



Joint Actions

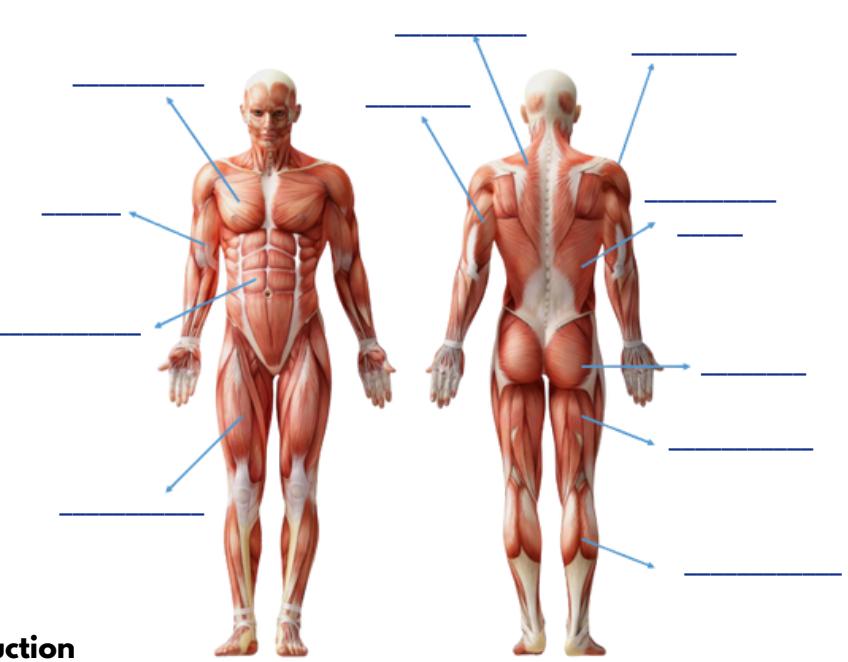
Flexion



Rotation

Adduction

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



Biceps & _____

Quadriceps & _____

Antagonistic Pairs

_____ & Gluteals

_____ & Deltoid

