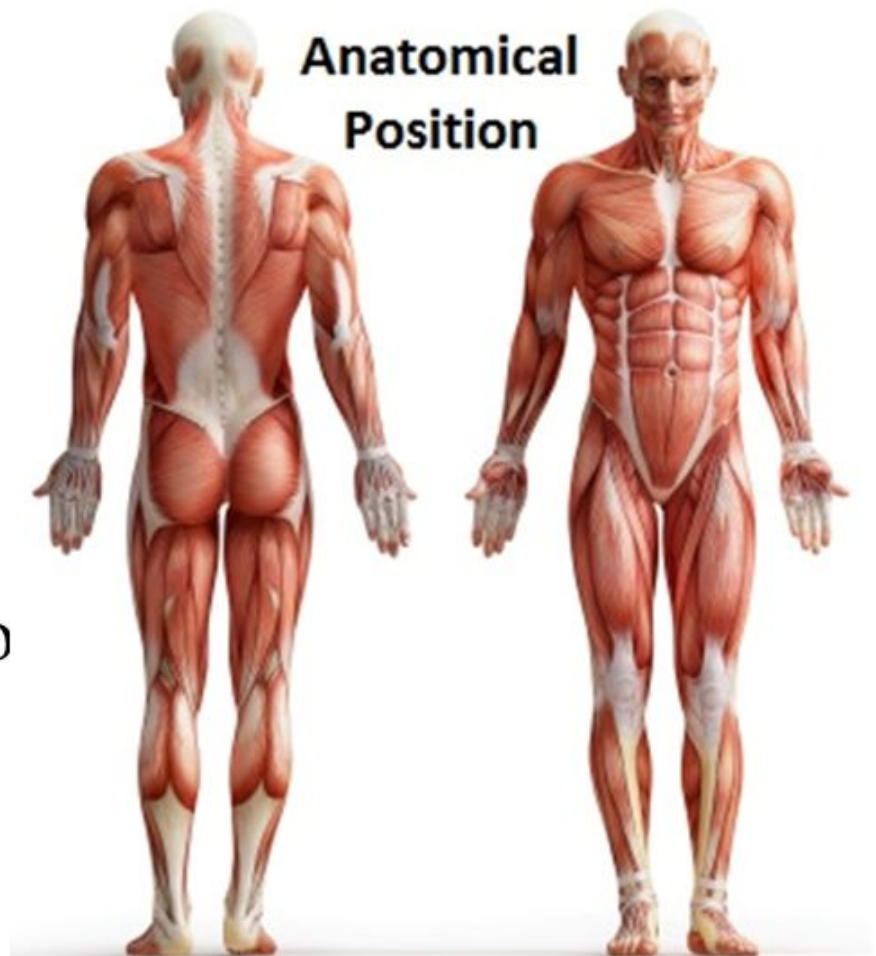


KINES 80

Chapter 2

Directions, Planes, and Regions

- Special Terms used to identify areas of the body
- Based upon the anatomical position
- Uses Directions and Regions of the body to specify locations



