Anatomy and Physiology: Movements of Joints Poster Project

Objective:
Students will work in small groups (2) to create a collage of humans and/or animals exhibiting at least 15 of the 18 movements listed below.

Body Movements:
1. Extension
2. Flexion
3. Hyperextension
4. Plantar flexion
5. Dorsiflexion
6. Abduction
7. Adduction
8. Circumduction
9. Rotation
10. Supination
11. Pronation
12. Eversion
13. Inversion
14. Protraction
15. Retraction
16. Elevation
17. Depression
18. Opposition

Materials:
Poster paper, glue, scissors, magazines, tape, textbook

Directions:
1. Work together in your group cooperatively to create a collage of humans and/or animals exhibiting at least 15 of the 18 movements listed above.
2. Cut out pictures from magazines, store advertisements, newspapers, etc…
3. Determine the movement or movements shown in each picture.
4. Paste and label each picture to your poster paper. Use arrows to indicate the exact area of motion.
5. Some pictures may show more than one movement, but you should have at least 10 different pictures.
6. Make sure your poster is neat and legible.