**Anatomical Movements:**

Give a definition & sport/ life example of each anatomical movement for each joint of the body.

|  |  |  |
| --- | --- | --- |
| Shoulder | Flexion |  |
|  | Extension |  |
|  | Abduction |  |
|  | Adduction |  |
|  | Medial Rotation |  |
|  | Lateral Rotation |  |
| Elbow | Flexion |  |
|  | Extension |  |
|  | Pronation |  |
|  | Supination |  |
| Wrist | Flexion |  |
|  | Extension |  |
| Trunk | Flexion |  |
|  | Extension |  |
|  | Rotation |  |
| Hip | Flexion |  |
|  | Extension |  |
|  | Abduction |  |
|  | Adduction |  |
| Knee | Flexion |  |
|  | Extension |  |
| Ankle | Plantar Flexion |  |
|  | Dorsi Flexion |  |
|  | Inversion |  |
|  | Eversion |  |

**Specific Movement Examples:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Movement | JointMovement | JointMovement | JointMovement | JointMovement |
| Raising hand in class |  |  |  |  |
| Push Up (from the ground) |  |  |  |  |
| Standing upfrom a chair |  |  |  |  |
| Eating an apple |  |  |  |  |
| Basketball Free Throw |  |  |  |  |
| Military Press (Upwards) |  |  |  |  |
| Chin Up (Upwards) |  |  |  |  |
| Football Throw |  |  |  |  |