Classifying Joints

Perform each of the following activities. Determine which type of movable joint or joints involved in performing each activity. Give a reason to support your classifications. Use pages 14 and 15 in the text to help you.

1. Move your arm in a circle.
   • Movable joint or joints involved in this action:
     ____________________________________________
     ____________________________________________
     ____________________________________________
   • Reason/s why you think this:
     ____________________________________________
     ____________________________________________
     ____________________________________________
     ____________________________________________

2. Push the table (without moving it).
   • Movable joint or joints involved in this action:
     ____________________________________________
     ____________________________________________
     ____________________________________________
   • Reason/s why you think this:
     ____________________________________________
     ____________________________________________
     ____________________________________________
     ____________________________________________

3. Lift a book from a desk.
   • Movable joint or joints involved in this action:
     ____________________________________________
     ____________________________________________
     ____________________________________________
   • Reason/s why you think this:
     ____________________________________________
     ____________________________________________
     ____________________________________________
     ____________________________________________
4. Kneel down.
   • Movable joint or joints involved in this action:
     _____________________________________________
     _____________________________________________
     _____________________________________________

   • Reason/s why you think this:
     _____________________________________________
     _____________________________________________
     _____________________________________________

5. Wave your hand.
   • Movable joint or joints involved in this action:
     _____________________________________________
     _____________________________________________
     _____________________________________________

   • Reason/s why you think this:
     _____________________________________________
     _____________________________________________
     _____________________________________________

6. Twist your head from side to side.
   • Movable joint or joints involved in this action:
     _____________________________________________
     _____________________________________________
     _____________________________________________

   • Reason/s why you think this:
     _____________________________________________
     _____________________________________________
     _____________________________________________