

GETTING AHEAD



Start to develop skills that are relevant to your course before you join HSDC this September!

Physical Education – A Level

These tasks have been designed to provide you with a good grounding in functional anatomy and physiology. Some of it you may already know from school, but it's always good to keep fresh in your mind.

Vocabulary

By September, you should be familiar with the following terms:

- **Articulation** – where two bones meet together at a joint
- **Flexion** – when the joint angle decreases
- **Extension** – when the joint angle increases
- **Abduction** – moving a limb away from the body's mid-line
- **Adduction** – moving a limb towards the body's mid-line
- **Circumduction** – circular motion of the arm
- **Rotation** – when a body part turns about its long axis
- **Pronation** – turning the wrist to make palm face the ground
- **Supination** – turning the wrist to make palm face the sky
- **Lateral flexion** – bending the spine sideways
- **Dorsiflexion** – making the toes point upwards
- **Plantarflexion** – making the toes point to the floor
- **Agonist** – the prime mover muscle that is contracting
- **Antagonist** – the relaxing muscle that is lengthening

Activity

- Fill in the table below using either your existing knowledge, or look it up online.

Joint	Joint Type	Articulating Bones	Movements Possible	Agonist Muscle	Antagonist Muscle	Use in Sport
Wrist	Synovial	Radius, Ulnar, Carpals.	1. 2.	1. 2.	1. 2.	
Radio-Ulnar			1. 2.	1. 2.	1. 2.	
Elbow			1. 2.	1. 2.	1. 2.	
Shoulder			1. 2. 3. 4. 5. 6. 7. 8.	1. 2. 3. 4. 5. 6. 7. 8.	1. 2. 3. 4. 5. 6. 7. 8.	
Spine			1. 2. 3. 4.	1. 2. 3. 4.	1. 2. 3. 4.	
Hip			1. 2. 3. 4.	1. 2. 3. 4.	1. 2. 3. 4.	
Knee			1. 2.	1. 2.	1. 2.	
Ankle			1. 2.	1. 2.	1. 2.	

We look forward to seeing you all in September!

For further information about your College and being a student at HSDC, please visit hcdc.ac.uk/Alton