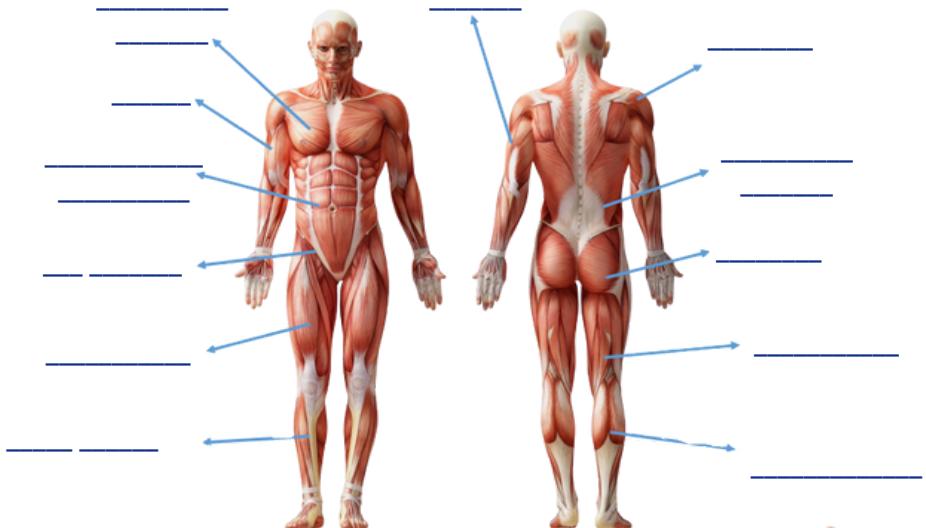


As one muscle \_\_\_\_\_, another muscle will \_\_\_\_\_



Pectoralis Major & \_\_\_\_\_

Biceps & \_\_\_\_\_

Gastrocnemius & \_\_\_\_\_

Quadriceps & \_\_\_\_\_

Hip Flexors & \_\_\_\_\_

External Obliques & \_\_\_\_\_

## PE COMPONENT 1 - MUSCULAR SYSTEM



\_\_\_\_\_ Muscles → A muscle which you can control

\_\_\_\_\_ Muscles → A muscle which you cannot control

\_\_\_\_\_ Muscles → A muscle found in the wall of the heart



### Muscle Fibres

Type I

Type IIA

Type IIX

Slow Twitch

Fast Twitch

\_\_\_\_\_ Twitch

\_\_\_\_\_ Contractions

Fast Contractions

Very Fast Contractions

Aerobic Activity

Fatigue relatively quickly

Fatigue very quickly

e.g. Marathon

e.g. \_\_\_\_\_

e.g. 100m

