

# Organisms

# 1. Movement

## CONCEPT 2

## TEST YOURSELF

### UNDERSTANDING THE ROLE OF JOINTS AND MUSCLES

#### KNOW

Q1 In one sentence describe the function for the following

- |             |               |
|-------------|---------------|
| (a) tendons | (b) ligaments |
| (c) muscles | (d) joints    |

#### APPLY

Q2 State the **three** types of muscle and where in the body each can be found.

Q3 Describe the main muscles that enable you to make these movements:

- (a) reaching your arms above your head;
- (b) going onto your tip-toes
- (c) doing a sit-up

#### EXTEND

Q4 List the **four** joints in the human skeleton, starting with the type allowing the least movement to the type allowing the most movement.

Q5 Suggest what type of joint is found in the:

- |              |          |
|--------------|----------|
| (a) shoulder | (b) knee |
|--------------|----------|

Q6 Look at the image. The woman is lifting weights whilst keeping her upper arm still.

Which antagonistic muscle pair allows this movement? State which muscle is contracting and which is relaxing in image 2?

