

L 8 – BODY MOVEMENTS

HANDOUT FOR MODULE 1

MOVEMENT VS LOCOMOTION

Movement is when a living organism moves a body part or parts without changing the position of the organism

Animals carry out many activities which involve the displacement of an organism from its original position. This activity carried out by the organism is called locomotion

TYPES OF JOINTS

Two types – movable and immovable joints.

- ☉ MOVABLE JOINT- Joints where bones can move. Eg. bones of arms and legs.
- ☉ IMMOVABLE JOINT- Joints where bones cannot move. Eg. Bones of skull (Other than the lower jaw).

TYPES OF MOVABLE JOINTS

Hinge joint -This type of joint allows the movements of bones only in one direction. It moves in a 180° angle. Eg. The elbow and knee joints.

Ball and socket joint – In this type of joint, the bones can move in two or more directions-in a 360° angle. Eg. shoulder and hip joints.

Pivotal joint – This joint is formed in such a way that one bone rotates around the other. eg. neck

Gliding joint – It is also known as plane joint. A gliding joint is formed between the bones where they meet at the flat surface.