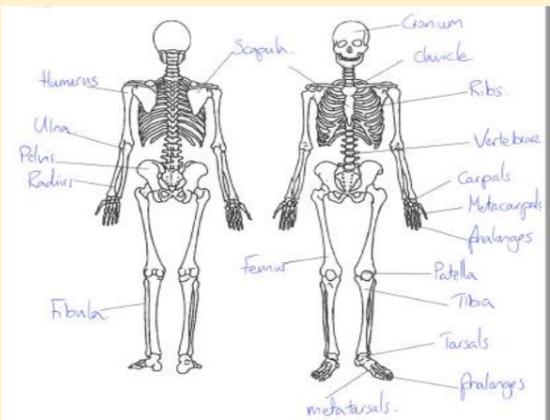
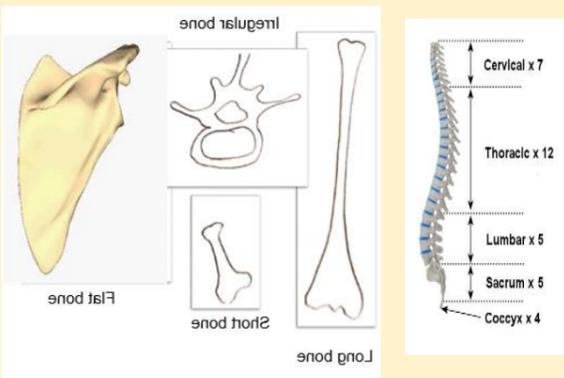
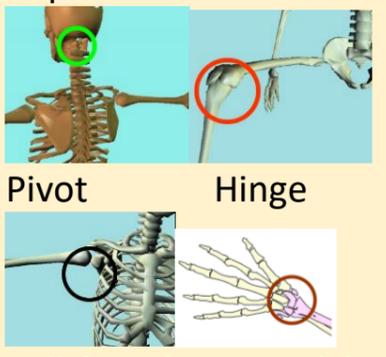


skeletal system					
Bones	Function of the skeleton	Classification of bones	Classification of joints	Joints and movement	Connective tissues
<p>Must be able to recall the location. Where it can be found?</p>	<p>Function = purpose. What does it do?</p>	<p>Classifications are groups. The bones of the body each fit into different groups (classifications).</p>	<p>Classifications are groups. The bones of the body each fit into different groups (classifications).</p>	<p>You must know which types of movement are possible at each of the classification of joints, and be able to identify sporting actions where each movement occurs</p>	<p>You must know the role (what they do) and the location (where it is) of the ligaments and tendons.</p>
<p>Cranium, scapula, clavicle, sternum, humerus, ribs, radius, ulna, pelvis, tibia, fibula, carpals, metacarpals, phalanges, femur, tarsals, metatarsals, vertebrae, patella</p> 	<p>Blood cell production Muscle attachment Mineral storage Joints for movement Protection</p> <p>Bones Make Moving Joints Possible</p>	<p><u>Long bones</u> –leverage and movement <u>Short bones</u> –weight bearing exercise. <u>Flat bones</u> –protection, muscles to attachment. <u>Irregular bones</u> –protection, muscles to attachment.</p> 	<p>pivot (neck – atlas and axis), hinge (elbow, knee and ankle), ball and socket (hip and shoulder), condyloid (wrist), and their impact on the range of possible</p>  <p>Pivot Hinge Ball & socket Condyloid</p>	<p>flexion, extension, adduction, abduction, rotation, circumduction, plantar-flexion, dorsi-flexion</p>	<p>The role of ligaments is to connect bone to bone and tendons connect must to bone.</p>
<p>Application</p> <ul style="list-style-type: none"> • Discuss how the functions of the skeleton enable a basketball player to effectively perform in a competitive game? • Using sporting examples, explain/examine/analyse how different bone classifications aid sports performance? • Examine the muscle action causing the lifting of the leg behind from the hip when you prepare to kick a ball? • Examine the antagonistic muscle action taking place at the elbow and the hip in figure 2 that enables the performer to achieve this position? 					

