Draw Leg Exercise Poses with Joint Angles: A Guided Practice

Original task 1 / independent drawing and calculation

Task 1

Draw a standing knee-curl start and end pose. Start: knee angle 170 degrees, hip angle 90 degrees. End: knee angle 90 degrees, hip angle 90 degrees. Add one motion arrow from start ankle to end ankle.

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 split-squat bottom pose. Front leg: knee angle 90 degrees, hip angle 90 degrees. Back leg: knee angle 120 degrees, hip angle 120 degrees. Add one motion arrow showing the front knee moving forward.

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 lying leg-raise start and end pose. Start: hip angle 180 degrees, knee angle 180 degrees. End: hip angle 90 degrees, knee angle 180 degrees. Add one motion arrow from start ankle to end ankle.

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

Draw a step-up top pose. Support leg: knee angle 170 degrees, hip angle 90 degrees. Raised leg: knee angle 90 degrees, hip angle 90 degrees. Add one motion arrow showing the raised knee moving up.

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.