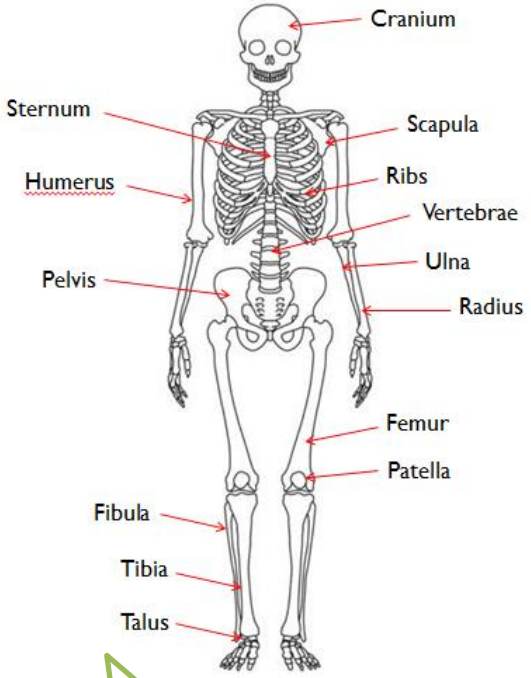
GCSE PE

The human body and movement in physical activity and sport



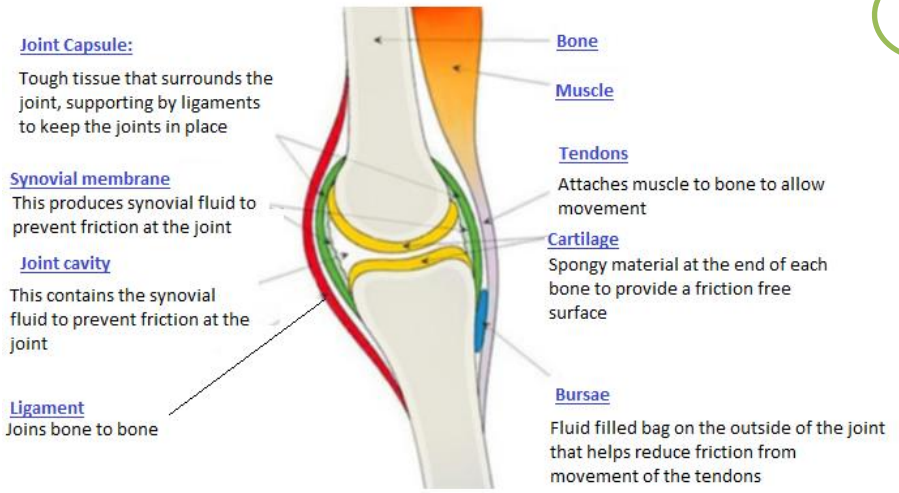
Functions of the skeleton

Super Star Performers Make Mince Pies

- Support
- Shape
- Protection
- Movement
- Mineral storage
- Production

Identify the movement occurring at the **ball and socket** joint

Which bones form the major joints in the body?



Identify the movement occurring at the **hinge** joint in the arm…

Movement	Description
Flexion	Movement where angle between bones reduces
Extension	Movement where angle between bones increases
Abduction	Movement where limbs are moved away from the body
Adduction	Movement where limbs are moved back towards the body
Rotation	Turning a limb along its long axis
Plantar flexion	Movement at the ankle where the toes are pointed towards the ground
Dorsiflexion	Movement at ankle where the toes are pulled up towards the knee

