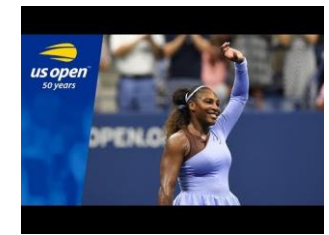


Click on the image to take a look at Serena Williams in action



How does she use three functions of the skeletal system during performance?

Does she require fast or slow twitch muscle fibres? Why?

Describe the actions of two antagonistic muscle pairs that are required during tennis.



Name 3 flat bones and describe why they are important for sporting performance.

Name 3 long bones in her body. Which muscles attach to these bones and which fibrous tissue enables this attachment?

Name two types of joint. For each, give a specific example and describe why this joint is important in order to enhance performance in tennis.

Name two locations where involuntary muscles are present in the body. Why are these involuntary muscles important for performance in tennis?