

ACSM STUDY GUIDE 2022

BIOMECHANICS - ANSWER principles of physics related to energy and force as they apply to the human body

PROXIMAL - ANSWER CLOSER TO THE TRUNK

DISTAL - ANSWER further from the trunk

SUPERIOR (CRANIAL) - ANSWER above, toward the head

INFERIOR (CAUDAL) - ANSWER lower than, toward the feet

ANTERIOR (VENTRAL) - ANSWER toward the front

POSTERIOR (DORSAL) - ANSWER toward the back

MEDIAL - ANSWER closer to the midline

LATERAL - ANSWER further from the midline

THREE CARDINAL BODY PLANES - ANSWER sagittal plane, frontal plane, transverse plane

SAGITTAL PLANE - ANSWER makes a division into right and left portions

FRONTAL PLANE - ANSWER makes a division into anterior (front) and posterior (back) portions

TRANSVERSE PLANE - ANSWER makes a division into upper (superior) and lower (inferior) portions

ROTATION - ANSWER movement around a longitudinal axis, either toward or away from the midline

CIRCUMDUCTION - ANSWER a combination of flexion, extension, abduction, and adduction

EVERSION - ANSWER turning the sole of the foot away from the midline

INVERSION - ANSWER turning the sole of the foot toward the midline

Bones of the skull, vertebral column, ribs, and sternum... - ANSWER AXIAL SKELETON

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web feb 7 2022 spring break would be april 3 7 2023 the last day of school would be thursday june 8 for students and friday june 9 2023 for teachers graduation would be june 7 8 and 9 the agenda notes

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