Unit 1 AOS 1 Definitions- Chapter 1

Term	Definition
Physical Activity	
Sport	
Exercise	
Sociocultural influences	
Environmental influences	
Enabler	
Barrier	

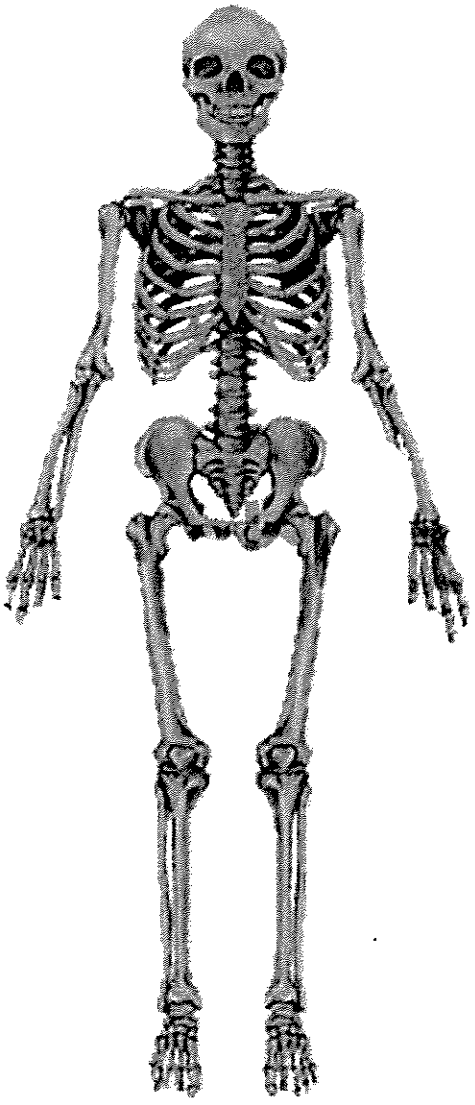
Major bones of the skeletal system

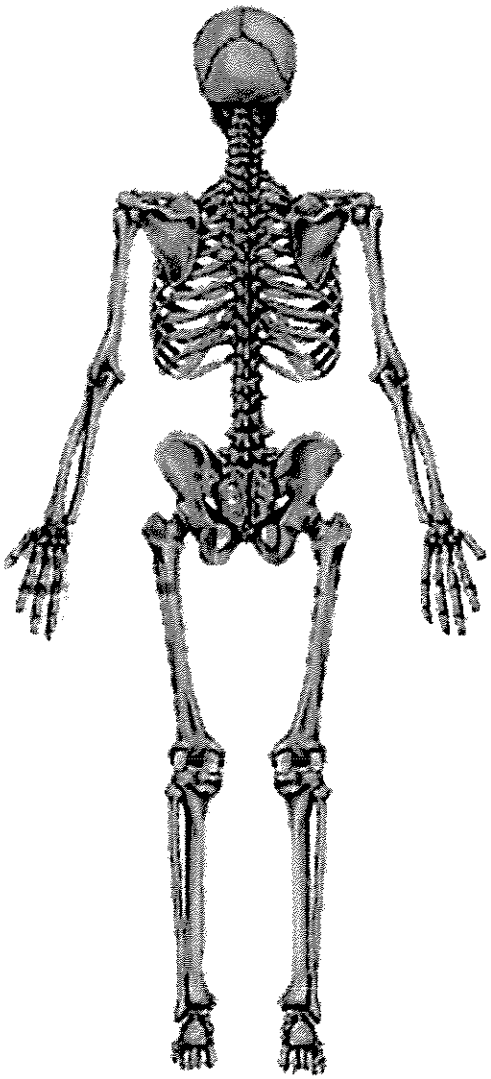
Locate the following bones on a human skeleton

Mandible
Clavicle
Scapula
Humerus
Radius
Ulna
Carpal bones
Metacarpals
Phalanges
Femur
Fibula
Tibia

Tarsal
Patella
Sacrum
Lumbar spine
Ribs
Sternum
Cervical spine
Maxilla
Fibula
Femur
Ribs
Scapula

Humerus
Radius
Ulna
Atlas
Axis
Clavicle
Tibia
Calcaneus
Metatarsals
Phalanges
Thoracic spine





Major skeletal muscles

Locate the following muscles on the diagram below

Trapezius
Deltoid
Latissimus dorsi
Obliques internal
Obliques external
Biceps brachii
Trapezius
Deltoid
Pectoralis major
Serratus anterior
Wrist _extensors
Sartorius

Adductors
Gastrocnemius
Triceps brachii
Erector
spinae
Gluteus
maximus
Adductors
Soleus
Gastrocnemius
Hamstrings
Semimembranosus

Biceps femoris
Semitendinosus
Soleus
Quadriceps femoris
Rectus femoris
Vastus intermedius
Vastus lateralis
Vastus medialis
Tibialis anterior
Rectus abdominis

1. List the five types of bone, providing an example of each.

   i. _____
   ii. _____
   iii. _____
   iv. _____
   v. _____

2. The skeleton provides us with vital framework, without it, we would not be what we are as humans. Identify why the skeleton is important, providing the **five** most important functions of the skeleton.

_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____

3. Link the word with its meaning by drawing a line between the two columns.

Pronation		Towards the head
Supination		A decrease of angle at a joint
Superior		Towards the feet
Inferior		Towards the front
Anterior		To face the palm of the hand downward
Posterior		An increase of angle at a joint
Flexion		More towards the back
Extension		To face the palm of the hand upward

Exercise	Main Muscles (Agonist/Antagonist)	Anatomical Movement	Joints Involved	Bones that make up that joint
Leg Curl	Agonist: Hamstrings (B.F, Semi mem & ten) Antagonist: Quadriceps (Vastus. Lat, Int, Med & Rec Fem)	Flexion / Extension	Knee- Hinge Hip- Ball & Socket	Patella, Femur, Tibia & Fibula Pelvis & Femur
Bicep Curl				
Crunch				
Leg Press				
Squat				
Chest Press				
Compound Row				
Lat Pulldown				
Plank				