

Movement Analysis Practice

- 1) What is the name of the movement at the hip joint?
- 2) What plane and axis?
- 3) Is this a concentric or eccentric action?
- 4) What agonist muscles are involved in this action?



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- 2) What plane and axis?
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- 4) What agonist muscles are involved in this action?
- 5) What action are the muscles of the right hip doing?



Start



Finish

Movement Analysis Practice

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- 3) Is this a concentric or eccentric action?
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Start



Finish

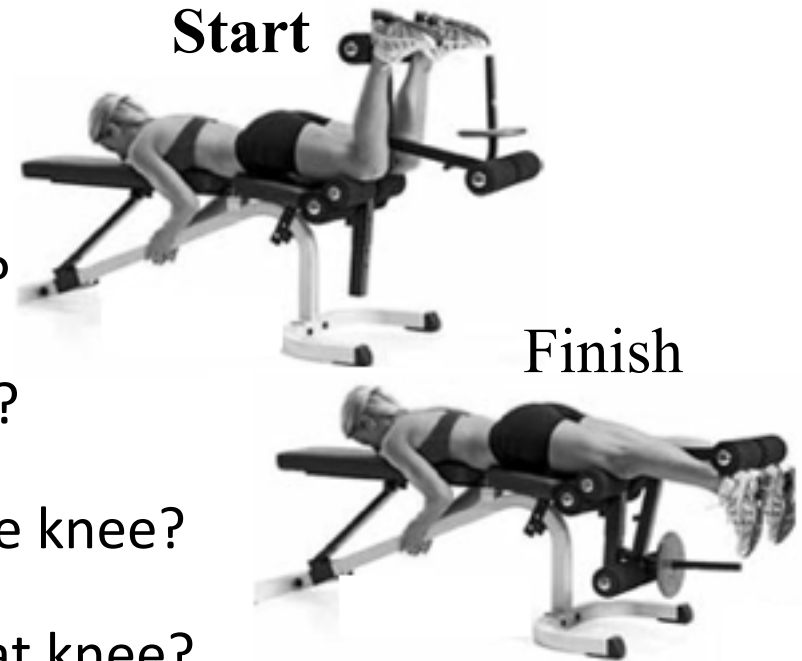


Movement Analysis

Work with your 'Study Buddy'

◆ Knee

- 1) What is the name of the knee joint?
- 2) What plane and axis is the knee moving?
- 3) What is the movement at the knee joint?
- 4) What agonist muscles are involved at the knee?
- 5) Is this an eccentric or concentric action at knee?



Movement Analysis

Work with your 'Study Buddy'

Start

Hip

- 1) What is the name of the hip joint?
- 2) What plane and axis is the leg moving?
- 3) What is the movement at the hip joint?
- 4) What agonist muscles are involved at the hip?
- 5) Is this an eccentric or concentric action at hip?
- 6) What type of contraction are the knee muscles doing to keep the leg straight?



Finish

Movement Analysis

Work with your 'Study Buddy'

- 1) What is the name of the hip joint?
- 2) What plane and axis is the right leg moving?
- 3) What is the movement at the right hip?
- 4) What agonist muscles are involved at the right hip?
- 5) Is this an eccentric or concentric action at right hip?

Start



Finish



Movement Analysis

Work with your 'Study Buddy'

Part A: Hip

- 1) What is the name of the hip joint?
- 2) What plane and axis is the hip moving?
- 3) What is the movement at the hip joint?
- 4) What agonist muscles are involved at the hip?
- 5) What muscles help with this action at hip?

Part B: Knee

- 1) What is the name of the knee joint?
- 2) What plane and axis is the knee moving?
- 3) What is the movement at the knee joint?
- 4) What agonist muscles are involved at the knee?

Part C: Action Question

- ◆ Is this an eccentric or concentric action at hip?
- ◆ Is this an eccentric or concentric action at knee?

Start



Finish

Movement Analysis

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Part A: Hip

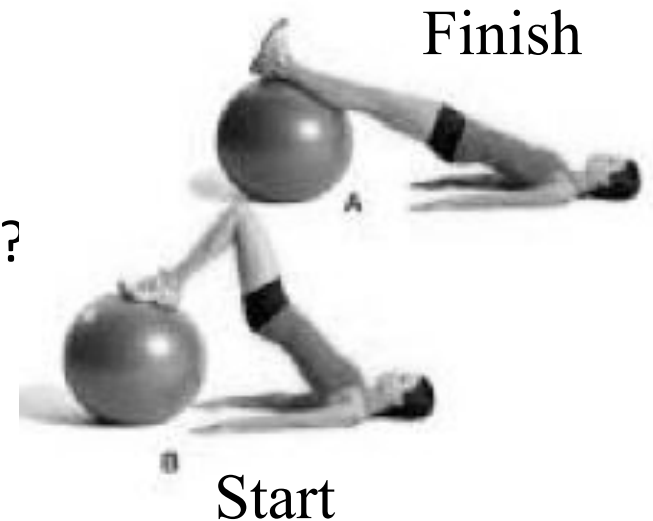
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- 2) What plane and axis is the hip moving?
- 3) What is the movement at the hip joint?
- 4) What agonist muscles are involved at the hip?
- 5) What muscles help with this action at hip?

Part B: Knee

- 1) What is the name of the knee joint?
- 2) What plane and axis is the knee moving?
- 3) What is the movement at the knee joint?
- 4) What agonist muscles are involved at the knee?

Part C: Action Question

- ◆ Is this an eccentric or concentric action at hip?
- ◆ Is this an eccentric or concentric action at knee?



Movement Analysis

Work with your 'Study Buddy'

Knee

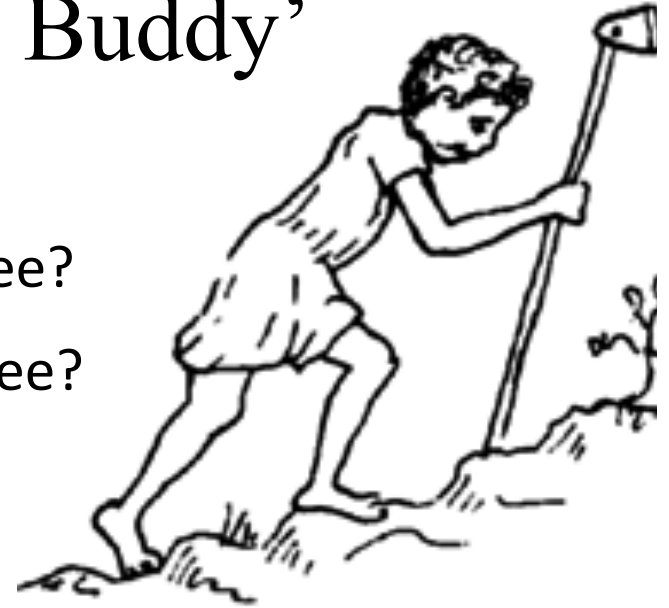
- 1) What is the movement at the knee joint?
- 2) What agonist muscles are involved at the knee?
- 3) Is this an eccentric or concentric action at knee?

Hip

- 1) What is the movement at the hip joint?
- 2) What agonist muscles are involved at the hip joint?
- 3) Is this an eccentric or concentric action at the hip?

Ankle

- 1) What is the movement at the ankle joint?
- 2) What agonist muscles are involved at the ankle joint?
- 3) Is this an eccentric or concentric action at the ankle?



I am really Enjoying Kinesiology

