

<p><u>Functions of Skeletal System (5)</u> List & Explain</p> <p><u>Classification of Bones</u> List & Roles</p> <p><u>Label the Bones (20) - Reverse</u></p>	<p><u>Vertebrae Column</u> List Regions & Roles</p> <p><u>Joints</u></p> <p>What is a joint?</p> <p>What are the connective tissues?</p> <p>What are the 3 types of joint?</p> <p>What are the 4 types of synovial joint? Location?</p>	<p><u>Movement Possible at Synovial Joint (8)</u> List & Explain</p>	<p><u>Function of Muscular System (3)</u></p> <p><u>Types of Muscle (3)</u></p> <p><u>Planes and Axes Combined (3)</u></p> <p><u>Label the Muscles (12) - Reverse</u></p>
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Short Term Effects of Exercise on Muscular System:

Musculo-Skeletal System Revision Sheet

Long Term Effects of Exercise on Muscular-Skeletal System: (rest&recovery for adaptations)

<p><u>Movement Muscles Produce</u> List & explain</p>	<p><u>Antagonistic Pairs (4)</u></p> <p>What is an antagonistic pair?</p> <p>List & Explain?</p>	<p><u>Muscle Fibres</u> List, describe & 1 Advantage & Disadvantage of each</p>	<p><u>Levers</u> Draw & Label</p> <p>Mechanical Advantage/Disadvantage</p>
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