**Anatomical Sports Action Assignment**

*Taken from 1998 Pattonville School District*

On this particular day, you will write a description of a sport action, (such as kicking a soccer ball) in complex anatomical terminology. You must describe all body parts, directions, actions, and sport equipment in descriptive terms. You may not list or give hints using the names of body parts or pieces of equipment. Some descriptions will be read in class, allowing other students the opportunity to determine the sport you are playing and the skill you are performing. You will be assessed on the criteria of terminology and the ability to visualize the activity.

Scoring Rubric

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Parameter | **Performance Levels** | | | |
| 1 | 2 | 3 | 4 |
| Terminology | More than 10 anatomical terms with body regions and directions used correctly,  terms flow easily and lead to visualization of the sporting activity | 8-10 anatomical  terms used correctly, some extended descriptors have  aided in the visualization | 5 - 7 terms used  correctly,  terms not  entirely  described,  terms other than  anatomical used  to give meaning | less than 5  terms used  correctly,  description poor  and not easily  visualized |
| Visualization | Visualization  flows easily and  the sport may be  predicted  without any  difficulty by the  majority of  students and  teacher. | Organized in  such a way that  others will be  able to visualize  the action | Visualization is  possible but  difficult, clues  other than the  anatomical  terms give away  the sport. | Visualization is  impossible from  description |

An Anatomical Sport – A 4 Paper

The sun shone down warming my **superficial** cells. The manual propelling units felt awkward on my small **plantars**. The rubber gently swiped my tender **calcaneals**. I moved **posterior** first toward my destination. The cool clear liquid shocked me as it lapped against my **abdominopelvic** area. My **brachials** sung and clung around my lumbar region to retain warmth. My **cervical** strained as I moved with my **anterior** reversed. As my body adjusted to the temperature, my **brachials** returned to their natural **lateral** position. The water created a **transversal** separation of my warm **superior** half and my chilly **inferior** half.

The water was now up to my **axillaries**. My **brachials** held the tubular covering that would protect my **orbitals, nasal, and oral**. The covering would gently suction to my **buccal**. I carefully placed the attachment over my **occipital** and prepared for submersion. I relaxed into the **prone** position and allowed the current to let me drift. My **surals** worked to propel me along, as I regulated my intake of air into the **pleural cavity**. My **brachials** stretched **laterally** as my **distal digits** reached for the colorful shells.

My **tarsals** worked in their **proximal** places to propel me. I twisted so that my **cephalic** became **inferior** to my **thoracic**, and I flipped the opposite direction. My **gluteal** resurfaced, and I could feel the tropical sun smiling down on my papaya colored swimming suit.

ANSWER: snorkeling

An Anatomical Sport – A 3 Paper

First, I jump with my **cephalic** into a blue, cold substance. I stretch with my **palmar** first. I start moving my **crurals** very fast. Next, I move my **brachials** behind me and over my **cephalic** again and again. The faster I go, the more and more my extremities and my **celiac** begin to hurt. Finally, I use my **cervical** to lift my cephalic out of the blue substance to grasp air through my **oral**. I keep my **orbitals** shut the entire time. When I reach the end, I reach for a hard surface with my **palmar** surface. When I’m done I finally get to rest upon my **planter** surface.

ANSWER: swimming

Reasons for the 3 paper:

1. Exactly 10 terms were used.
2. Some extended descriptors would have aided in visualization.

An Anatomical Sport – A 2 Paper

You have to use your **pedal, digital, tarsal, crural, and femoral** to spring from the woodlike surface. You use **brachial, antebrachial, carpal, and digitals** to put the big melon into the ring with a fish net attached to the bottom. To do this, you will need the **orbitals** to focus on the ring with the fish net.

ANSWER: basketball

Reasons for the 2:

1. Terms were listed and not entirely described.
2. Exactly 10 terms were used.
3. Terms other than anatomical, give away what sport is described

An Anatomical Sport – A 1 Paper

In this athletic competition, the body moves in a coordinated motion. The **brachial** swings in the anterior direction. The opposite side **femoral** swings in the **posterior** direction following. This motion, the brachial region will swing in the posterior direction. At the same time as this action the femoral region will swing in the **anterior** direction. This action is repeated on both sides of the body many times.

ANSWER: running

Reasons for the 1

1. Less than 5 terms were used.
2. Description is poor and not easily visualized.