StudyTXT.........................
StudyTXT Programmes

>Tertiary

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AUT Fitness Foundations
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Moderator- Robert Hogg

Hi Fitness Foundations students. Please find here the StudyTXT menu for the muscles and their actions as well as some movement terminology.

Download a PDF file of the message list below for your computer or to print out and use.

Fitness Foundations

Code for group and ALL messages in the group at 0.50 cents for the 1st msg and 0.30 cents for all other messages->

e.g. 4 messages in total = .50 cents + 3 X .30 cents = $1.40 (instead of $2 if all four were downloaded on their own)

Fitness Foundations StudyTXT messages written by Peter Mellow, Senior Lecturer AUT and moderated by Rober Hogg, Lecturer, AUT

Each individual message ordered costs 0.50 cents per message

Message #	Message Description	Abbreviations used in the message	TXT this code to 396
ALL	Group **1** - **Anatomy terms of movement**	Code for group and ALL messages in this group at 0.50 cents for the 1st msg and 0.30 cents for all other messages**--->**	**HNPB**
1	Flexion & Extension	eg = example	HNPB1
2	Adduction & Abduction	m'm = movement, 2 wards = towards	HNPB2
3	Pronation & Supination	eg = example	HNPB3
4	Rotation		HNPB4

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Message #	Message Description	Abbreviations used in the message	TXT this code to 396
5	Inversion & Eversion	m'm = movement, eg = example	HNPB5
ALL	**Group 2 -** All elbow and shoulder joint movements and their muscles	Code for group and ALL messages in this group at 0.50 cents for the 1st msg and 0.30 cents for all other messages->	**FitA**
1	All elbow movements and the muscles responsible for those movements	Elbw = elbow, Flex = flexion, Ext = extension, b = brachii	FitA1
2	The muscles responsible for: Shoulder horizontal flexion and extension, shoulder flexion and extension	Shlder = shoulder, Flex = flexion, Ext = extension, Ant = anterior, Post = posterior, Lat = Latissimus	FitA2
3	The muscles responsible for: Shoulder adduction and abduction		FitA3
4	The muscles responsible for: Shoulder Medial/Internal rotation and Lateral/External rotation	Shlder = shoulder, rot = rotation, Post = posterior, Lat = Latissimus, Pec = Pectoralis	FitA4
5	The muscles responsible for shoulder stabilization.		FitA5

Message #	Message Description	Abbreviations used in the message	TXT this code to 396
ALL	**Group 3 -** All shoulder girdle and trunk/spine movements and their muscles	Code for group and ALL messages in this group at 0.50 cents for the 1st msg and 0.30 cents for all other messages->	FitB
1	Shoulder girdle protraction, retraction and elevation.	SG = shoulder girdle	FitB1
2	Shoulder girdle depression, upward rotation, downward rotation, forward and downward.	SG = shoulder girdle, Up = upward, rot = rotation, Down = downward.	FitB2
3	Trunk Flexion, Extension, Rotation and Spine posture maintenance.		FitB3

Message #	Message Description	Abbreviations used in the message	TXT this code to 396
ALL	**Group 4 -** All hip movements and their muscles	Code for group and ALL messages in this group at 0.50 cents for the 1st msg and 0.30 cents for all other messages->	**FitC**
		Flex = flexion, Ext = extension, 2ceps =	

Message #	Message Description	Abbreviations used in the message	TXT this code to 396
1	Hip flexion and extension	Flex = flexion, Ext = extension, 2ceps = biceps, fem = femorus	FitC1
2	Hip adduction and abduction	Ad = adductors	FitC2
3	Hip Medial (internal) rotation		FitC3
4	Hip Laterial (external) rotation		FitC4
Message #	**Message Description**	**Abbreviations used in the message**	**TXT this code to 396**
ALL	**Group 5 -** All knee and ankle movements and their muscles	Code for group and ALL messages in this group at 0.50 cents for the 1st msg and 0.30 cents for all other messages->	**FitD**
1	Knee flexion and extension	Flex = flexion, Ext = extension, V = Vastus	FitD1
2	Ankle dorsiflexion and plantar flexion.		FitD2
Message #	**Message Description**	**Abbreviations used in the message**	**TXT this code to 396**