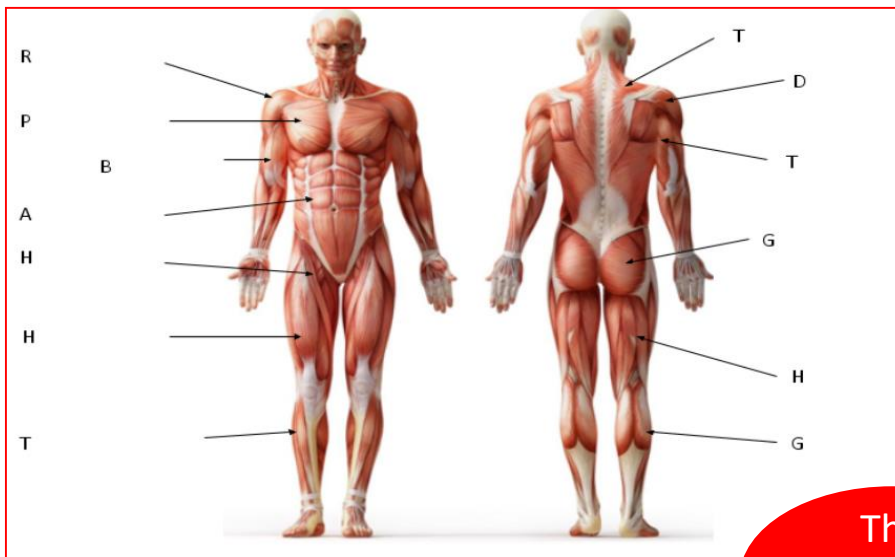




Label the diagram above with correct muscles

## The Muscular System

**Muscle contraction:** name and explain the 3 types of muscle contraction and give a sporting example

| Contraction type | Definition                                                                                                                         | Sporting example |
|------------------|------------------------------------------------------------------------------------------------------------------------------------|------------------|
| C_____           | C_____ contractions take place when the agonist muscle _____ and the antagonist muscle _____.                                      |                  |
| E_____           | E_____ contractions take place when the agonist muscle _____ and the antagonist muscle _____.                                      |                  |
| I_____           | I_____ contractions take place there is a pushing or pulling force but both of the muscle in the antagonistic pair stay the _____. |                  |

Complete below to show the movements that each muscle makes happen. Then give a sporting example

**Pectorals** - Creates a \_\_\_\_\_ at the shoulder across the c \_\_\_\_\_  
Example:

**Deltoids** - Creates a \_\_\_\_\_ at the s \_\_\_\_\_ and raises your arm sideways  
Example:

**Abdominals** - Allows you to f \_\_\_\_\_ your trunk  
Example:

**Biceps** - Allows f \_\_\_\_\_ at the e \_\_\_\_\_  
Example:

**Quadriceps** - Makes e \_\_\_\_\_ of the leg possible at the k \_\_\_\_\_  
Example:

**Trapezius** - Allows r \_\_\_\_\_ of the s \_\_\_\_\_  
Example:

**Triceps** - Creates e \_\_\_\_\_ at the e \_\_\_\_\_  
Example:

**Gluteals** - Allows e \_\_\_\_\_, a \_\_\_\_\_ and a \_\_\_\_\_ at the h \_\_\_\_\_  
Example:

**Hamstrings** - These allow f \_\_\_\_\_ of the leg at the k \_\_\_\_\_  
Example:

**Gastrocnemius** - Allows you to stand on your tiptoes, by creating \_\_\_\_\_ at the a \_\_\_\_\_  
Example:

**Latissimus Dorsi** - Allows r \_\_\_\_\_ and a \_\_\_\_\_ of the shoulder  
Example:

### Key Terms

**Muscle Contraction** –A s \_\_\_\_\_ or tensing of a muscle which causes movement.

**Antagonistic Pair** –T \_\_\_\_\_ muscles which work t \_\_\_\_\_ e.g. the b \_\_\_\_\_ and t \_\_\_\_\_.

**Agonist** – Prime mover! The m \_\_\_\_\_ in the antagonistic pair which is making the movement happen.

**Antagonist** –The lazy one of the pair! This one does the o \_\_\_\_\_ of the agonist. It r \_\_\_\_\_ while its partner contracts.

