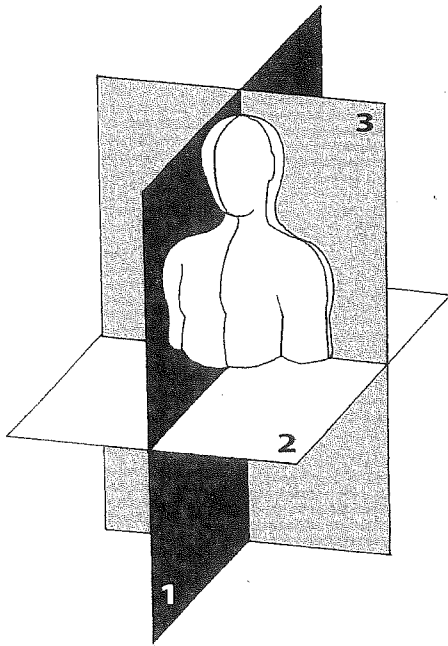


2 Plane Movements, Plain and Simple

The human body can be described using three basic planes (imaginary flat surfaces): *sagittal*, *frontal*, and *transverse*. These planes can be used to describe movements or actions occurring in the plane parallel to one of these planes. For example, a forward roll would be considered a *sagittal plane movement* because the forward motion occurs parallel to the sagittal plane.

Identify the three major planes of the body in the figure below, and give two examples of movements that occur in each plane.



Plane 3: Frontal or Coronal

Movement examples: 180° jump (front to back)

Plane 2: Transverse

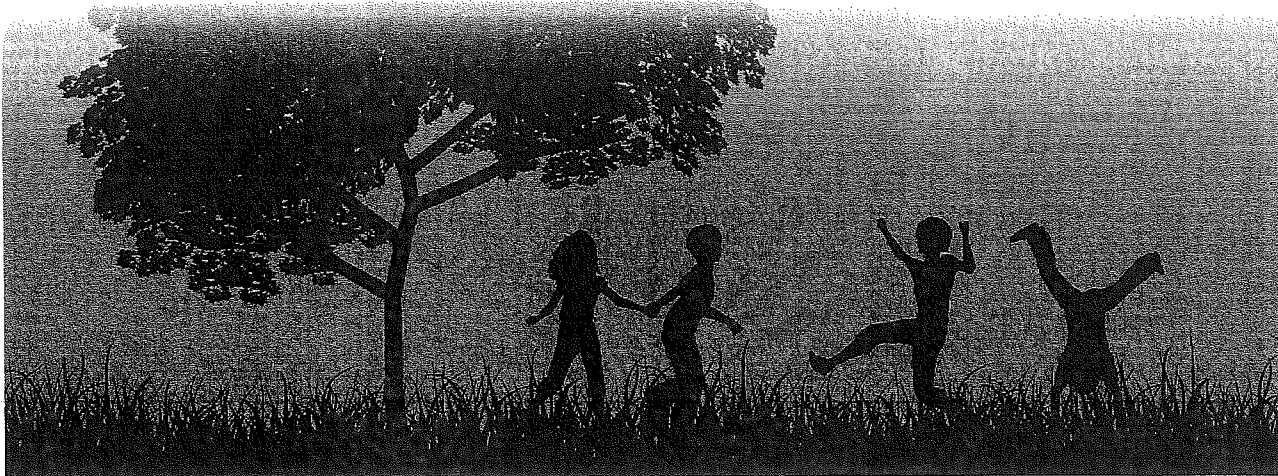
Movement examples: Somer sault

Plane 1: Median or Midsagittal

Movement examples: 180° twist
360° twist

Another name for **plane 2** is the Cross-section plane.

Another name for **plane 3** is the Coronal plane.





⚡ 3 The Language of Anatomy

Of particular importance to studying anatomy is understanding the terminology that describes the location of specific body parts relative to other body parts. Label the directional terms on the figure below, and think of at least one example of how you would use each term in a sentence. Try it with a partner.

