

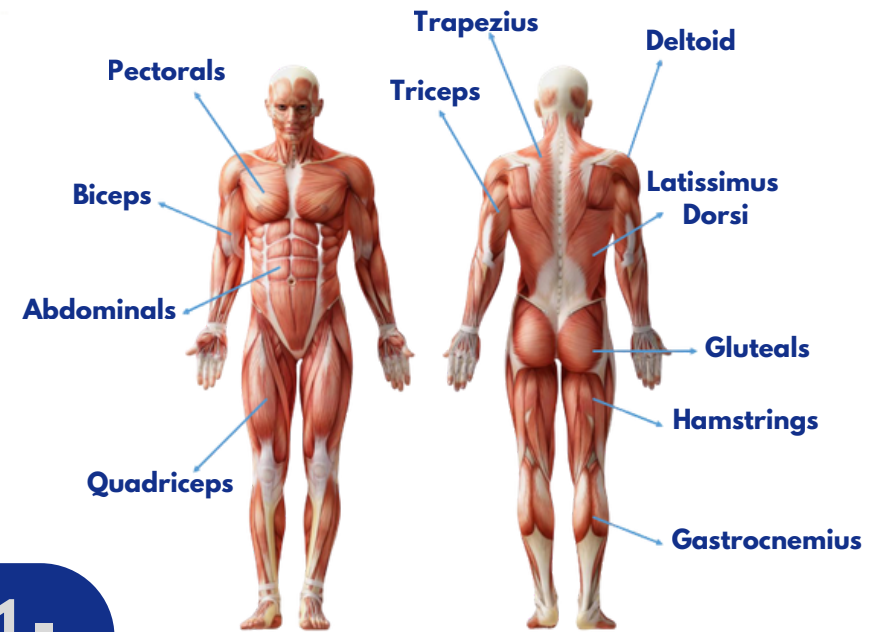
Joint Actions



Joint Actions

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

PE COMPONENT 1 - MUSCULAR SYSTEM



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



Fixator Muscle

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



Biceps & Triceps

Quadriceps & Hamstrings

Antagonistic Pairs

Abdominals & Gluteals

Pectorals & Deltoid

