

## Anatomical and Physiological Fundamentals of Human Motion

Select one topic from below and write a 250 word (1/2 pg single-spaced, 1pg double-spaced) answer discussing it.

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

- Include details about the bones, joints, muscles, and ligaments in the anatomy portion of the essay. (20pts)
- Write a **separate** paragraph discussing the ROM and related movements. (10pts)

1. The Spinal Column (NOT spinal cord) & related movements
2. The Thorax & related movements
3. The Upper Extremities & ROM
4. The Anatomy of the Hip joint & ROM
5. The Anatomy of the Knee joint & ROM
6. The Anatomy of the Ankle joint & ROM

\*Read another group member's answer and reflect on what you have learned in a few sentences. (10pts)