B.1 · Generating movement in the body

International Baccalaureate · IB Diploma · Sports, Exercise and Health Science · HL · Vocabulary in context

Word	Example
base of support /beɪs ɒv səˈpɔːt/	Spreading the feet widens the **base of support**.
impulse /ˈɪmpʌls/	A kick gives the ball an **impulse**.
plane /pleɪn/	A movement **plane** is an imaginary flat surface through the body.
axis /ˈæksɪs/	A cartwheel turns around a front-to-back **axis**.
motor unit	A **motor unit** is one nerve cell and all the muscle fibres it controls.

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