Test

/ 30

1.1.a - Skeletal and Muscular systems

30 minutes

Name _____

Class _____

1. Draw a line from each type of contraction to its description. (4)

Types of Injury
Isometric
Isotonic
Eccentric
Concentric

Example of injury
Muscle lengthens as it contracts
Muscles shortens, generating a force
Muscle length does not change
Muscle lengthens due to a greater opposing force

2. a) Which of the following muscle fibres is most suited to weight lifters? (1)

A) Slow Oxidative

B) Fast Oxidative Glycolytic

C) Fast Glycolytic

D) Slow Glycolytic

B) State and explain which muscle fibre they can use in between sessions in order to aid recovery. (2)

_____

_____

3. a) Identify the joint action and the main agonist at the shoulder as the performer moves from stage 1 to stage 2. (2)

Joint action: _____

Main agonist: _____

Stage 1 Stage 2

B) Identify the plant of movement present at the shoulder, as the performer moves from stage 1 to stage 2. (1)

_____

4. Explain, stating the joint type, the plane in which the knee moves to kick a football.. (2)

_____

_____

5. Explain the term antagonistic pair, using the knee joint as an example. (4)

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_____

_____

_____

6. State which type of muscle fibre each of the athletes below would primarily use, explaining why.

(6)

- Cross-country runner:

_____

_____

_____

- Triathlete:

_____

_____

_____

- High Jumper:

_____

_____

_____

7. The neuromuscular system is responsible for creating muscular contractions. Explain the 'All or None Law'. **(2)**

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8. Explain the movements occurring at each joint type using examples of your own. (6)

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- _____

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-_____

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