

Define the types of movement:		
Flexion <i>Sporting example?</i>	Decreasing of the angle at a joint	2
Extension <i>Sporting example?</i>	Increasing of the angle at a joint	2
Abduction <i>Sporting example?</i>	Movement of a limb away from the midline of the body	2
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Rotation <i>Sporting example?</i>	Movement in a circular motion	2
5 functions of the skeletal system	Movement, support, shape, protection, blood cell production	5
4 types of bone	Long, short, flat, irregular	4
Type of joint at the	Shoulder – ball & socket Knee – hinge Pivot - wrist	3
Role of tendons	Muscle to bone	1
Role of ligaments	Bone to bone	1
Role of cartilage	Buffer at the end of the bones, shock absorption	1
Articulating bones at the elbow?	Radius, ulna & humerus	3
Description and example of the 3 types of muscle	Skeletal muscles – Voluntary and we have conscious control over them Involuntary – cannot control, they allow crucial body functions to continue Cardiac – work automatically and constantly	6
Example of an antagonistic pair	Bicep & tricep / hamstring & quadricep	1
Types of contraction & definition? <i>Sporting example of each?</i>	Isotonic – muscle contracts and changes length Isometric – muscle contracts and length stays the same	4