



Spot the Mistake

Below are sporting statements.... but there's an error! Spot the mistake in the statement.

The biceps are the main muscles used to straighten the arm at the elbow.

Muscular endurance is only important for short, powerful movements like a javelin throw.



Anaerobic exercise like long-distance cycling requires oxygen.

A hinge joint allows rotation at the elbow during a tennis forehand.



Speed is important in golf because the ball needs to go far.

Strength and power are the same component of fitness.



Ligaments join muscles to bones and help generate movement in a sprinter's leg.

Flexion and extension occur in the frontal plane.



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Below are sporting statements.... but there's an error! Spot the mistake in the statement.

The Triceps straighten the arm at the elbow.

Muscular endurance is needed for repeated/ sustained contractions, like in cycling or rowing.



Aerobic exercise like long-distance cycling requires oxygen.

A ball and socket joint allows rotation; the elbow hinge joint allows flexion and extension.



Power/Muscular Strength is important in golf because the ball needs to go far.

Strength is the maximum force a muscle can exert, while power is $\text{strength} \times \text{speed}$.



Tendons join muscles to bones and help generate movement; ligaments help stabilise joints.

Flexion and extension occur in the sagittal plane.