Name: _____

1.1 Musculoskeletal System

Date:

Time: 40 minutes

Total marks available: 30

Total marks achieved: _____

Percentage: _____

Q1. The talus is located at which joint in the body? **(1 mark)**

A – Hip
B – Elbow
C- Knee
D – Ankle

Q2. The humerus can be classified as what type of bone? **(1 mark)**

A – Long Bone
B – Short Bone
C – Flat Bone
D – Irregular Bone

Q3. Explain the antagonistic muscle action that allows abduction and adduction at the shoulder **and** hip. **(4 marks)**

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Q4.

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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Q5. 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.

Extends the angle from the knee (extension)

(1)

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Q6.

Outline how two features of the shoulder joint aim to prevent injury occurring. **(2 marks)**

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Q7.

Name two ball and socket joints in the body. Suggest how each example is important to a specific sporting performance. **(4 marks)**

1. .....

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2. .....

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Q8.

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

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Q9. Jordan is completing a tricep dip. Describe the concentric and eccentric contractions that take place at the different stages of this movement. **(2 marks)**

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Q10. The skeleton has many functions.

Describe two functions of the skeleton and, with reference to a sporting activity of your choice, justify why they are relevant to performance.

(**9 marks)**

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End of Test