

Planes and axes of movement



UNTAMED
EDUCATION

3.1.2 Movement analysis

Frontal Plane

Sagittal Axis

Longitudinal axis

Planes and axes of movement

Transverse Plane

Sagittal Plane

Transverse axis

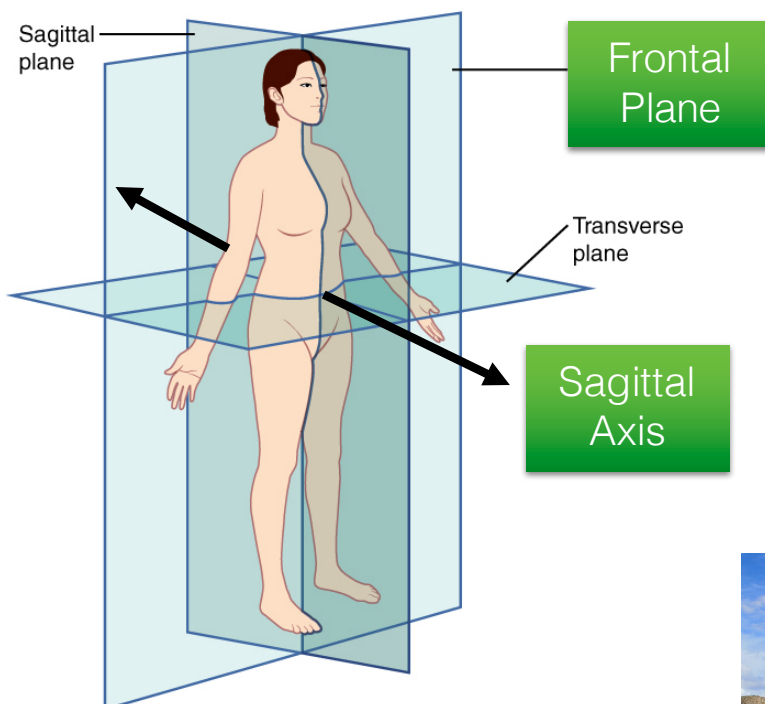


Planes and axes of movement

1. Levers

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

2. Frontal plane - Sagittal Axis



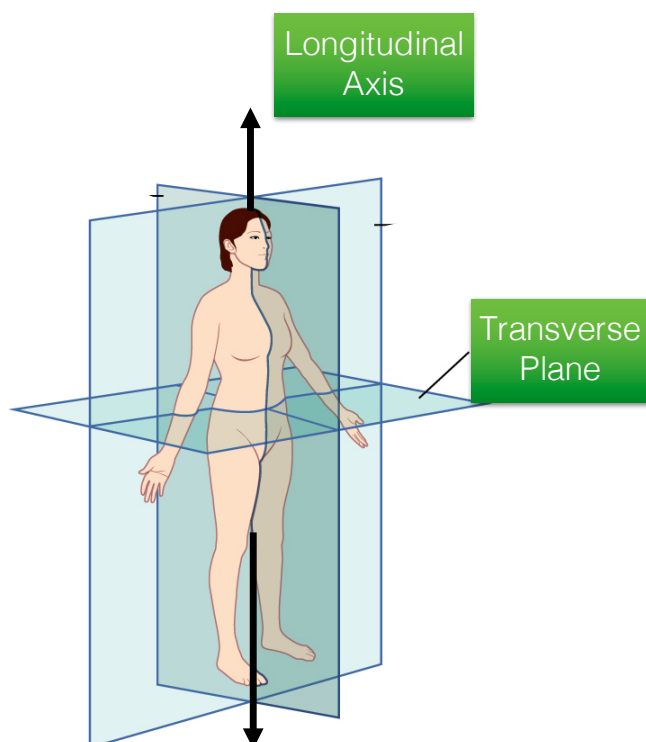
Cartwheel





Planes and axes of movement

3. Transverse plane - Longitudinal Axis

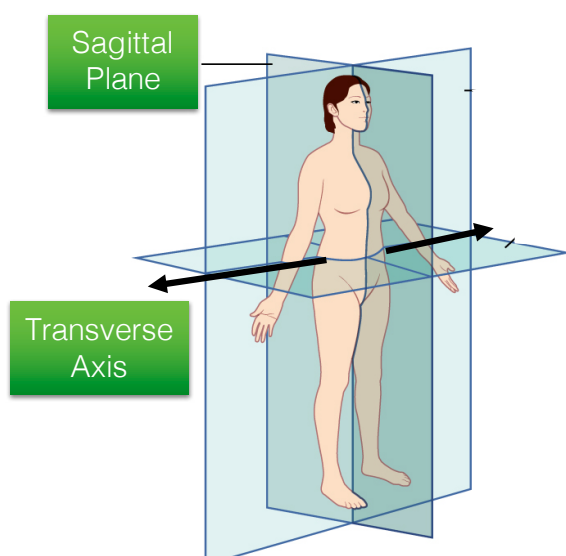


Discus spin



360°
Spin

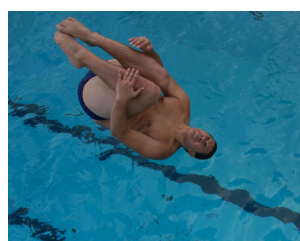
4. Sagittal plane - Transverse axis



Throw



Running



Somersault