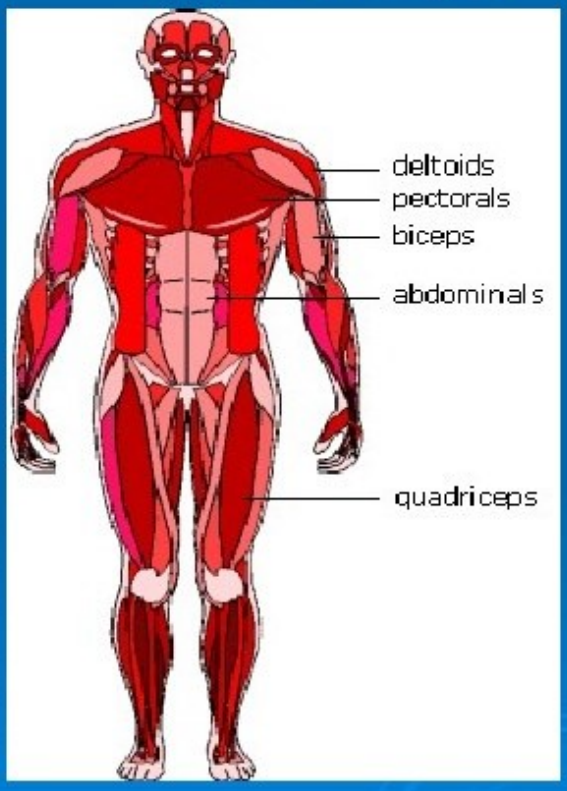
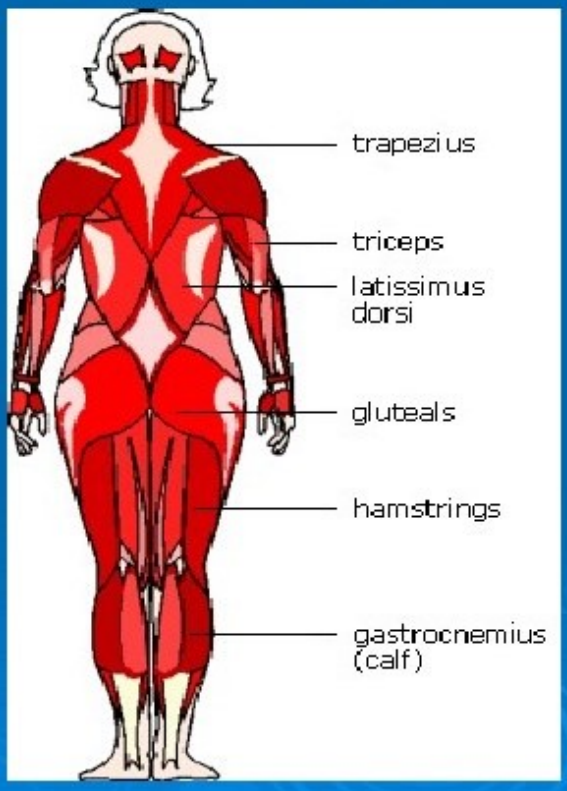
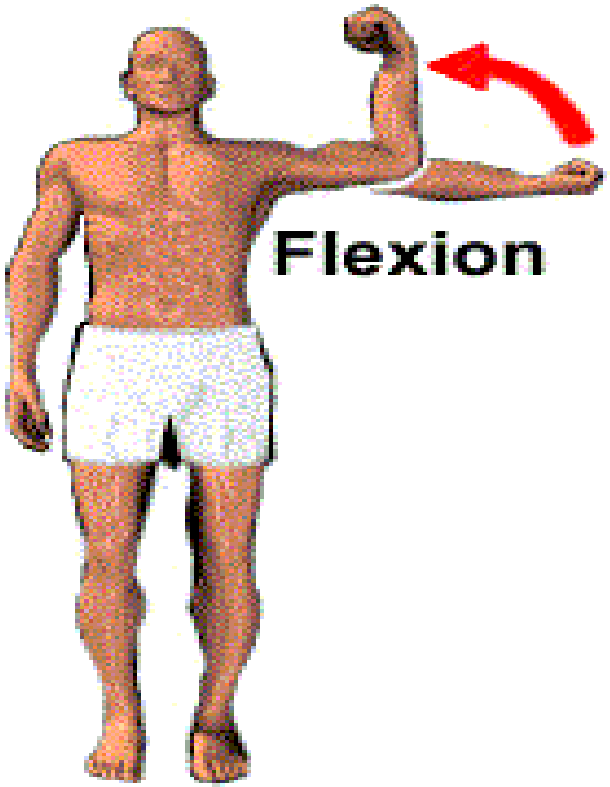
