Sports Science Skeletal and Muscle System Test Revision

Complete the revision on separate paper to your work book. Set it out in a manner that is easy to follow (using different coloured pens etc for headings, spaces between information).

1. Name the 5 functions of the skeletal system
2. Go over the names of bones (test each other)
3. Name the five types of bones and give an example for each
4. Where are red blood cells, as well as some white blood cells, produced?
5. What are two major functions of flat bones?
6. Name the regions of the spine, in order from the highest to the lowest
7. State the number of vertebrae for each region.
8. Name the three types of joints in the body (both names) and provide an example for each.
9. Name the five types of synovial joints and provide an example for each
10. Name the three types of connective tissue and describe the characteristics for each
11. Draw and label a synovial joint- knee
12. List and describe the directional terms
13. List and describe the anatomical movements
14. Name and describe the three functions of the muscular system
15. Go over the muscle names (test each other)
16. Name three types of muscles and give an example of each
17. Describe the action each of the following muscles perform. Include- movement type, bone and joint type.
   i. Biceps  ii. Triceps  iii. Hamstrings
   iv. Quadriceps  v. Pectorals  vi. Trapezius
18. Give an example of the following types of muscles contractions-
   i. Isotonic concentric  ii. Isotonic eccentric  iii. Isometric  iv. Isokinetic