

Anatomy and Physiology

1a) Identify the type of movement that would take place at the knee joint during the preparation and the execution of a sergeant jump. [2]

b) Identify the structures of the knee joint and explain how they assist the movement. [3]

2a) Identify the types of movement performed that occur at the elbow during the preparation and the execution of the chest pass. [2]

3) Explain how the functions of the skeleton facilitate physical activity. Use practical examples from sport to illustrate each functional benefit. [8]