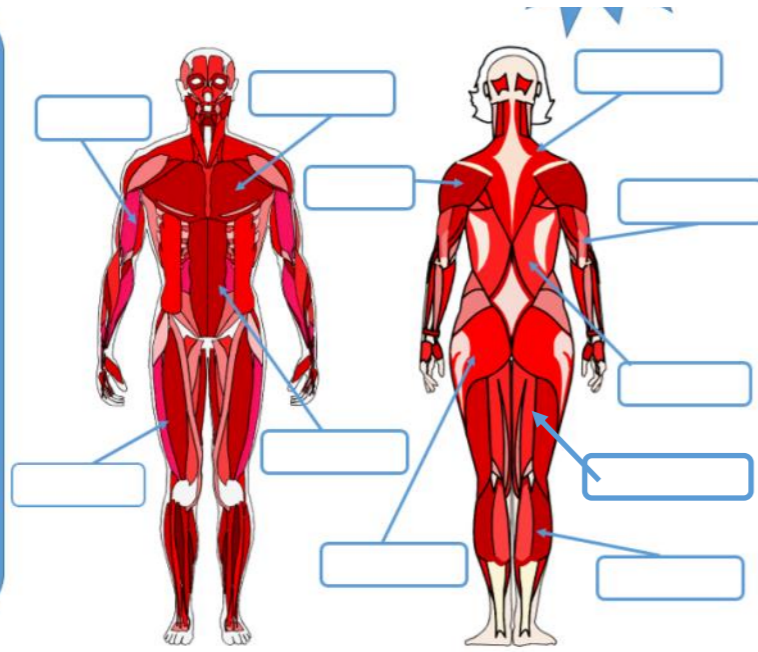





The Muscles

Use the words to complete the diagram

- Deltoid
- Trapezius
- Latissimus dorsi
- Pectorals
- Biceps
- Triceps
- Abdominals
- Quadriceps
- Hamstrings
- Gluteals
- Gastrocnemius



Place the words in the correct boxes

 Cardiac muscle		
 Voluntary muscle		
 Involuntary muscle		

Heart	Intestines	Biceps
Not consciously controlled. Never gets tired.	Under conscious control. Moves the limbs.	Not consciously controlled. Not striped.

Which one of the following muscles is contracting to allow the cyclist in **Figure 1** to flex his leg at the knee? (1)



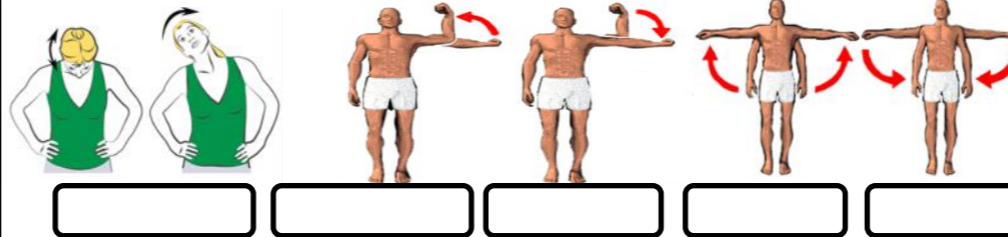
Figure 1

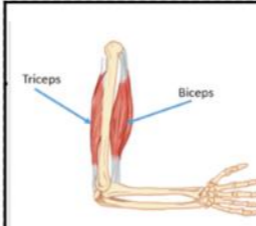
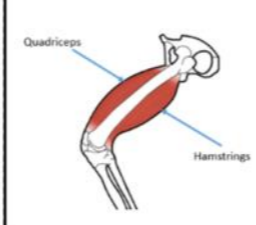
- A Trapezius
- B Hamstrings
- C Gastrocnemius
- D Quadriceps

Muscle movement

Muscles create movement by pulling (contracting), there are five ranges of movement that you need to know about. Unscramble the letters to identify the different ranges of movement.

NROOTITA NLXIEOF NETNSOIEX NAOBIDUTC ANODUTIDC



	Which joint do they move?	What types of movement are produced?
		

The role of muscles during movement;

Agonist; _____

Antagonist; _____

The roles of muscles in sporting movements;

Which muscle is which?

Upward phase of a bicep curl;

Agonist; _____

Antagonist; _____



Kicking a rugby ball;

