

Component 1 Lever Systems

Lever Systems:

Lever systems help you to move. They can increase the amount you can lift or the speed in which you can move something. You need to be able to:

- Draw the three classes of lever
- Describe the lever
- Give examples in sport

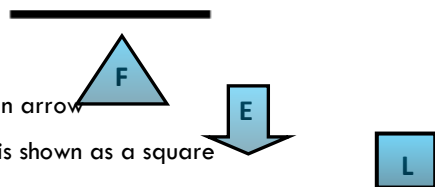
Key Words

Lever: Is a bone and is shown as a straight line

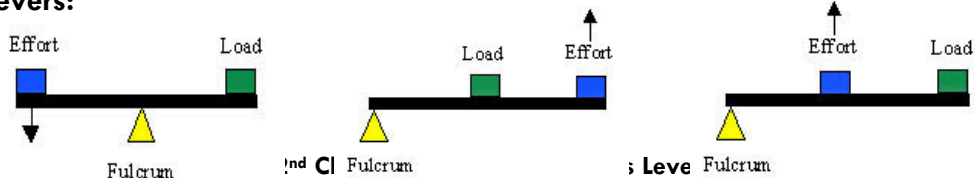
Fulcrum: Is a pivot or joint and is shown as a triangle

Effort: Is a force provided by muscles and is shown by an arrow

Load: Is the weight of the body/object being moved, it is shown as a square



Levers:



The fulcrum is surrounded by the effort and the load

The load is surrounded by the fulcrum and the effort

The effort is surrounded by the fulcrum and the load

Sporting Example



Header in football

Sporting Example



Calf raises

Sporting Example



Bicep curl

Mechanical advantages and disadvantages

Lever	Advantage	Disadvantage
2 nd class	Provides force to lift heavy loads	Small range of movement and cannot move a load quickly
This is due to the load being closer to the fulcrum than the effort		
3 rd class	Provides speed and a wide range of movement	A greater force is needed to move the load
This is due to the effort closer to the fulcrum than the load		

Each lever system can be identified by the component in the middle:

One Two Three
F L E
(fulcrum) (load) (effort)

Component 1 Planes & Axes of Movement

Planes and axes of movement

We move in planes around axes. You need to be able to identify and describe the three different body planes and axes

- A plane is an imaginary line that movement direction occurs in
- An axis is a line about which the body or body part can turn

Plane of movement	Axes of movement	Sporting example
Frontal plane Separates the front and the back of the body	Sagittal axis Goes from the front to the back of the body	Cartwheel The only movements are abduction and adduction
Sagittal plane Separates the left and the right side of the body	Frontal axis Does from one side to the other side of the body	Somersault The only movements are flexion and extension
Transverse plane Separates the top and the bottom of the body	Vertical axis Goes from the top of the body to the bottom of the body	Full twist (diving) The only movements are rotating and twisting