



significant differences in hip angular displacements between male and female subjects. The hip angular displacements in male subjects were greater than in female subjects (8 degrees). While female subjects used the knee angular displacements more than male subjects (5 degrees). Total time of rising up was 1.76 sec and 1.31 sec at the preferred and fast speeds of motion in male group, and 1.67 sec and 1.20 sec in female group. Male and female subjects spent about the same percentage of time in each phase of rising up. There were speed effects in hip angular displacements. The faster the subjects moved the lesser they flexed the hip joint. No speed effects were found in either knee or ankle angular displacement.