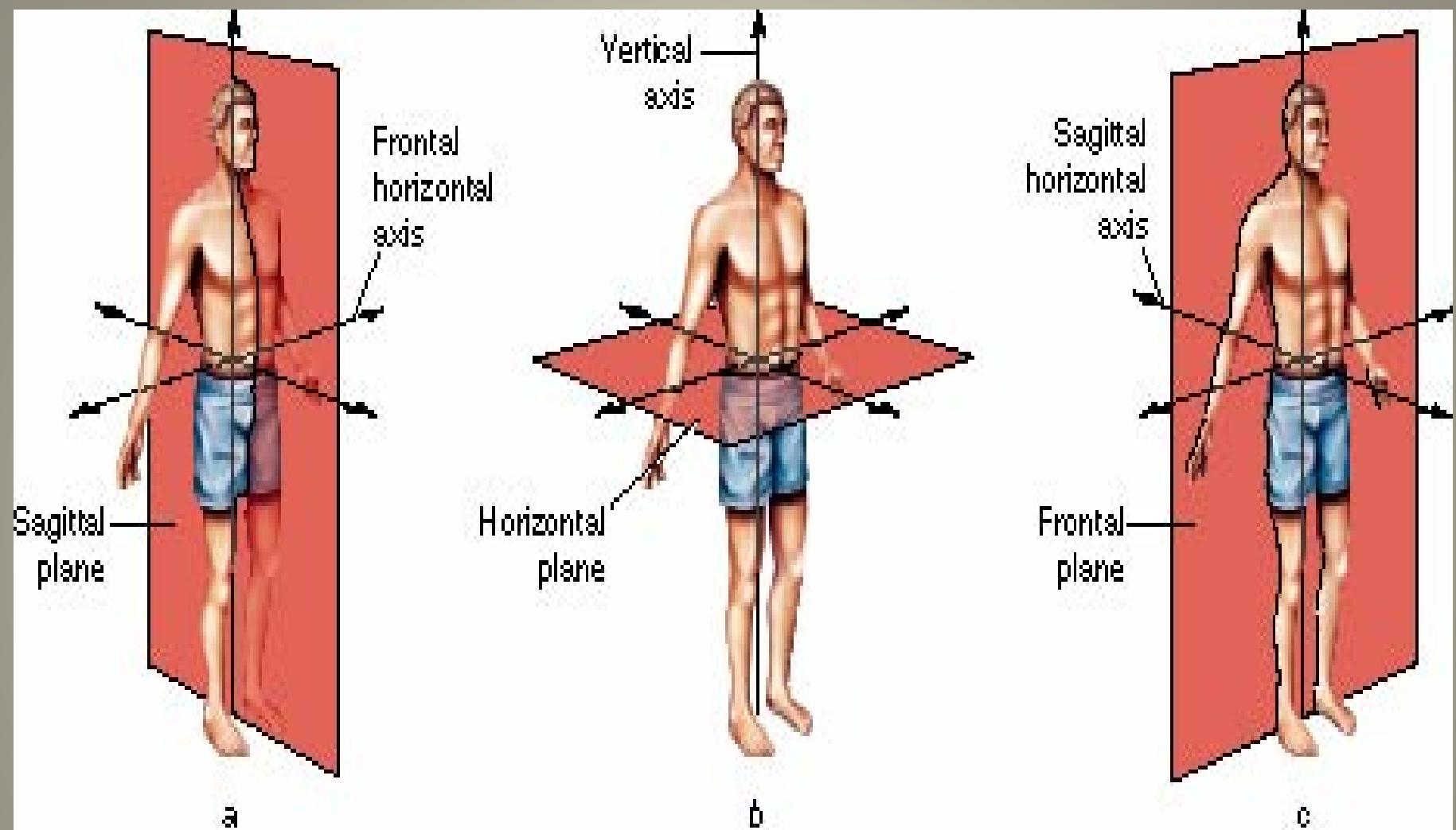


Anatomical
position

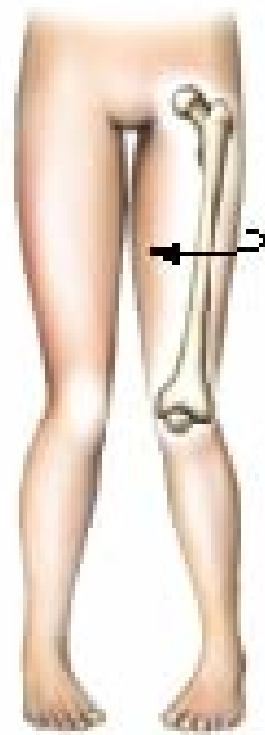


Fundamental
position

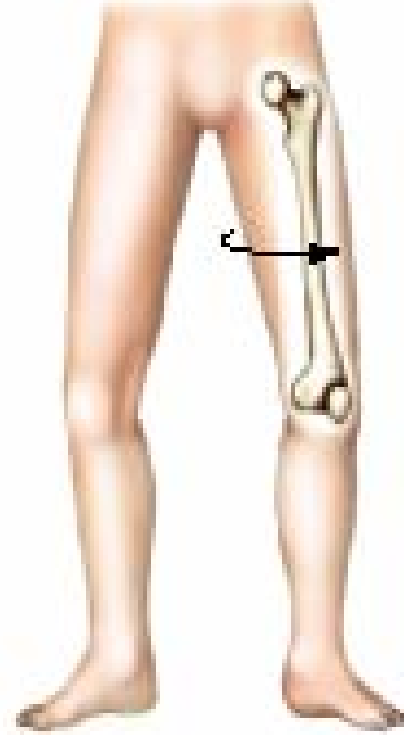
From *Kinetic Anatomy* Second Edition, by Robert S. Behnke, 2006, Champaign, IL: Human Kinetics.



From *Kinetic Anatomy, Second Edition*, by Robert S. Behnke, 2006, Champaign, IL: Human Kinetics.



