Code Category Definitions

Stance / Posture

* - Standing upright
	+ Athlete is grounded on their feet standing in a tall and straight position with no bending of their body or knees.
* - Flexing
	+ An athlete is contracting and relaxing a particular muscle or muscle group to increase strength, tone, or definition can see veins as well as muscles.
* - Grounded
	+ An athlete has both feet touching on the floor, meaning they can’t be knocked over or pushed over with a little shove/wind. This can imply a sense of stability, balance, and strength.
* - Lying down
	+ An athlete is seated or lying down on their back or chest usually see people lying down who are resting or not in an alert state
* - off balanced
	+ An athlete’s center of gravity is not properly aligned over their base of support, causing them to feel unstable or unsteady. Don’t have both two feet firmly on ground could be pushed/knocked over with a little shove.
* - Vulnerable
	+ Athlete is not in control of their actions/ surroundings and seen as almost alone and weak, lying down or sitting down as they are not able to defend themselves if they were in harm.
* - submissive
	+ Athlete is seen submitting or yielding to the authority or control of another person. Athlete is seen in a position that can be taken advantage of, often times lying down or seated without any attention to anything going on around them. Can be seen in postures conveying either respect to someone/thing else or how they are being controlled by someone/something.
* Knee bend seated
	+ An athlete has a knee bend but this is to them being in a position where a knee bend is needed like sitting down or lying down.
* Holding oneself in protective matter
	+ Athlete is touching their body protectively and posture conveys them as being weak and fragile while holding their body like they’re delicate and precious.
* - grounded knee bend
	+ An athlete is in a grounded position meaning they have both feet firmly on the floor and have a slight knee bend to their body posture.
* Movement knee bend
	+ An athlete is performing an action and thus has a knee bend in order to execute the action. (Movement Photos)
* - bashful knee bend
	+ An Athlete with an unstable and off balanced knee bend that can be read as foregoing of full effort to be prepared and on the ready in the current situation. The position invites people to offer harm and give no effort to fight or flee. Usually off-balanced and inviting. (KNEE IN AIR)
* Breathless posture
	+ This posture typically involves sitting or standing with the legs crossed, the shoulders slightly hunched forward, and the head tilted down or to the side, as if in a state of dreamy or seductiveness, also suggests a sense of vulnerability, or submissiveness, as if the woman is overwhelmed by a strong emotion or desire and thus “breathless”

Touch

* Gentle touch/ cradling object
	+ Athlete gently has the object laying in their hands or resting in their hands with little to no grip
* Gripping/grasping object
	+ Athlete expresses grip strength and power through the hand tightly grabbing the object, can clearly see strenuous muscles affecting the object, NOT resting in hand
* Self touching
	+ Athlete is touching hair or body conveying a sense of one’s body as being delicate or precious

Attention level

* Stare
	+ Athlete has a gaze at the camera that is unwavering/ unblinking. The athlete looks fixedly or intently at the camera. Just when eyes are at camera!
* Alert/Aware
	+ Athlete has ongoing sense of understanding and attentiveness to one's surroundings and circumstances being “alert” implies a more immediate and urgent response to potential danger or risks. Staring with intent into the distance. Or looking fixedly into the distance.
* Drift/dreamy
	+ A state of mind that is somewhat detached from reality, wandering or unfocused mind, gazing into the distance -> dreamy
* Unaware
	+ Oblivious to surroundings, have no control of their environment or what is going on around them. Looking around and away from their body conveying a posture where if harm rose they would have no idea.
* Laughing/giggling
	+ Exaggerated smiling/laughing and giggling that conveys one as a child and not serious. Open mouth & teeth showing
* Biting/ Finger to Mouth
	+ Or even finger near mouth convey a posture that is inviting weak and delicate that also is seductive

Movement

* Graceful Movement
	+ An athlete’s movement that is smooth, flowing, and elegant, often involves a high degree of coordination, balance, and control. Swimming included in graceful movement
* Powerful Movement
	+ An Athlete’s movement that is forceful, explosive, and energetic, typically involves a lot of strength, speed, and intensity.