



Don't forget to log on to [UltimateFitnessTrainer.com.au](http://UltimateFitnessTrainer.com.au)  
For more hints and tips and advice to complete this quiz.

<b>Student name</b>	
<b>Date submitted</b>	

1. Based on your Project Zone, explain how resistance training could be used to strengthen the muscles you investigated. You may use diagrams, and/or a paragraph description.

Muscles selected 1. 2.
Describe chosen resistance training method 1.        2.

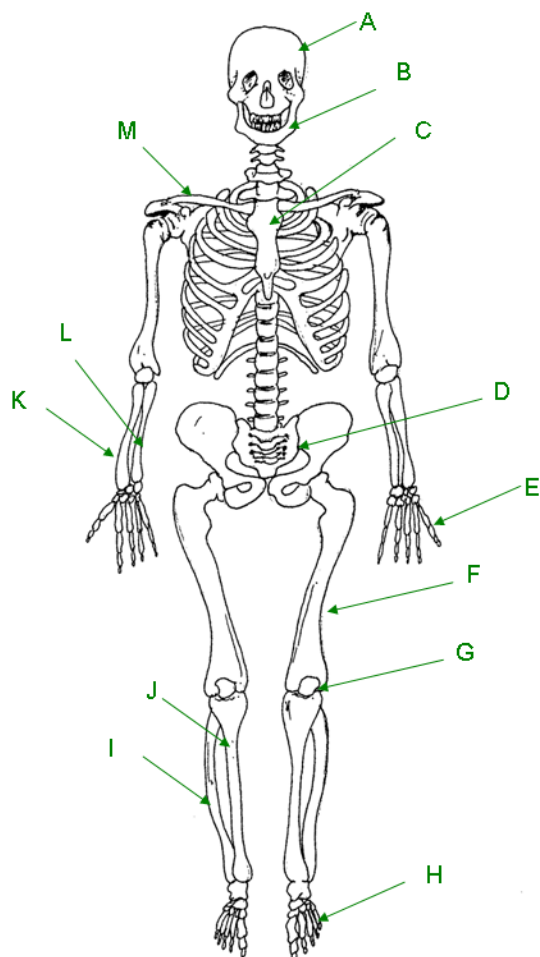
2. Briefly define the following terms:

- Ossification: \_\_\_\_\_
- Agonist: \_\_\_\_\_
- Antagonist: \_\_\_\_\_
- Synergist: \_\_\_\_\_
- Isometric: \_\_\_\_\_
- Isotonic: \_\_\_\_\_
- Ilium: \_\_\_\_\_
- Ischium: \_\_\_\_\_

3. Label the parts of a human skeleton on a copy of the unlabelled illustration below,

Part	Letter	Part	Letter
Skull		Mandible	
Clavicle		Metacarpals	
Sternum		Metatarsals	
Ulna		Humerus	
Radius		Tibia	
Sacrum		Fibula	
Mandible		Femur	
Patella			

### Skeletal System



4. Describe the composition of bone. Use illustrations to distinguish between the different types of bone and then write up to half a page describing the structures you would find in the different types of bone.

5. Explain the function of the following using illustrations, and text of up to one paragraph each:

<ul style="list-style-type: none"><li>• The operation of a joint on a limb during the performance of a resistance exercise</li></ul>
<ul style="list-style-type: none"><li>• The vertebral column during bending movements</li></ul>
<ul style="list-style-type: none"><li>• The bones of the ankle and foot during jogging</li></ul>

6. Create a list of 5 problems that may occur in the musculoskeletal system. Make them as varied as possible. Describe each in a couple of sentences, and where appropriate, list how exercise might cause the problem. Finally, write a paragraph for each, explaining how they would impact a person's ability to undertake exercise and what exercises they could do safely.

1

2

3

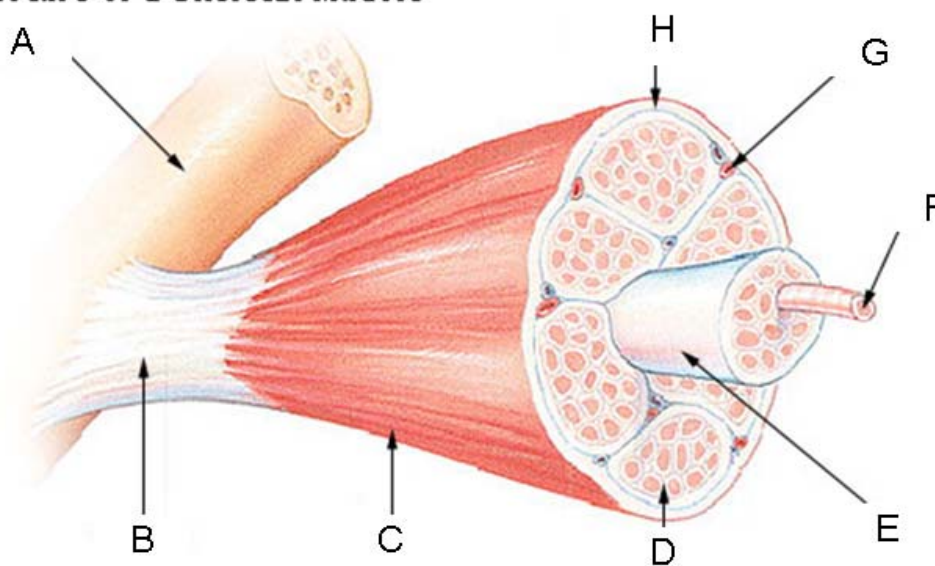
4

5

7. Clearly label each element of a muscle and for each, describe its function in 2-3 sentences.

Element	Letter	Function
Tendon		
Epimysium		
Perimysium		
Endomysium		
Fascicle		
Blood vessels		
Muscle fibre		

