

Name: _____

Principles and Terminology

Defining Key Terms

1. Briefly explain the meaning of the following key terms:

Anatomy	
Physiology	
Exercise Physiology	
Anatomical Position	
Anatomical planes / axes	
Flexion and Extension	
Abduction and Adduction	
Internal and External Rotation	
Circumduction	

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Supination and Pronation	
Protraction and Retraction	
Dorsiflexion and Plantar Flexion	
Eversion / Inversion	
Elevation and Depression	
Opposition and Reposition	

Anatomical Planes and Anatomical Axis

2. Describe the anatomical plane and axis of rotation involved in the actions listed below

Movement of the body during the swinging of the bat for a line drive in baseball	Plane: Axis:
Movement of the body during the back flip of a gymnast	Plane: Axis:
Movement of the body during a quadruple jump in ice skating	Plane: Axis:
Movement of the body when bending over to touch your toes	Plane: Axis:
Movement of the body when performing a cartwheel	Plane: Axis: