

Muscular & Skeletal System

Define the types of movement:		
Flexion <i>Sporting example?</i>		2
Extension <i>Sporting example?</i>		2
Abduction <i>Sporting example?</i>		2
Adduction <i>Sporting example?</i>		2
Rotation <i>Sporting example?</i>		2
5 functions of the skeletal system		5
4 types of bone		4
Type of joint at the	Shoulder – Knee – Wrist -	3
Role of tendons		1
Role of ligaments		1
Role of cartilage		1
Articulating bones at the elbow?		3
Description and example of the 3 types of muscle		6
Example of an antagonistic pair		1
Types of contraction? <i>Sporting example of each?</i>		4