

Assignment: Anatomical Analyses of Exercises/Motions

Part 1)

Watch a video (i.e: from YouTube) with exercises and motions of the following:

- 1. Push-ups
- 2. Pull-ups
- 3. Vacuuming

Part 2)

Then construct tables of related moves **for each of the 3** above motions corresponding to their phases (see Tables in book). The above 3 motions each have 2 phases that they can be broken down into such as "up and down" or "back and forth". **Therefore you will need to submit a table for each phase of each motion totaling 6 tables.** Label each table with the name of the activity and which phase you are analyzing. Analyze at least 3 joints per table (50pts)

(Note: "Prime Movers" and "Muscles Active" mean the same thing.)

Joint	Action	Segment moved	Force for Movement	Prime Movers/Muscles Active	Contraction Type
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Part 3)

Discuss what the major differences are between the two phases of the activities. Your response should be at least two sentences per activity. (30pts)

Responses are to be answered in your own words and sources cited.

