



Joint Actions

Flexion

Adduction

Rotation

Abduction



As one muscle **CONTRACTS**, another muscle will **RELAX**



PE COMPONENT 1 - MUSCULAR SYSTEM



Joint Actions

- Flexion is the _____ of the angle at a joint
- Extension is the _____ of the angle at a joint
- Abduction is movement _____ from the **midline** of the body
- Adduction is movement _____ the **midline** of the body
- Rotation is the action of _____ **around** an axis or centre

Muscle

This is a muscle which acts as a stabiliser and helps the agonist work effectively during movement



Biceps & _____

Quadriceps & _____

Antagonistic Pairs

_____ & Gluteals

_____ & Deltoid

