

SECTION 2 LAB 1

PART 1: IDENTIFY THE FOLLOWING ANATOMICAL POSITIONS/TERMINOLOGY: *(schedule a zoom meeting to demonstrate along with assignment 2 on the following page)*

1. Foundational Anatomical Position:

2. Anterior (from anatomical)

3. Posterior (from anatomical)

4. Superior (from waist)

5. Inferior (from waist)

6. Medial (from midline)

7. Lateral (from midline)

8. Proximal (from hip)

9. Distal (from hip)

10. Superficial

11. Deep

PART 2: DEMONSTRATE THE FOLLOWING JOINTS AND THE JOINT ACTIONS THAT THE JOINT APPROPRIATES: *(write the joint actions that correlate with each of the joints, scan or take a pic of the completed assignment and email to: tricia@faithfuzedfitness.com AND schedule a zoom meeting to demonstrate the actions)*

1. SHOULDER

2. ELBOW

3. VERTEBRAE

4. HIP

5. KNEE

6. ANKLE

7. SCAPULAE