

# Anatomical terminology

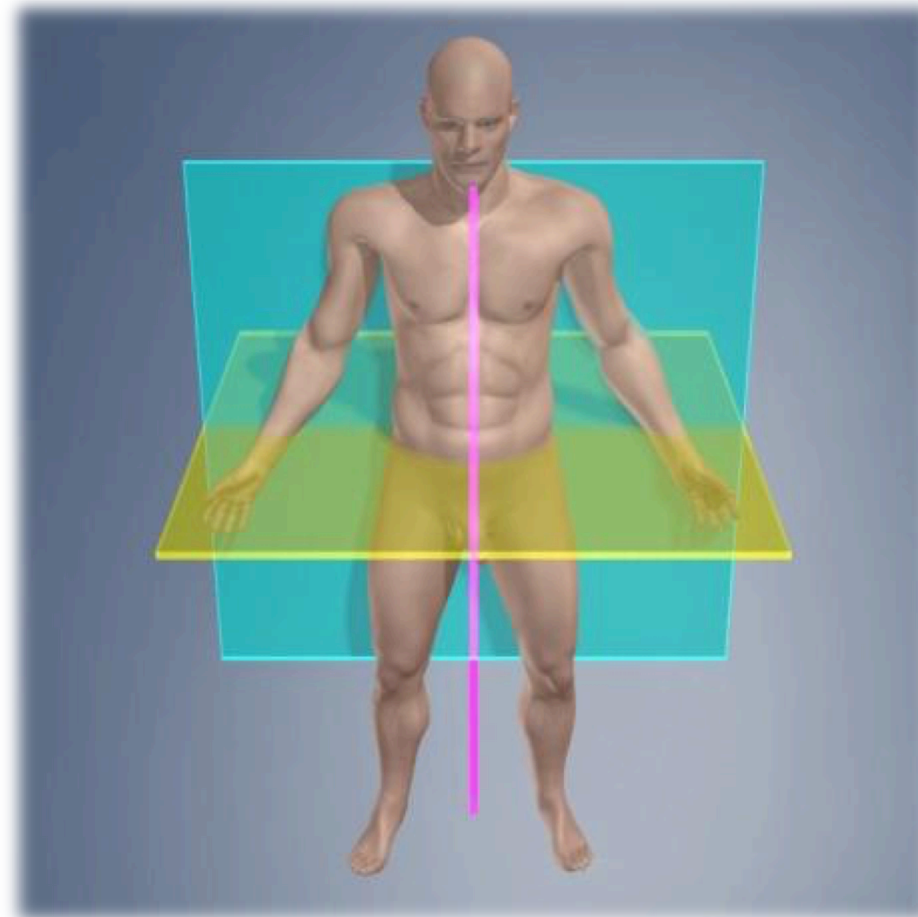
Level 2 Anatomy and physiology  
for exercise and fitness instructors

## **Learning outcomes**

By the end of this session you will be able to:

- Identify movements/exercises that occur in each anatomical plane
- Identify anatomical terms of location

# Anatomical planes



## **Anatomical planes – frontal plane**

Passes from side to side at right angles to the sagittal plane

Divides the body front and back

Movements/exercises include, abductions and adduction e.g. side leg lifts (abduction), lateral raises, jumping jacks

## **Anatomical planes – sagittal plane**

Passes from front to rear dividing the body into two symmetrical halves

Divides the body left and right

Movements/exercises include, flexion and extension  
e.g. walking, running, bench press, forward lunge,  
bicep curl

## **Anatomical planes – transverse plane**

Any horizontal plane of the body which is parallel to the diaphragm

Divides the body upper and lower

Movements/exercises include rotation, pronation and supination e.g. oblique curls/crunches, twisting movement such as boxing jabs

## **Anatomical terms of location**

- Superior and inferior
- Anterior and posterior
- Medial and lateral
- Proximal and distal
- Superficial and deep