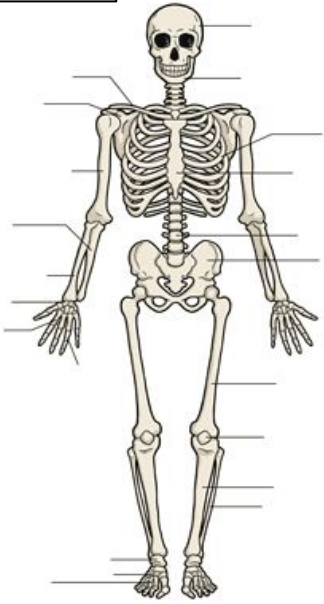


Label me:



Why is it an advantage that our backbone is made up of lots of small bones rather than one?

Explain why one type of fitness test may not be an accurate reading of overall fitness.

What is the function of cartilage?

What is the function of Synovial fluid?

7.5 Anatomy & Movement

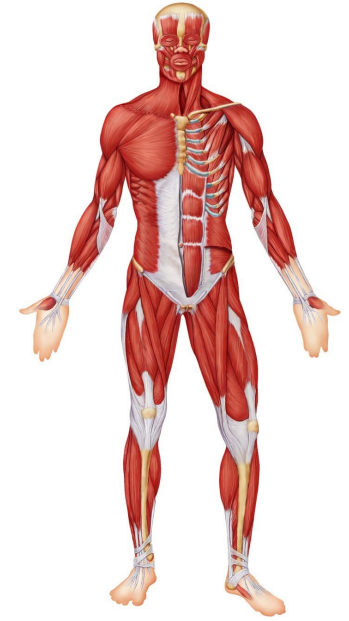
What is arthritis?

What causes arthritis?

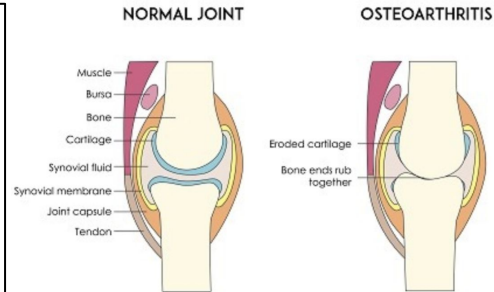
What is the difference between a ligament and a tendon?

Why do ligaments need to be able to stretch?

Label at least 6 muscles on the human below



Describe what is meant by 'Antagonistic Pairs of Muscles'. Give an example.

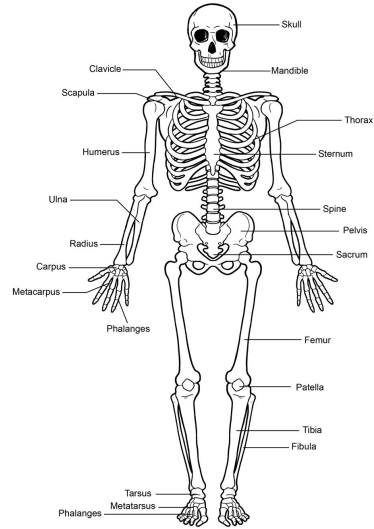


What is the function of the heart?

What substances does the blood carry?

What are the three main functions of the skeleton?

The skeleton of an adult consists of 206 bones. The diagram below identifies the names of the main bones needed to be known.



Why is it an advantage that our backbone is made up of lots of small bones rather than one?

The Spine is made up of 33 bones,

The advantage for this is to allow movement and flexibility., alongside protecting the spinal cord.

Explain why one type of fitness test may not be an accurate reading of overall fitness.

Because many factors may contribute to overall fitness and health, so one test is not going to be completely accurate.

What is the function of cartilage?

Cartilage is a type of connective tissue that is found between bones, It cushions bones when joints move.

Why is Synovial fluid needed in a joint?

Synovial fluid is essential in a joint as it provides lubrication for the joint to move.

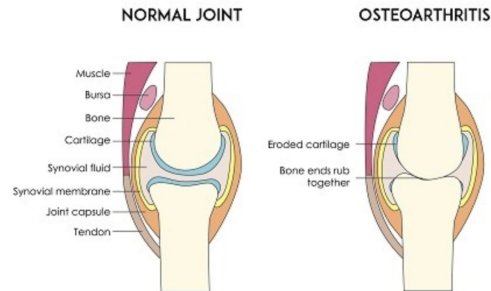
7.5 Anatomy & Movement

What is arthritis:

Osteoarthritis occurs when the cartilage that cushions the joints wears away.

What can cause arthritis?

There is no specific cause of Osteoarthritis, but the following could contribute towards it - being overweight, overuse, injury, overuse or genetics



What is the difference between a ligament and a tendon? Why do ligaments need to be able to stretch?

Ligaments are a type of connective tissue that connect bone to bone. Ligaments need to be able to stretch to allow movements in joints. Tendons are also a type of connective tissue, but they attach muscle to bone. Tendons, unlike ligaments do not need to be stretchy.

What is the function of the heart

To pump blood around the body

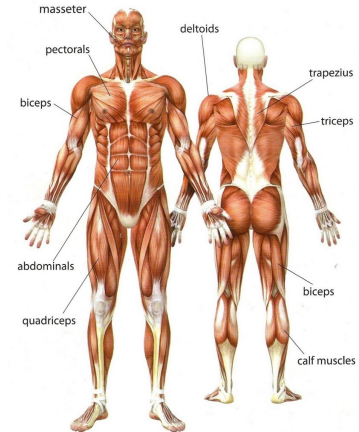
What substances does the blood transport?

Oxygen, carbon dioxide, glucose, salt, minerals, water

What are the three main functions of the skeleton?

The human skeleton has three main functions - Protection, movement and support.

The image below shows you the main muscles found in the human body.



Describe what is meant by 'Antagonistic Pairs of Muscles' and give an example.

Muscles can either contract or relax. Muscles work in antagonistic pairs. For example, the Bicep and the Tricep.

An Agonist is a muscle that directly moves part of the body.

An Antagonist is a muscle whose action counteracts that of another specific muscle.