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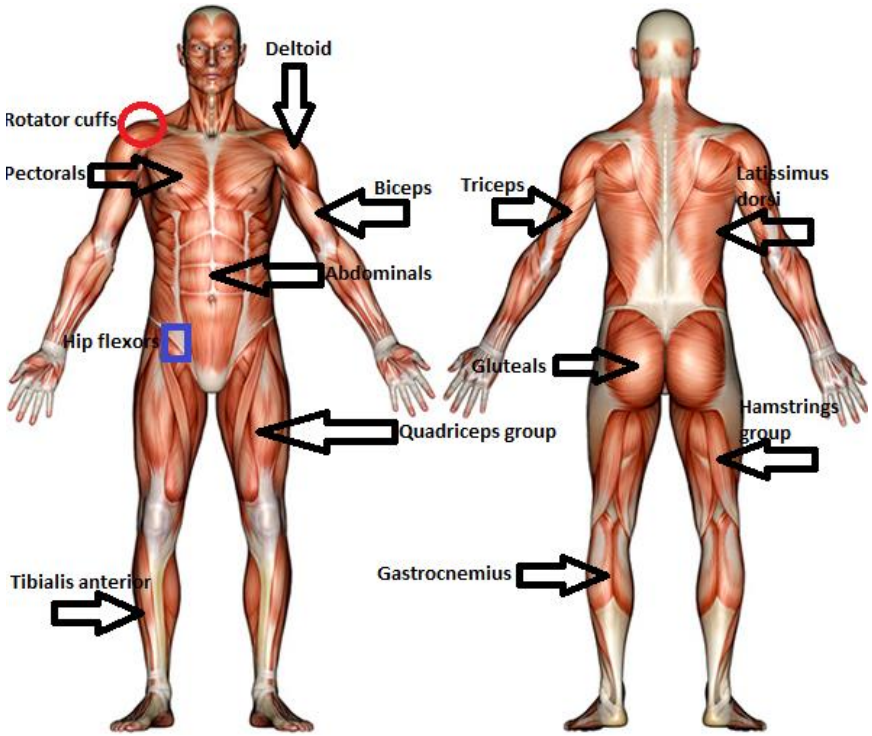
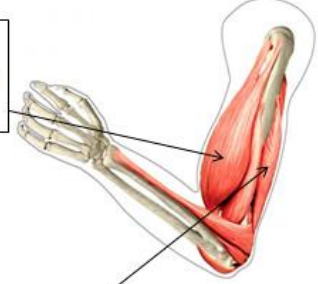


Muscle Action

Phase 1 of a bicep curl

The bicep is the prime mover/agonist because it is the contracting muscle.

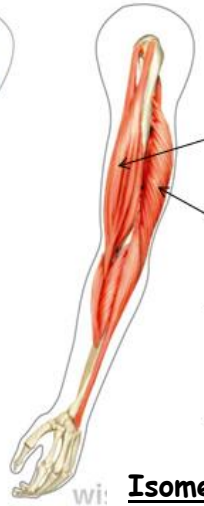
The tricep is the antagonist because it is the relaxing muscle.



Phase 2 of a bicep curl

The bicep is the antagonist because it is the relaxing muscle.

The tricep is the prime mover/agonist because it is the contracting muscle.

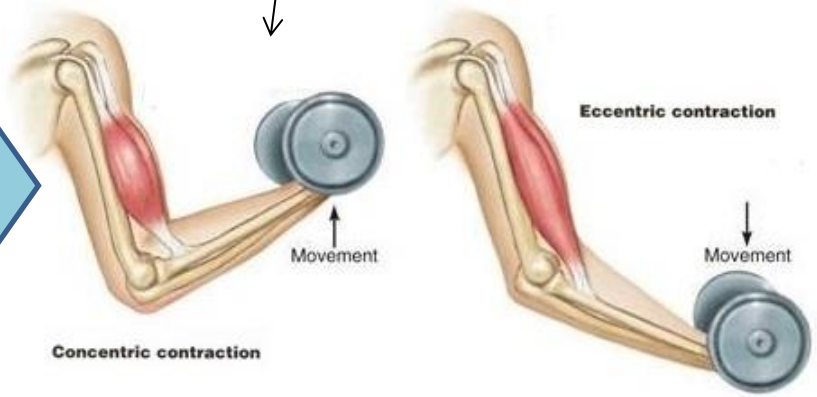


Isometric muscle contraction

Muscles stay the same length

Isotonic muscle contraction

Shortens as it contracts



Lengthens as it contracts