

Name: _____

1.1 Musculo-Skeletal System

Date:

Time: 40 minutes

Total marks available: 30

Total marks achieved: _____

Percentage: _____

Questions

Q1.

Explain the antagonistic muscle action that allows flexion and extension at the elbow **and** knee.

(4)

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Q2.

Complete the following statement about hinge joints.

(i) The is an example of a hinge joint in the body.

(1)

(ii) Give a specific sporting action where this range of movement is used at this joint.

(1)

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Q3.

Several muscles are listed in the table below.

Abdominals	Triceps	Gastrocnemius	Gluteals
Latissimus dorsi	Pectorals	Quadriceps	Trapezius

Using the muscles in the table, match the correct muscle to the stated action in the following statement.

Moves the thigh backward at the hip (hip extension).

(1)

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Q4.

Several muscles are listed in the table below.

Abdominals	Triceps	Gastrocnemius	Gluteals
Latissimus dorsi	Pectorals	Quadriceps	Trapezius

Using the muscles in the table, match the correct muscle to the stated action in the following statement.

Adducts the upper arm at the shoulder.

(1)

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Q5.

Which one of the following muscle fibre types is best suited to use in a marathon? (1)

- A. Type I
- B. Type IIa
- C. Type IIx
- D. Fast Twitch

Q6.

Protection is a function of the musculo-skeletal system.

Name another one of the functions of the musculo-skeletal system and, using one example, explain how this function aids performance in physical activity and sport. (2)

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Q7.

Analyse, using an example, how one of the condyloid joints in the body may improve a bowlers chances of getting a wicket in cricket. (3 marks)

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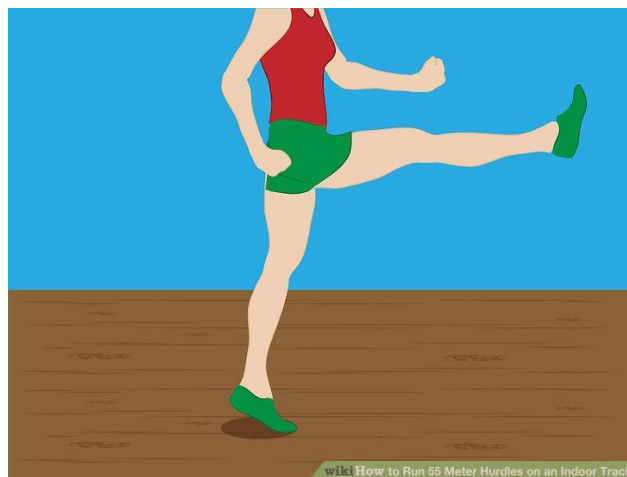
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Q8.



Analyse the muscle action at each of the ankles for the performer pictured above. (4 marks)

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