



Physiology Paper 1

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



Practice questions: please complete

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

Socio-Cultural Studies Paper 3

- (b) The Tour de France has often been associated with the use of illegal performance enhancing drugs.

- (i) Why have cyclists in the Tour de France used these types of drugs?

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 [2]

- (ii) How might the use of illegal drugs affect the sport of cycling?

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 [3]