Quick Quiz

1. List three bones from the axial skeleton. (3 marks)

2. List three bones from the appendicular skeleton. (3 marks)

3. State whether the three muscle types contract involuntarily or voluntarily. (3 marks)

4. Define motor unit. (1 mark)

5. Name the two protein filaments that make up a muscle fibre. (1 mark)

6. List the four types of muscle contraction. (4 marks)

7. Which muscle fibre type produces the greatest amount of force? (1 mark)

8. Describe the joint action ‘plantar flexion’ and provide a sporting example. (2 marks)

9. Describe the joint action ‘circumduction’ and provide a sporting example. (2 marks)

(Total 20 marks)