Complete 3 movement analysis for 3 different sporting actions. Find a still picture of the action and describe all of the component parts that enable to body to perform this movement in sport. Research the words you do not understand. Knowledge of bones and muscles that are used at the main joints will be vital. Begin with an easy picture, such as kicking a football and then progress to harder actions. Try to do at least one for your preferred sport.

Number 1

Sport……………………………….. Skill…………………………………..

Picture.

Agonist:

Antagonist

Type of contraction:

Synergist:

Fixator muscles:

Joint Name:

Synovial Joint type:

Range of movements available at this joint:

What movements are being used in your sporting action?

Type of lever:

Planes of movement:

Planes of movement:

Type of lever:

What movements are being used in your sporting action?

Picture.

Range of movements available at this joint:

Synovial Joint type:

Joint Name:

Type of contraction:

Agonist:

Synergist:

Fixator muscles:

Antagonist

Number 2

Sport……………………………….. Skill…………………………………..

Planes of movement:

Type of lever:

What movements are being used in your sporting action?

Picture.

Range of movements available at this joint:

Synovial Joint type:

Joint Name:

Type of contraction:

Agonist:

Synergist:

Fixator muscles:

Antagonist

Number 3

Sport……………………………….. Skill…………………………………..