Use the key words to fill in the gaps:

Adduction  
rotation  
abduction  
flex adduction  
flexion  
extension  
extension  
rotation  
extension  
extension  
Adduction  
flexion  
abduction

**Muscle contraction:** name and explain the 3 types of muscle contraction and give a sporting example

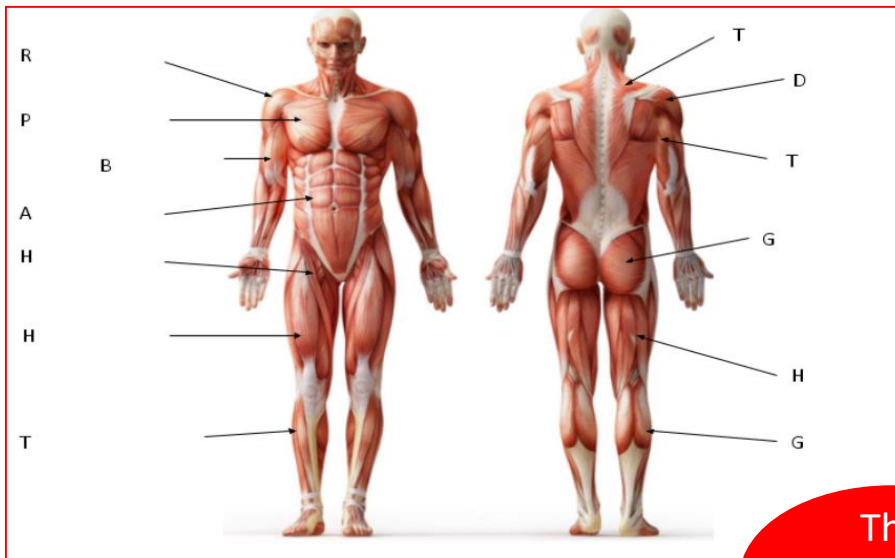
Use the words below to complete the table:

Eccentric  
Lengthens  
The same length  
Isometric  
Lengthens  
Concentric  
Shortens  
Eccentric  
Concentric  
Isometric  
Shortens

**Key terms:**

Use the words below to complete the definition of the key terms:

tricep  
relaxes  
together  
shortening  
bicep  
opposite  
two  
muscle



Label the diagram above with correct muscles

## The Muscular System

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Example:

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Example:

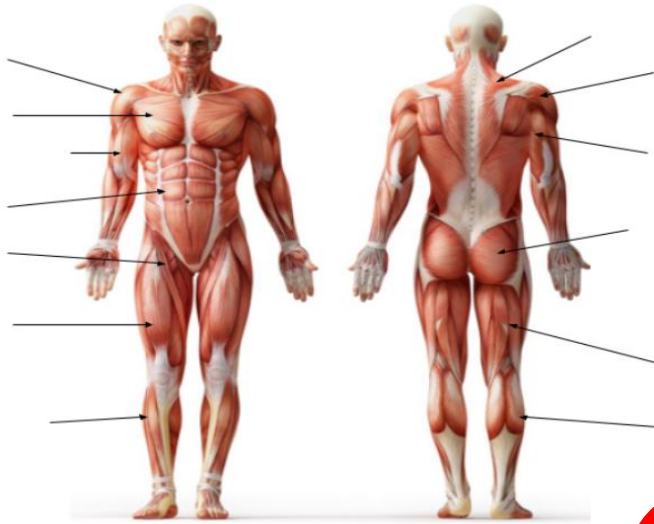
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## The Muscular System

Label the diagram above with correct muscles

**Muscle contraction:** name and explain the 3 types of muscle contraction and give a sporting example

| Contraction type | Definition | Sporting example |
|------------------|------------|------------------|
| C_____           |            |                  |
| E_____           |            |                  |
| I_____           |            |                  |

For each muscle explain the movements that it makes happen and at which joint. Then give a sporting example

**Pectorals** - Creates a \_\_\_\_\_ at the shoulder across the c\_\_\_\_\_

Example:

**Deltoids** -

Example:

**Abdominals** -

Example:

**Biceps** -

Example:

**Quadriceps** -

Example:

**Trapezius** -

Example:

**Triceps** -

Example:

**Gluteals** -

Example:

**Hamstrings** -

Example:

**Gastrocnemius** -

Example:

**Latissimus Dorsi** -

Example:

**Write a definition for each key term:**

**Muscle Contraction** -

**Antagonistic Pair** -

**Agonist** -

**Antagonist** -