Internal rotation

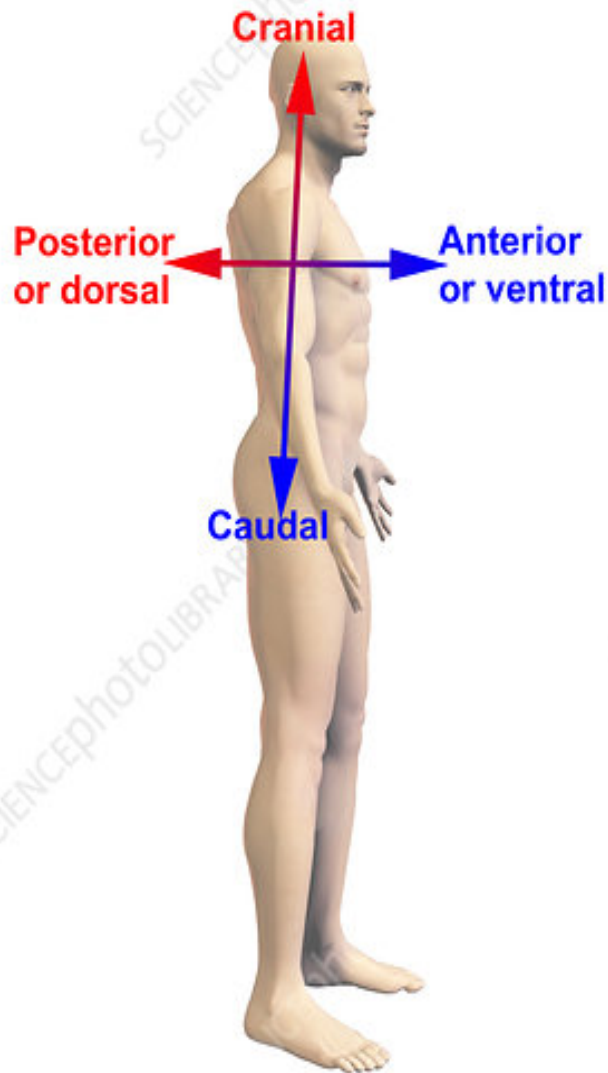


External rotation

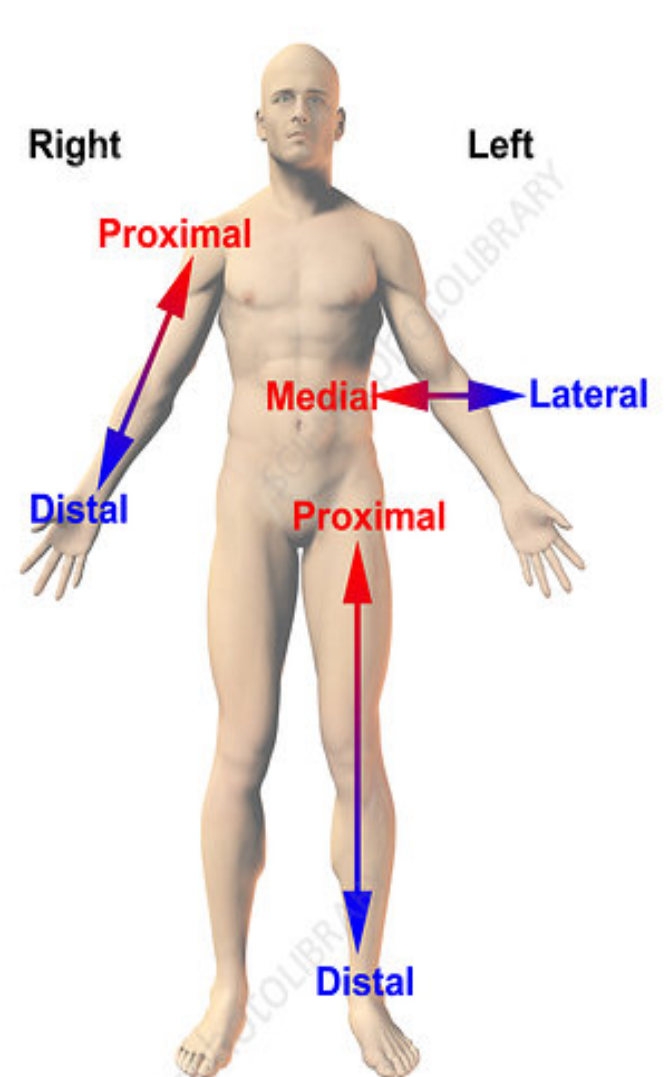
From *Kinetic Anatomy, Second Edition*, by Robert S. Behnke, 2006, Champaign, IL: Human Kinetics.

