



Student's full name: _____

MODULE BIOMECHANICS FOUNDATIONS

Didactic Unit A: MOVEMENTS

WORKSHOP: MOVEMENT PLANES

You are going to decide the plane and axis that correspond to the following movements according to the teacher's instructions:

FIRST MOVEMENT:



PLANE: _____

AXIS: _____ / _____

SECOND MOVEMENT:



PLANE: _____

AXIS: _____ / _____

THIRD MOVEMENT:



PLANE: _____

AXIS: _____ / _____

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