

# Loading and Saving Models and Motion Data

This section covers the basics of how to open and save an OpenSim model and how to load a motion into OpenSim:

- [Opening, Closing, and Saving Models](#)
- [Loading Motions](#)
- [Associating Data with a Motion](#)
- [Previewing Motion Capture \(Mocap\) Data](#)
- [Preview Sensor Data](#)
- [Importing and Exporting SIMM Models](#)

Next: [Opening, Closing, and Saving Models](#)