Agonist; _____

Antagonist; _____



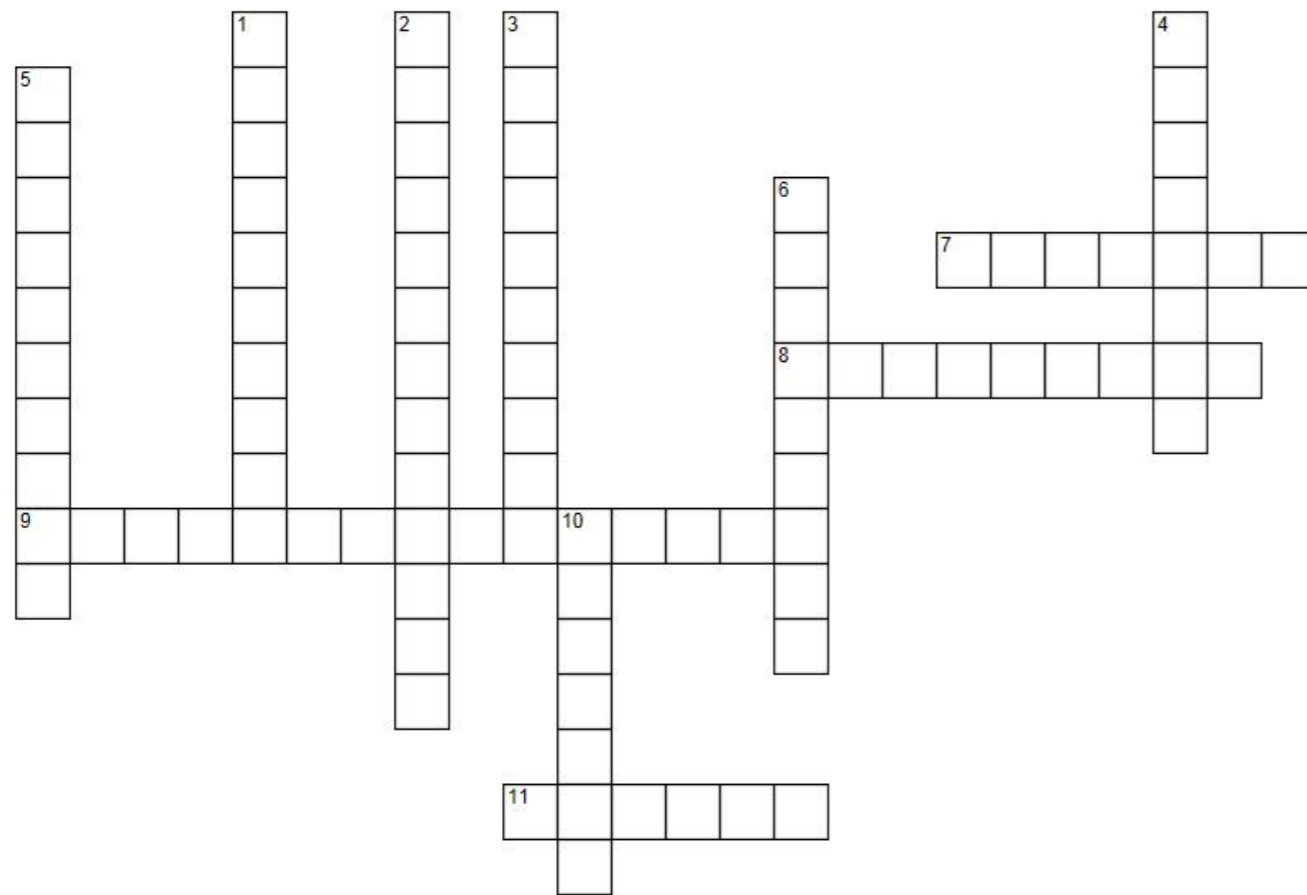
Downward phase of a press up;

Agonist; _____

Antagonist; _____



Muscles crossword



Across;

- 7 = the muscles in the back of the arm
- 8 = The muscles in the chest
- 9 = The muscles under the armpit
- 11 = contracts during a bicep curl

Down;

- 1 = contracts when kicking a ball
- 2 = also known as your calf muscle
- 3 = Found in the back of the leg
- 4 = The muscle in your bum!
- 5 = contracts during a sit-up
- 6 = Triangular muscle at the top of your back

Muscles and Injury

There are many injuries which can be caused through sport you need to identify and match up the descriptions below to the correct injury.

<u>Type of injury</u>	<u>Description of injury</u>	<u>Example of injury</u>
Sprain	is a soft tissue injury (pulled or overstretched muscle).	
Strain	Is an injury which occurs when the muscle has completed numerous repetitive movements.	
Overuse	is a soft tissue injury (Twisted or wrenched ligament). These often occur when ligaments at joints get stretched and torn	

Now you need to identify the injury and put it in the example box above.



(g) When taking part in physical activity there is always a risk of injury.

Which of the following is **not** a joint injury?

- A Dislocation.
- B Concussion.
- C Tennis elbow.
- D Golfer's elbow.

In the box below write any key words you still need help with?

(j) Which **one** of the following is **not** a joint injury?

- A Strain
- B Dislocation
- C Sprain
- D Tennis elbow

<u>Fibre</u>	<u>Description</u>	<u>Give a sporting example of when each fibre would be used.</u>
SLOW TWITCH MUSCLE FIBRES	Small in size.- These fibres take a relatively long time to contract.	
FAST TWITCH MUSCLE FIBRES	Large in size. These fibres contract quickly and powerfully.	