**Structure of a Skeletal Muscle**



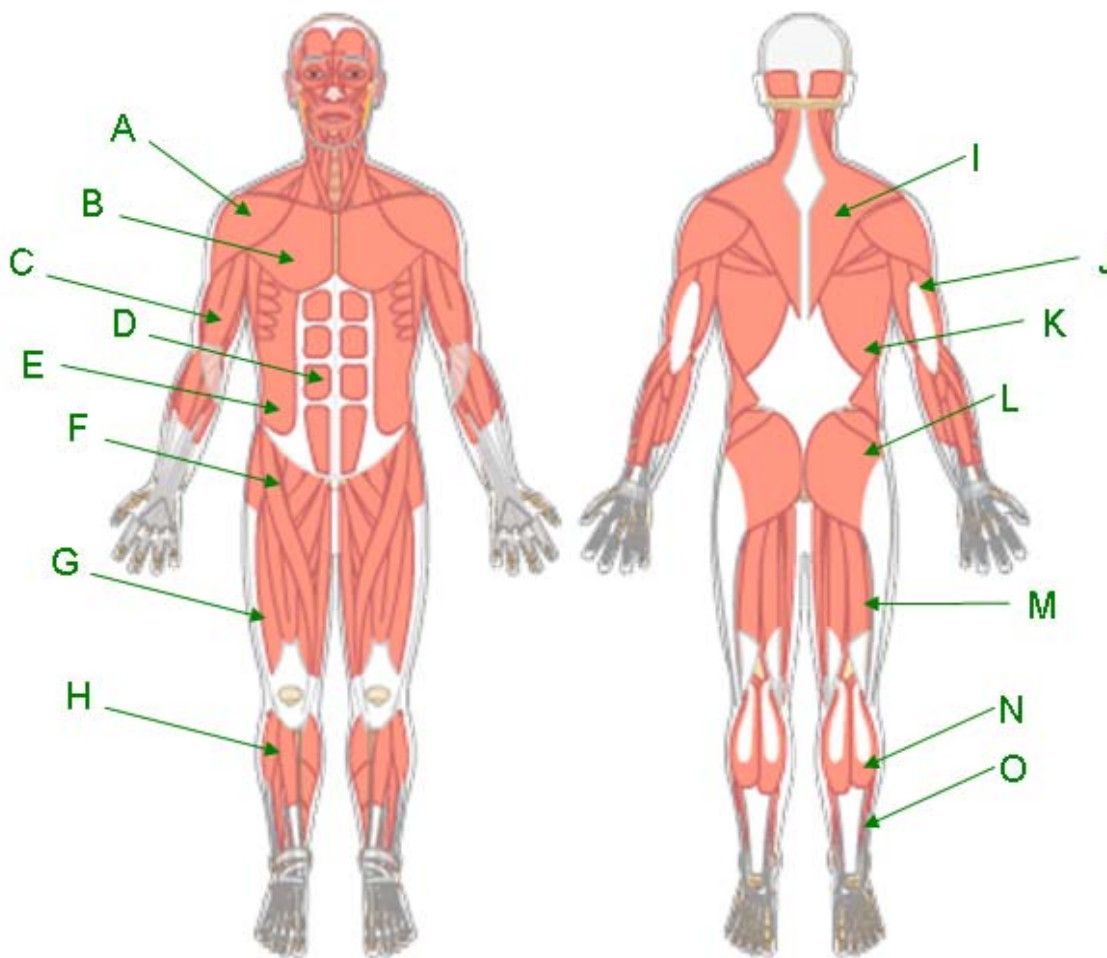
8. Fill in the following table:

Muscle	Origin	Insertion	Movement Allowed
			Flexes the foot
Rectus Abdominus			
Trapezius			
	Xiphoid Process Anterior Ribs	Pubic Bone	
Erector Spinae			
			Abducts the thigh

If need be, research these words on the internet, or in a library.

9. Identify 15 different important skeletal muscles on using table below

Letter	Muscle	Letter	Muscle
A		I	
B		J	
C		K	
D		L	
E		M	
F		N	
G		O	
H		P	



10. Briefly define each of the following joint movements in one to two sentences each:

Hyperextension	
Elevation	
Depression	
Extension	
Adduction	
Abduction	
Pronation	
Supination	
Plantar flexion	
Dorsi flexion	
Protraction	
Retraction	
Circumduction	

If need be, research these words on the internet, or in a library.