

## **MOVEMENT CAPACITIES**

*Capacities* are categorised as (1) simple, (2) combined and (3) complex.

### ***Simple capacities***

Examples of these capacities are:

- core stability
- balance
- coordination
- flexibility
- maintenance of stillness
- control
- use of power
- stamina and endurance
- moving at different rates/speeds
- orientating in space and accurate placement of the body
- proprioceptive awareness.

### ***Combined capacities***

These arise from amalgamation of simple capacities. Examples are:

- poise which incorporates both balance and core stability;
- fluency which incorporates coordination, balance and proprioceptive awareness;
- precision which incorporates accurate placement of the embodied dimension and core stability;
- agility which incorporates flexibility, balance and coordination;
- dexterity which incorporates coordination, accurate placement and flexibility;
- equilibrium which incorporates balance, core stability, orientation in space and maintenance of stillness.

### ***Complex capacities***

These arise from amalgamating both simple and combined capacities.

Examples of combined capacities are:

- bilateral coordination
- inter-limb coordination
- hand–eye coordination
- control of acceleration/deceleration
- turning and twisting on a variety of rotational axes
- rhythmic movement.