**THE MUSCULAR SYSTEM REVISION**

**Label the diagram**

**The origin is …**

|  |  |  |
| --- | --- | --- |
| Movement | Agonist | Antagonist |
| Hip flexion |  |  |
| Hip extension |  |  |
| Elbow flexion |  |  |
| Elbow extension |  |  |
| Shoulder adduction |  |  |
| Shoulder abduction |  |  |
| Ankle plantar flexion |  |  |
| Ankle dorsi flexion |  |  |

**The insertion is …**

**Label the diagram with the**

**following … Origin Insertion Muscles Bones Agonist Antagonist**

**AO1**

**Tendons connect**

**…**

**Ligaments connect**

**…**

**Explain the role of tendons during movement**

**Give three examples of an isometric muscle contraction in three different physical activities. Provide a justification for each answer (6 marks).**

**Isometric muscle contraction is:**

**Agonist is …**

|  |  |
| --- | --- |
| **Location** | **Muscles involved?** |
| Shoulder |  |
| Ankle |  |
| Elbow |  |
| Knee |  |
| Hip |  |

**Antagonist is …**

**Isotonic muscle contraction is: Eccentric muscle contraction is:**

**Concentric muscle contraction is:**

**AO1 AO2 AO3**