

# 11.2 Movement

## Movement

State the roles of the following structures in human movement

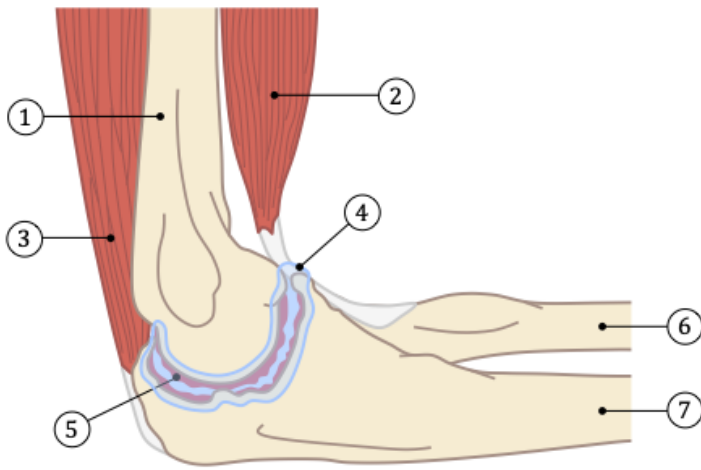
Bones: .....

Ligaments: .....

Tendons: .....

Muscles: .....

Label the following diagram of a human elbow joint



- 1. ....
- 2. ....
- 3. ....
- 4. ....
- 5. ....
- 6. ....
- 7. ....

Explain why movement requires antagonistic muscle pairs

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## Muscles

Describe the structure of a muscle fibre

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*Draw and label a diagram to show the structure of a sarcomere*



*Outline the process of muscle contraction*

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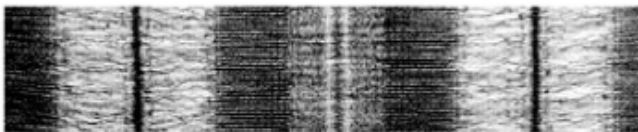
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*Identify the state of contraction in the following muscle fibres*



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