

A Level Physical Education 2020-22
Physiology: Preparatory Work for September 2020

Complete the following tasks to be ready for the new term:

1. Identify all of the articulating bones for the following synovial joints: wrist; elbow; shoulder; ankle; knee; hip.
2. For task 1 identify and describe the **types** of joints.
3. Define the following movements: FLEXION; EXTENSION; ABDUCTION; ADDUCTION; CIRCUMDUCTION; ROTATION; HORIZONTAL FLEXION; HORIZONTAL EXTENSION.
4. For task 3, give examples of each of those movements from sport.
5. Answer the following questions:

Anatomy and Physiology

[View or add comment](#)

- 1 (a) Fig. 1 shows a gymnast holding a position on the rings. Use your anatomical and physiological knowledge to complete the table below for the hip joint.



Fig. 1

Joint	Joint Type	Movement	Agonist	Antagonist
Hip				Gluteus Maximus

- 1 (a) Fig. 1 shows a golfer during the backswing phase of a golf shot.



Fig. 1

- (i) Complete the table below for the left shoulder joint of the golfer.

[3]

Joint	Joint type	Movement	Agonist	Antagonist
Shoulder		Adduction		

‘Hard work beats talent when talent doesn’t work hard.’