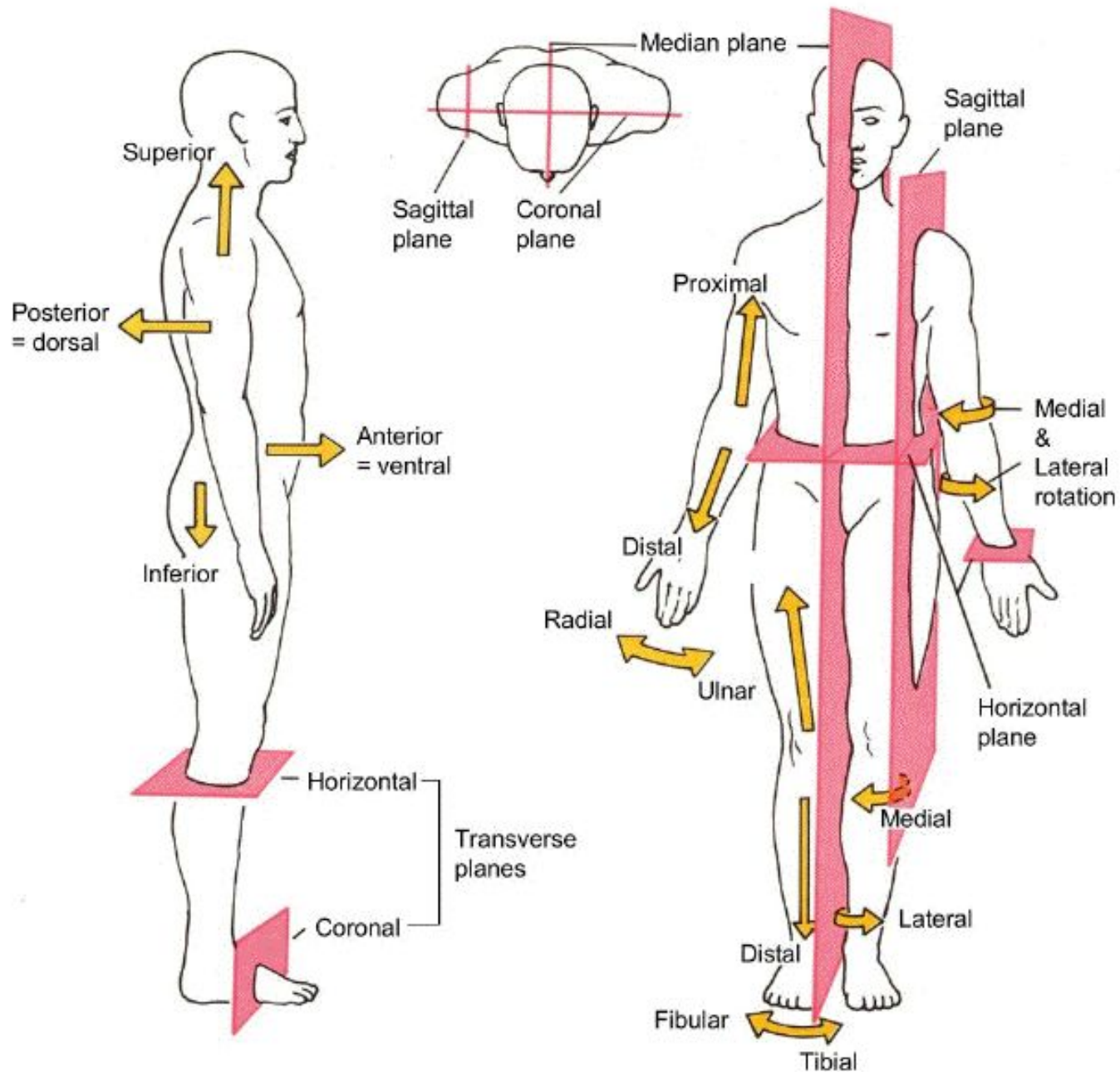
Directional References

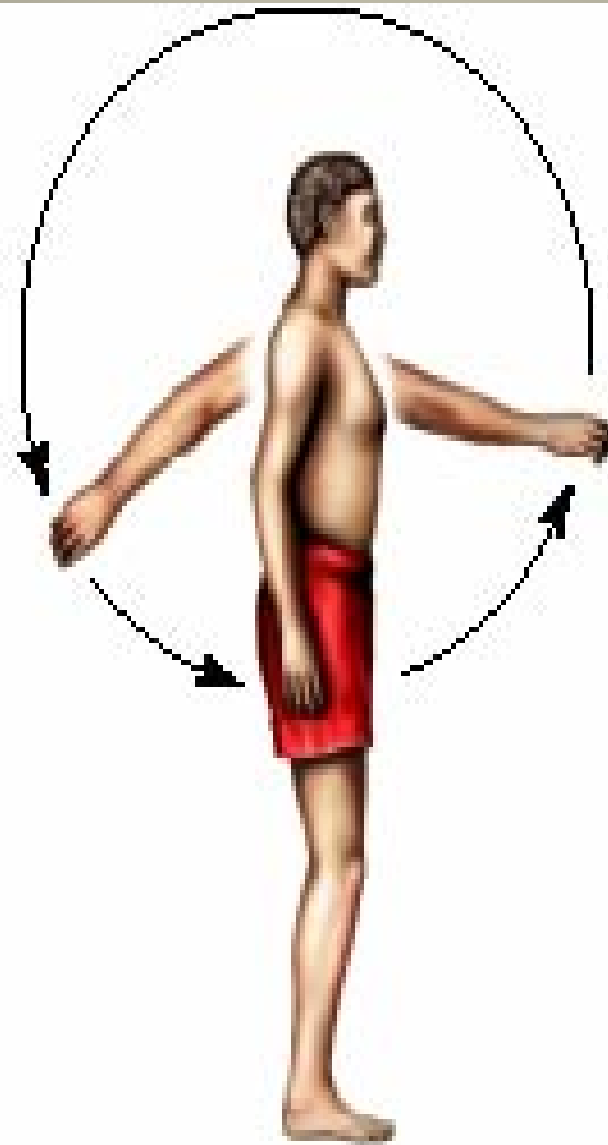
Lateral view



Anterior view



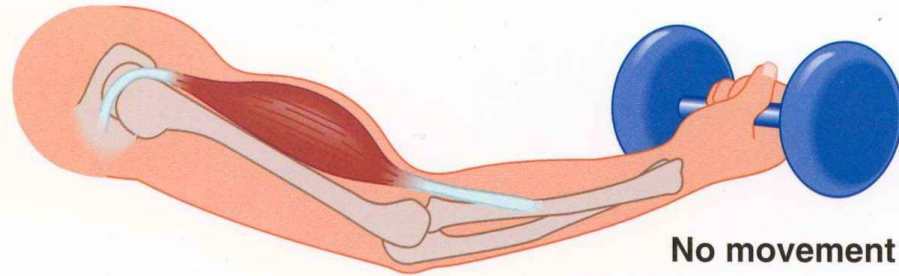




From *Kinetic Anatomy*, Second Edition, by Robert S. Behnke, 2006, Champaign, IL: Human Kinetics.

