B.1 · Generating movement in the body

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

Word	Example
base of support /beɪs ɒv sə'pɔːt/	Spreading the feet widens the **base of support**.
impulse /'ɪmpʌls/	A kick gives the ball an **impulse**.
plane /pleɪn/	A movement **plane** is an imaginary flat surface through the body.
axis /'æksɪs/	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.