

Muscle Action

Learning Objectives:

Mr Bone

Know the key terms and the different muscle contractions for movement (4-5) (AO1)

Explain the how muscles contract to create movement, with reference to shoulder, ankle, elbow, hip and knee joint (6-7) (AO2)

Analyse the different muscle contractions and link to specific sporting examples. (8-9) (AO3)

EXAM QUESTION (2 Marks)

In which part of the body are the following muscle groups?

Pectorals

Quadriceps

APPLY IT!



Pectorals

Quadriceps



Exam Question (4 Marks)

Flat bones provide a protective function within the body. Name **two** flat bones **and**, using a sporting action of your choice, explain how these bones provide protection during performance.



EXPLAIN (AO2)

Explain -



Rapid Recall (AO1)
Name 15 major bones.

Rapid Recall (AO1)
Name 13 major muscles.

Key Terms

DEFINE/IDENTIFY (AO1)

Antagonist

Agonist

Isotonic

Isometric

Concentric

Eccentric

Antagonist Muscle Action

Shoulder Joint



Muscles:

Bones:

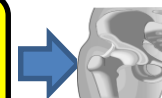
Elbow Joint



Muscles:

Bones:

Hip Joint



Muscles:

Bones:

Knee Joint



Muscles:

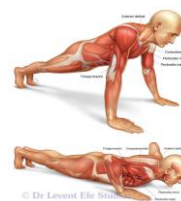
Bones:

Ankle Joint



Muscles:

Bones:



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(4-5) AO1

(6-7) AO2

(8-9) AO3