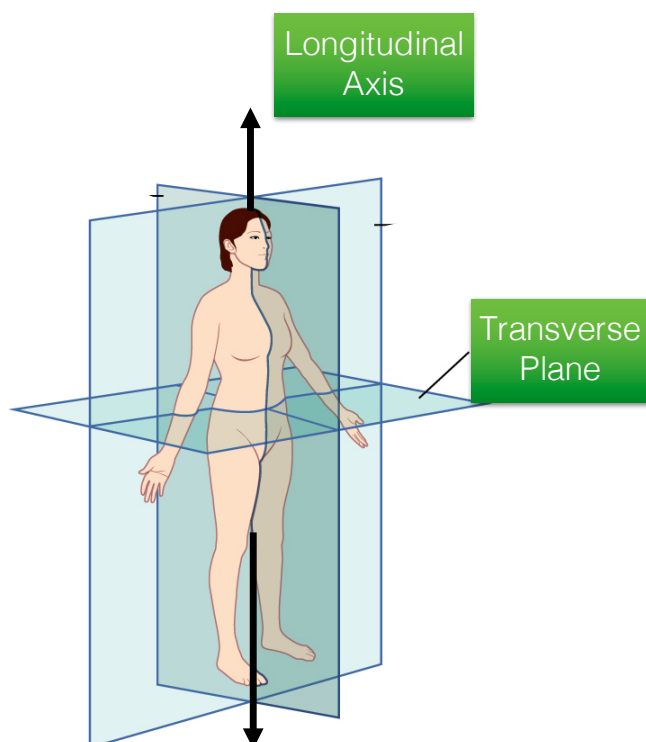
Cartwheel





Planes and axes of movement

3. Transverse plane - Longitudinal Axis

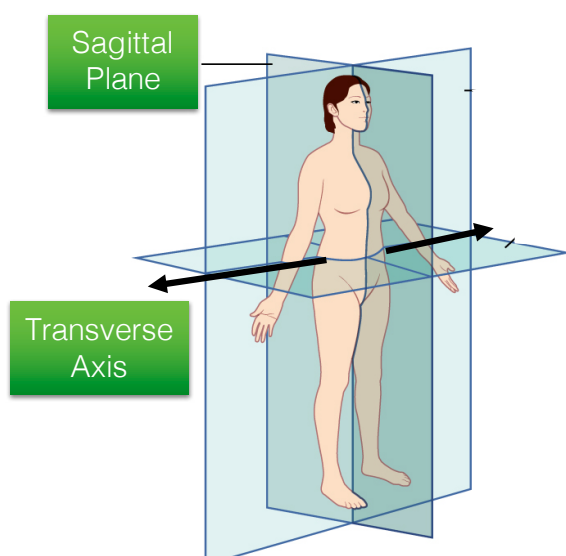


Discus spin



**360°
Spin**

4. Sagittal plane - Transverse axis



Throw



Running



Somersault

