Questions – Skeletal system

Q1.

Complete the following statement about hinge joints.

The range of movement possible at a hinge joint is

. . . . . to . . . . . .

(1)

Q2.

Figure 4 shows a javelin thrower.

Position A Position B

Figure 4

Identify the joint action at the elbow as the performer in **Figure 4** moves the javelin **from** position A **to** position B.

(1)

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Q3.

The shoulder is an example of a ball and socket joint. One possible range of movement at a ball and socket joint is flexion to extension.

State the other **two** ranges of movement possible at a ball and socket joint.

(2)

1

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2

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.....

Q4.

Complete the following statement about hinge joints.

(i) The . . . . . is an example of a hinge joint in the body.

(1)

(ii) Give a specific sporting action where this range of movement is used at this joint.

(1)

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Q5.

Protection is a function of the skeletal system.

Explain, using **one** example, how the skeletal system's protective function aids performance in physical activity and sport.

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(Total for question = 3 marks)

Skeletal and Muscular system questions

1. George Ford is just about to score a conversion for Leicester Tigers in their unbeaten start to the season.

What type of joint is the knee joint?

(1)

What movement action is happening at the knee joint?

(1)

What is the antagonistic pair?
Agonist –
Antagonist –

(2)

What are the articulating bones?

(1)

2. Paula Radcliffe's arm action is quite unique for a marathon runner.

What type of joint is the elbow joint?

(1)

What movement action is happening at the elbow joint?

(1)

What is the antagonistic pair?
Agonist –

Antagonist –

(2)

What are the articulating bones?

(1)

What type of muscle fibres has Paula got a high percentage of?

(1)

3. Below is a picture of Stuart Broad in his prime playing for Leicestershire CC.

What type of joint is the shoulder joint?

(1)

What movement action is happening at the shoulder joint when bowling in cricket?

(1)

What muscles are involved around the shoulder joint in bowling in cricket?

(2)

What are the articulating bones?

(1)

4. Dina Asher-Smith is one of the fastest sprinters in the world.

What type of joint is the knee joint?

(1)

What movement action is happening at the knee joint (right leg)?

(1)

What is the antagonistic pair?
Agonist –
Antagonist –

(2)

What are the articulating bones?

(1)

What type of muscle fibres has Dina got a high percentage of?

(1)

5. Mark Selby is a four times World Champion and puts his success down to his technique, especially the consistency of his right arm.

What type of joint is the elbow joint?

(1)

What movement action is happening at the elbow joint?

(1)

What is the antagonistic pair?
Agonist –
Antagonist –

(2)

What are the articulating bones?

(1)

6. Jamie Vardy is celebrating yet another goal for Leicester City with his trademark celebration.

What type of joint is the shoulder joint?

(1)

What movement action is happening at the shoulder joint?

(1)

What is the antagonistic pair?
Agonist –
Antagonist –

(2)

What are the articulating bones?

(1)

7. (extension) **Figure 1** shows a footballer kicking a ball.

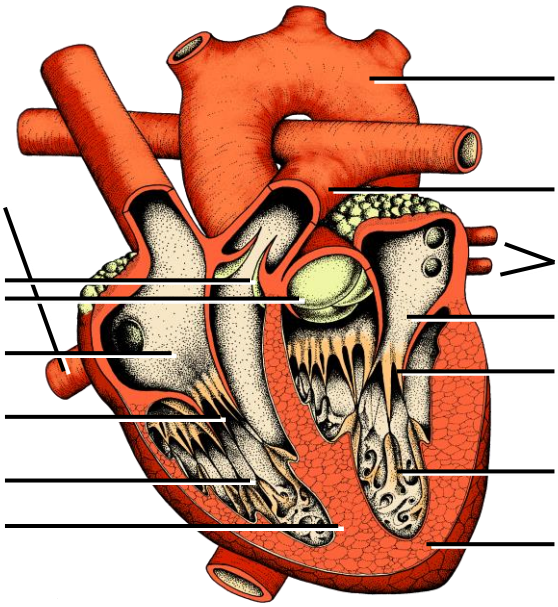
Position A Position B

Figure 1

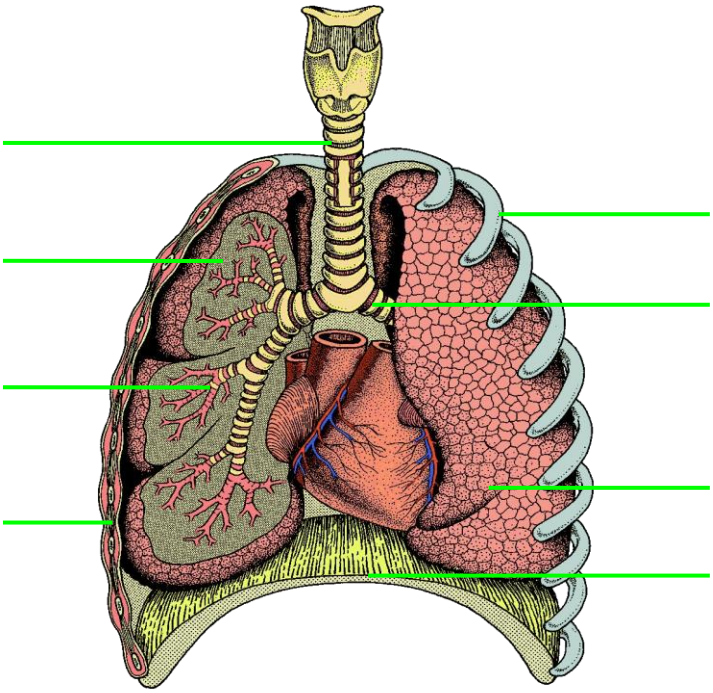
* Explain how the skeletal and muscular systems work together to bring about the kicking action shown in **Figure 1** as the striking leg moves from **Position A** to **Position B**.

Cardiovascular and Respiratory practice questions

1. Label the diagram



2. Label the diagram



3. When oxygenated blood enters the heart it goes to the ……(1)

4. What does air pass through to get from outside the body to the alveoli? (3)

5. Explain blood shunting? (4)

6. Explain the different blood vessels? (3)

7. Where does gaseous exchange happen and how does it happen? (4)

8. Explain oxygen debt? (3)

9. Explain the role of the different components of blood? (4)

10. What are the long term effects of exercise on the cardiovascular system? (2)

11. What are the short term effects of exercise on the respiratory system? (3)