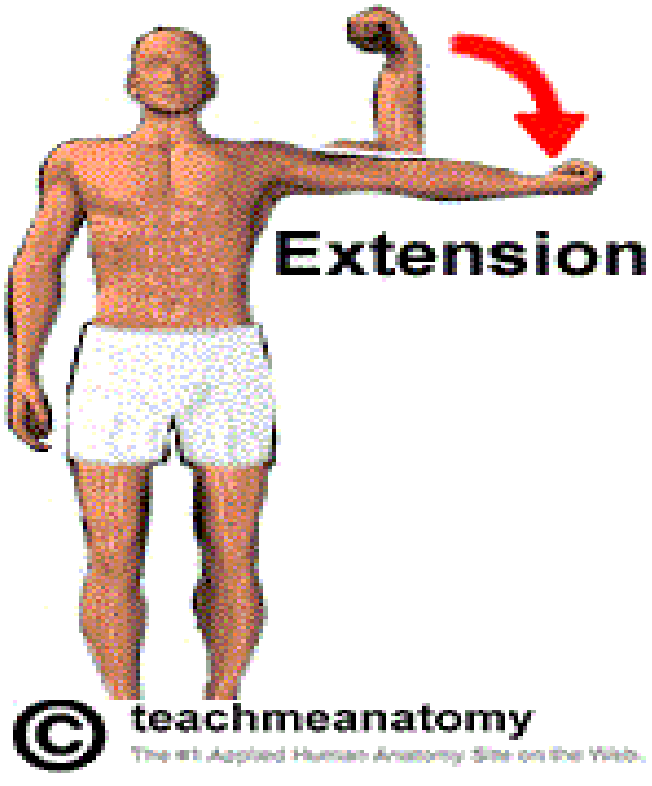
THIS IS THE INFORMATION YOU NEED TO LEARN FOR YOUR THEORY TEST IN PE

