**Planes and Axis**

These are terms to describe movement analysis.

**Plane:-** an imaginary flat surface running through the centre if gravity within the body

Imaginary line!

All we need to know is the Sagittal and Transverse plane

**Sagittal Plane**

* This is a vertical plane dividing our left and right hand side of the body.
* Movements in this plane include flexion and extension
* So in the exam the movements in this plane are: press ups, squats, kicking, jumping and running

**Transverse plane**

Also known as the horizontal plane. This divides the body into the top and bottom half.

Movements here are rotational so things like twisting and turning movements.

Exam movements are: Throwing phases and racket strokes

**Axis:-** An imaginary line about which the body rotates or spins at right angles to the plane.

**Longitudinal:-** this is vertical running from head to toe. You rotate around this axis in turning movements such as throwing phases and racket stroke. Imagine an ice skater turning.

**Transverse axis:-** this is a horizontal axis. Movements here include flexion and extension. This is for all other movement in the exam. Imagine a diver performing a somersault.