

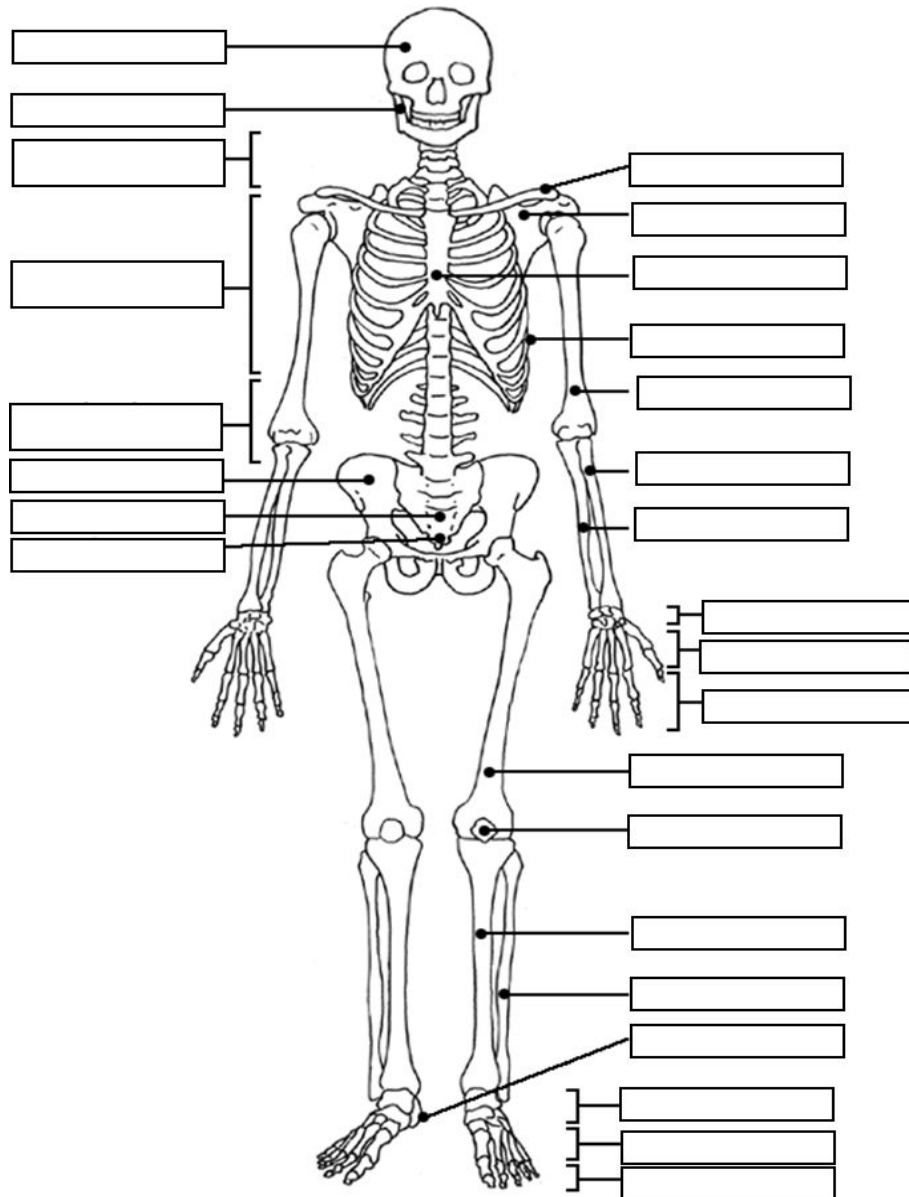
A-LEVEL PE

Enrolment pre-work on Skeletal & Muscular systems

Complete and bring this to every lesson during your first week

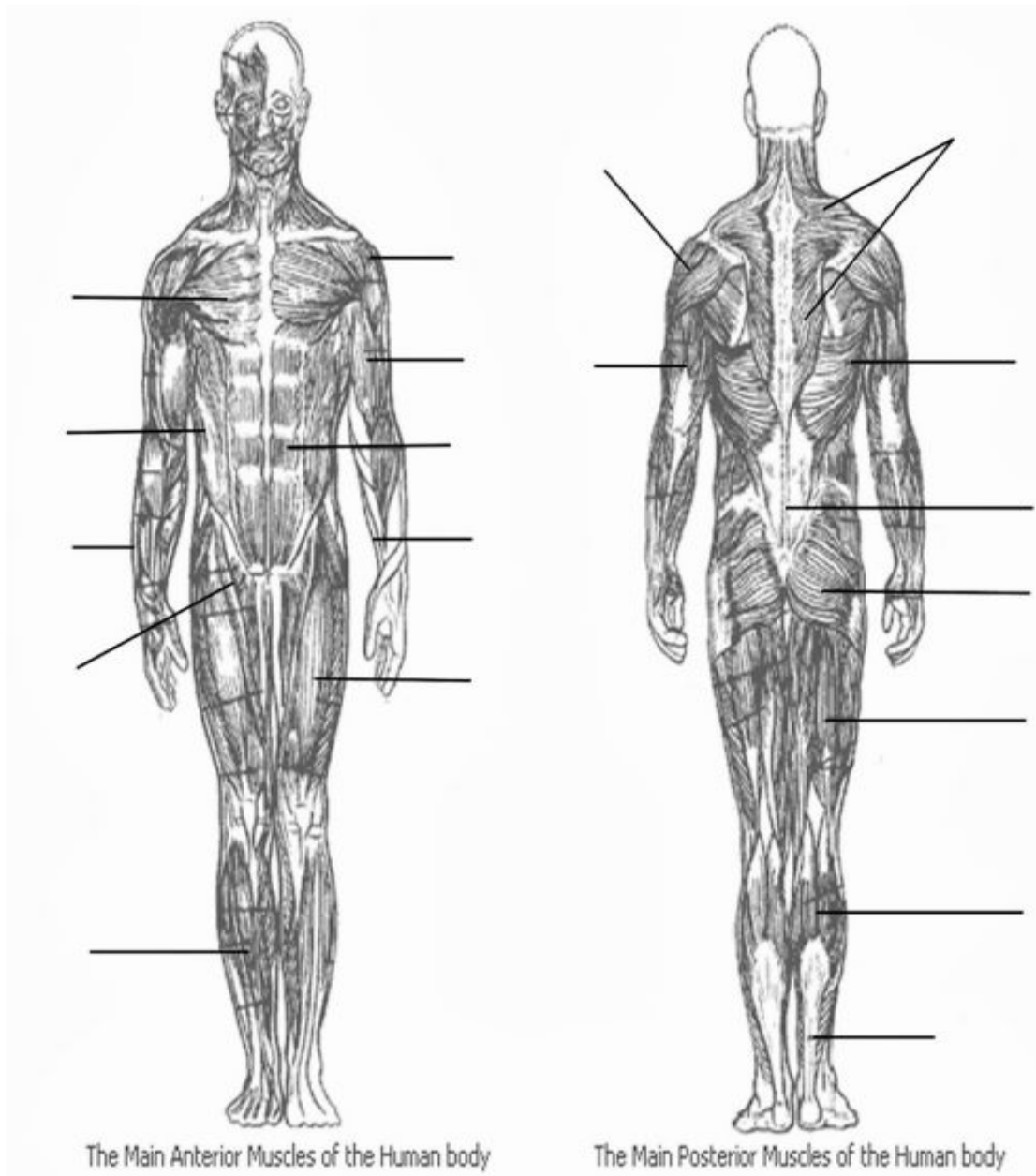
1. SKELETON

Label as many bones as you can. Shade the axial and appendicular skeleton in different colours and label.



2. MUSCLES

Label as many muscles as you can including **3 x hamstrings** and **4 x quadricep** muscles.



PLANES OF MOVEMENT

Draw an anatomical figure in each of the boxes below that shows the relevant plane of movement, describe it and include examples of sporting actions which move along the plane.

| Sagittal Plane | <u>Description</u> | <u>Sporting Examples:</u> |
|-------------------------|---------------------------|----------------------------------|
| Frontal Plane | | |
| Transverse Plane | | |

ROLES OF MUSCLES

Explain the following terms and give a clear sporting example that describes the role of each muscle during the specific phase of the movement.

AGONIST =

Sporting action example = e.g. - biceps brachii in the bicep curl

ANTAGONIST =

Sporting action example =

FIXATOR =

Sporting action example =

JOINTS, MOVEMENTS, MUSCLES

Define each of the following terms, identify the plane of movement and provide an example of a sporting action.

| Movement | Definition | Plane of Movement | Sporting Example |
|--------------------|-------------------|--------------------------|---------------------------------|
| Flexion | | | E.g - bicep curl (upward phase) |
| Extension | | | |
| Rotation | | | |
| Circumduction | | | |
| Abduction | | | |
| Adduction | | | |
| Lateral flexion | | | |
| Horizontal flexion | | | |
| Plantarflexion | | | |
| Dorsiflexion | | | |
| Pronation | | | |
| Supination | | | |

3. CONTRACTION TYPES

Define each of the types of muscle contraction and provide clear sporting examples that explain the role of each of the muscles involved during the specific phases of the movement.

| Contraction Type | Description |
|-------------------------|--------------------|
| Isotonic | |
| | |
| Concentric | |
| | |
| Eccentric | |
| | |
| Isometric | |
| | |