The Major Muscle Groups

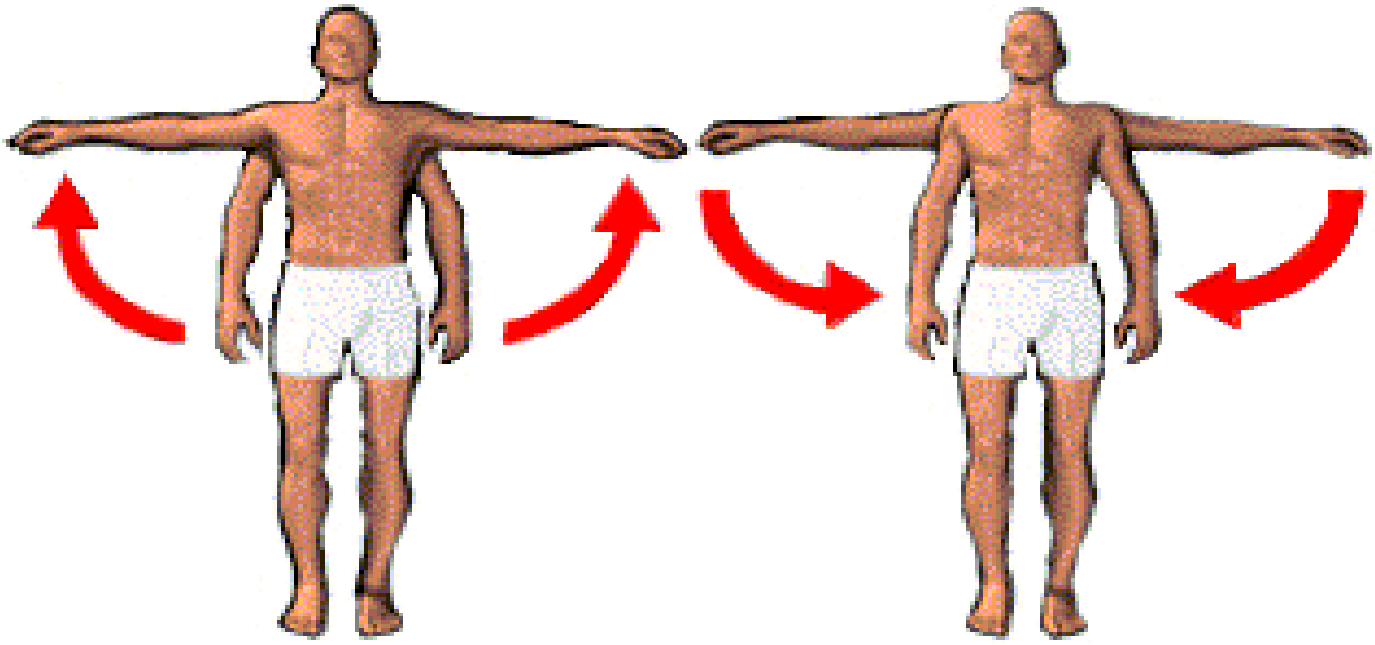








CHALLENGE WORK - NOT ON THE TEST



THE THREE DIFFERENT TYPES OF MUSCLES IN THE BODY

INVOLUNTARY MUSCLE - Contract and lengthen by themselves without us consciously doing it. E.G. muscle in the internal organs.

CARDIAC MUSCLE— This is also involuntary muscle that makes your heart beat—found only in the heart.

SKELETAL/VOULNTARY MUSCLE—This is under our conscious control and is used primarily for movement. E.G. The bicep muscle in our arms.

Name of muscle	Function	Example in sport
Triceps	Extend the arm at the elbow	Press-up, throwing a javelin
Biceps	Flex the arm at the elbow	Pull-up, drawing a bow in archery
Deltoids	Move the arm in all directions at the shoulder	Bowling a cricket ball
Pectorals	Adduct the arm at the shoulder	Forehand drive in tennis
Trapezius	Hold the shoulders in place, move head back and sideways	Holding head up in rugby scrum
Gluteals	Adduct and extend leg at the hips	Pulling back leg before kicking a ball
Quadriceps	Extend the leg at the knee	Kicking a ball jumping upwards
Hamstrings	Flex the leg at the knee	Bending knee before kicking a ball
Gastrocnemius	Pointing the toes, help to flex the knee	Running
Latissimus dorsi	Adduct and extend the arm at the shoulder	Butterfly stroke in swimming
Abdominals	Flex the trunk across the stomach	Pulling the body down when hurdling

The working muscle is called the prime mover or agonist. ... The relaxing muscle is the antagonist

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Which pair of muscles are antagonists?

Antagonistic pairs of muscles create movement when one (the prime mover) contracts and the other (the antagonist) relaxes. Examples of antagonistic pairs working are: the quadriceps and hamstrings in the leg. the biceps and triceps in the arm.

Movements

Rotation

- Turning on a single axis

Circumduction

- This is a circular motion at the hip or shoulder

Internal rotation

- Rotation of the hip or shoulder toward the midline

External rotation

- Rotation of the hip or shoulder away from the midline