



Name: _____

1.a The Skeletal System/1.b The Muscular System

Date:

Time: 40 minutes

Total marks available: 30

Total marks achieved: _____

Percentage: _____

Q1. The carpals are located at which joint in the body? **(1 mark)**

- A – Hip
- B – Elbow
- C- Knee
- D – Wrist

Q2. The ‘fixator’ muscle can be described as what? **(1 mark)**

- A – The agonist
- B – The muscle responsible for movement
- C – A muscle acting as a ‘stabiliser’ during movement
- D – The muscle relaxing/resting

Q3. Explain the antagonistic muscle action that allows flexion and extension at the elbow and knee. **(4 marks)**

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Q4.

Complete the following statement about hinge joints.

- (i) The is an example of a hinge joint in the body. (1)
- (ii) Give an example of a specific sporting action produced at this joint. (1)

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Q5. Several muscles are listed in the table below.

Abdominals	Triceps	Gastrocnemius	Gluteals
Latissimus dorsi	Pectorals	Quadriceps	Trapezius

Using the muscles in the table, match the correct muscle to the stated action in the following statement.

Extends the angle from the knee (extension)

(1)

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Q6.

Describe **two** roles of tendons within joints when performing a physical activity. (2)

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Q7.

Name two ball and socket joints in the body. Suggest how each example is important to a specific sporting performance. (4 marks)

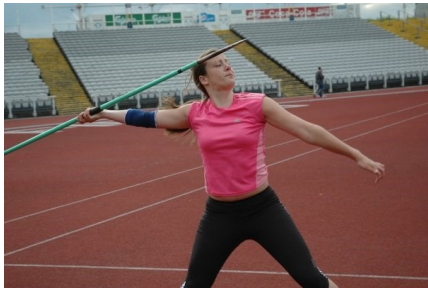
1.

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Q8.



Analyse the muscle action at the elbow of the throwing arm for each performer pictured above. **(4 marks)**

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Q9. Name the articulating bones found at the elbow joint. **(3 marks)**

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Q10. Define what is meant by a 'synovial joint'. **(2 marks)**

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End of Test