

Module 2: Physical Training Fitness Principles
Topic 6 Content: Types of Movement Notes

Introduction



Types of Movement

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Instructions

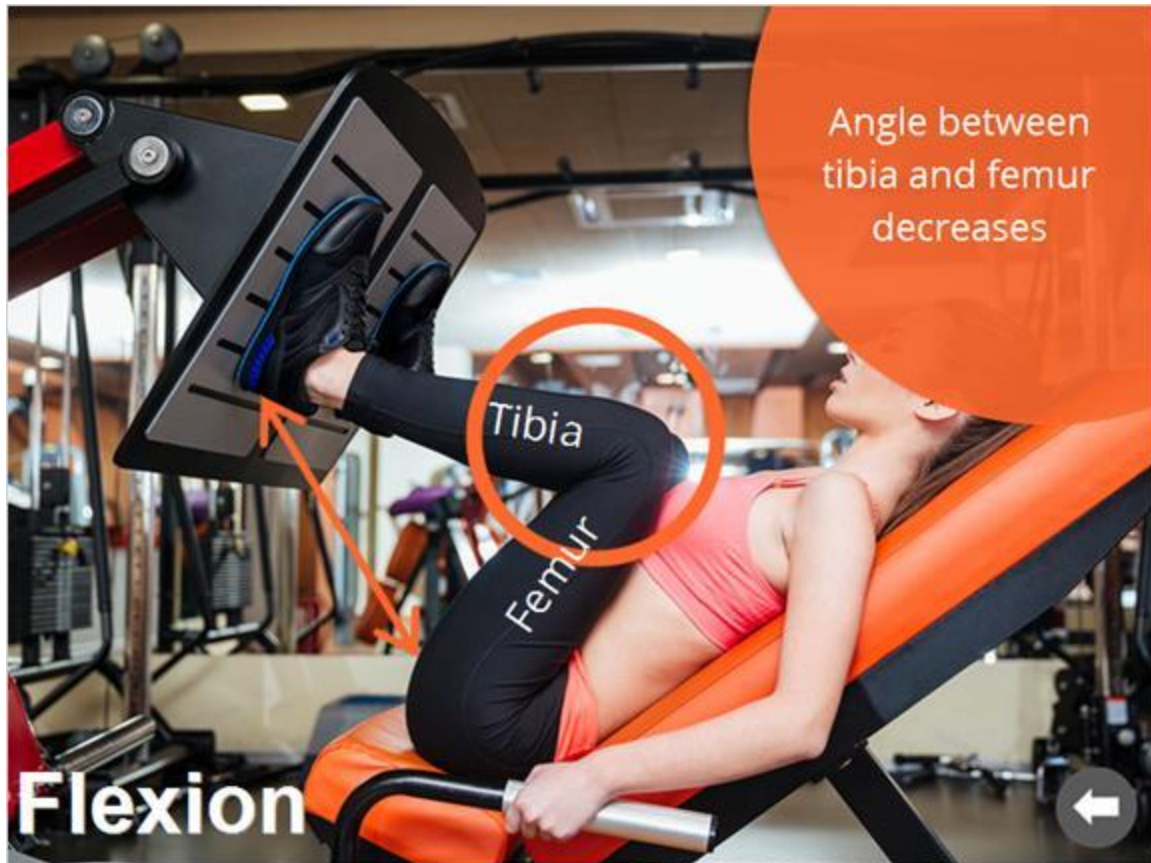


Click each image to learn about the different types of movement you experience as you build muscle strength and endurance.

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Flexion



Flexion occurs when you bend your limbs and the angle between two body parts decreases. Think about what your elbow looks like when you flex it. By flexing, you are bringing the angle between your ulna and humerus closer together. Similarly, when you flex your knee, your ankle becomes closer to your buttock, which causes the angle between your tibia and femur to decrease.

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Extension



Extension occurs when you straighten your limbs and the angle between two body parts increases. For example, by extending your elbow, you bring the angle between your ulna and humerus farther apart. Similarly, when you extend your knee, your ankle moves away from your buttock, which causes the angle between your tibia and femur to increase. If you keep extending your knee, your lower limb actually becomes straight.

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Abduction and Adduction



Abduction refers to body movements that are away from the middle of your body. For example, abduction occurs when you raise your arms out toward your shoulders. Similarly, abduction of your fingers happens when you spread your digits away from your hand. When performing a hip abduction on a machine, abduction occurs when your legs move away from your body.

Adduction refers to body movements that are toward the middle of your body. For example, adduction occurs when your arms start out at your shoulders, and you bring them down to your sides. Similarly, adduction of your toes happen when your digits are initially spread far apart, and then you bring them closer to your foot. When performing a hip adduction on a machine, adduction occurs when your legs move toward your body.