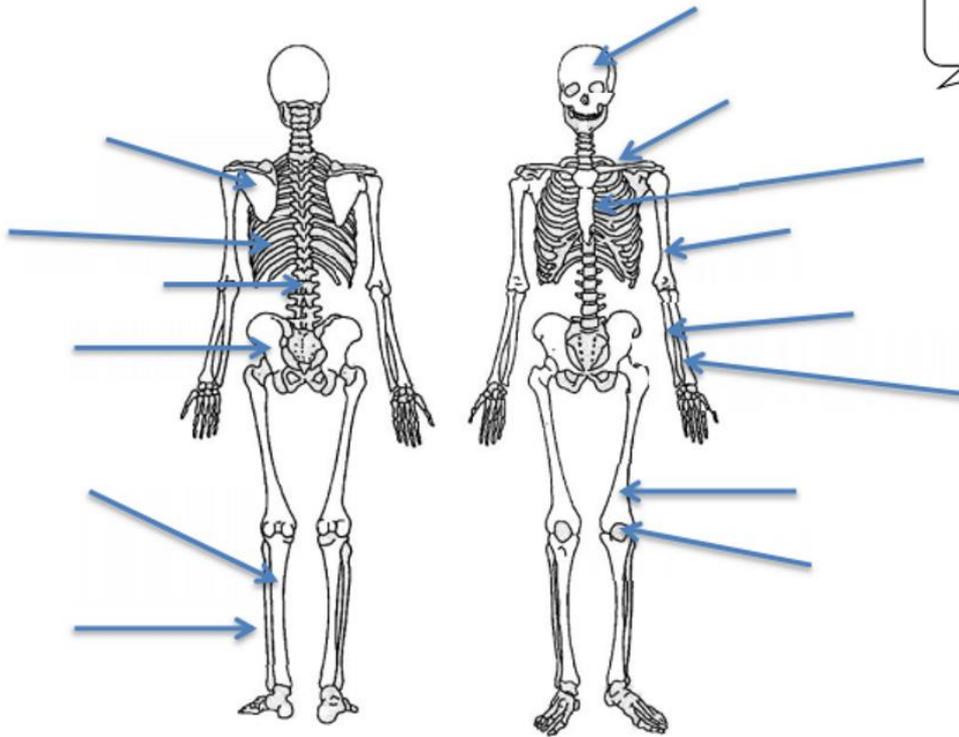




Can you label these bones?



Joints and their Movements:

For each of the joints below describe, using examples from sport, the following movements

1. Shoulder: FLEXION, EXTENSION, ABDUCTION, ADDUCTION



2. Elbow: FLEXION, EXTENSION

3. Wrist: FLEXION, EXTENSION

4. Hip: FLEXION, EXTENSION, ABDUCTION, ADDUCTION

5. Knee: FLEXION, EXTENSION



6. Ankle: DORSIFLEXION, PLANTARFLEXION

Part 1 of the Physiology specification: for information only

Topic Area	Content
<p>Joints, movements and muscles</p> 	<ul style="list-style-type: none"> • shoulder: <ul style="list-style-type: none"> ○ flexion, extension, abduction, adduction, horizontal flexion/extension, medial and lateral rotation, circumduction ○ deltoid, latissimus dorsi, pectoralis major, trapezius, teres minor • elbow: <ul style="list-style-type: none"> ○ flexion, extension ○ biceps brachii, triceps brachii • wrist: <ul style="list-style-type: none"> ○ flexion, extension ○ wrist flexors, wrist extensors • hip: <ul style="list-style-type: none"> ○ flexion, extension, abduction, adduction, medial and lateral rotation ○ iliopsoas, gluteus maximus, medius and minimus, adductor longus, brevis and magnus • knee: <ul style="list-style-type: none"> ○ flexion, extension ○ hamstring group: biceps femoris, semi-membranosus, semi-tendinosus ○ quadriceps group: rectus femoris, vastus lateralis, vastus intermedius and vastus medialis • ankle: <ul style="list-style-type: none"> ○ dorsi flexion, plantar flexion ○ tibialis anterior, soleus, gastrocnemius • planes of movement: <ul style="list-style-type: none"> ○ frontal ○ transverse ○ sagittal.

'There is no lift to success; you have to take the stairs.'



Sample question for practice:

Anatomy and Physiology

- 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