

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]

1. Flexion during preparation
2. Extension during preparation

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

1. Ligaments - Prevent lateral movement / provide joint mobility.
2. White Cartilage - Reduces / absorbs shock.
3. Hyaline Cartilage - aids smooth movement
4. Joint Capsule - aids joint support.

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

e.g for the elbow / hinge joint.

1. Catching – flexion
2. Passing – extension

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

Functions Max of 5 for

1. Provides shape for our bodies
2. Protects vital organs
3. Provides sites for muscle attachment
4. Supports body in correct posture
5. Produces blood cells
6. Acts as a lever system
7. Calcium store/nutrients/minerals
8. Support internal organs

Max of 4 for practical example of each function (which must be sport related)