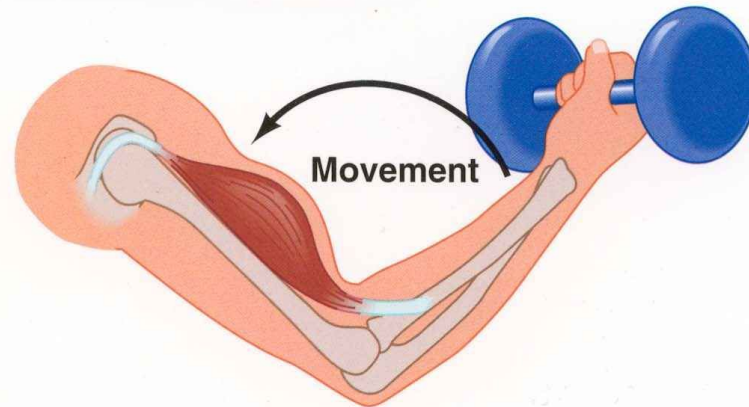
Isometric contraction

Muscle contracts
but does not shorten



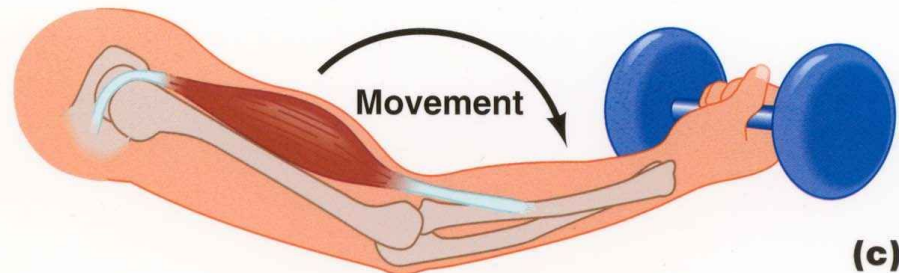
(a)

Concentric contraction



(b)

Eccentric contraction



(c)