For your sport you will choose 4 actions of the sport and analyze the movements of it. For each movement identify what is occurring at the following joints: neck, trunk, shoulder, elbow, forearm, wrist, hip, knee, ankle. If no movement is happening you can put neutral.

Football: JD

Baseball/Softball: Hannah

Soccer: paige

Basketball: serena

Volleyball: lekha

Lacrosse: angeli

Track/Field: moxley

Tennis: max