Draw an Exercising Figure: Joint Bends and Motion Poses

Original task 1 / independent drawing and calculation

Task 1

Draw a side-lunge pose. Use a left hip angle of 120 degrees, left knee angle of 100 degrees, right hip angle of 170 degrees, and right knee angle of 175 degrees. Label all four angles and state which leg is more bent.

Keep the original task measurements. Use the full drawing sheet in this PDF for a response needing more room; use the stated paper size when a task specifies larger paper.

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Original task 2 / independent drawing and calculation

Task 2

Draw a forward reach with both arms at shoulder angle 90 degrees and elbow angle 160 degrees. The torso is vertical and both knee angles are 175 degrees. Label the four arm angles and both knee angles, then state whether the arms are horizontal or overhead.

Keep the original task measurements. Use the full drawing sheet in this PDF for a response needing more room; use the stated paper size when a task specifies larger paper.

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Original task 3 / independent drawing and calculation

Task 3

Draw a bent-over lift with hip angle 70 degrees, knee angle 110 degrees, shoulder angle 80 degrees, and elbow angle 150 degrees. Keep the back line straight from hip to head. Label all four angles and state whether the hip or the knee is more bent.

Keep the original task measurements. Use the full drawing sheet in this PDF for a response needing more room; use the stated paper size when a task specifies larger paper.

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Original task 4 / independent drawing and calculation

Task 4

Invent an original exercise pose that is not running, walking, or seated. Label at least three joint angles in degrees, keep paired joints within 10 degrees if the pose is symmetric, and write one sentence explaining how a reader can check your labels.

Keep the original task measurements. Use the full drawing sheet in this PDF for a response needing more room; use the stated paper size when a task specifies larger paper.

Full drawing sheet / reusable blank workspace

Reusable full drawing sheet for Tasks 1 to 4. Print another copy when needed. Keep all original task measurements; if a task specifies larger paper, use that paper size.