

**Quick Quiz**

1 List three bones from the axial skeleton.

(3 marks)

2 List three bones from the appendicular skeleton.

(3 marks)

3 State whether the three muscle types contract involuntarily or voluntarily.

(3 marks)

4 Define motor unit.

(1 mark)

5 Name the two protein filaments that make up a muscle fibre.

(1 mark)

6 List the four types of muscle contraction.

(4 marks)

7 Which muscle fibre type produces the greatest amount of force?

(1 mark)

8 Describe the joint action 'plantar flexion' and provide a sporting example.

(2 marks)

9 Describe the joint action 'circumduction' and provide a sporting example.

(2 marks)

(Total 20 marks)