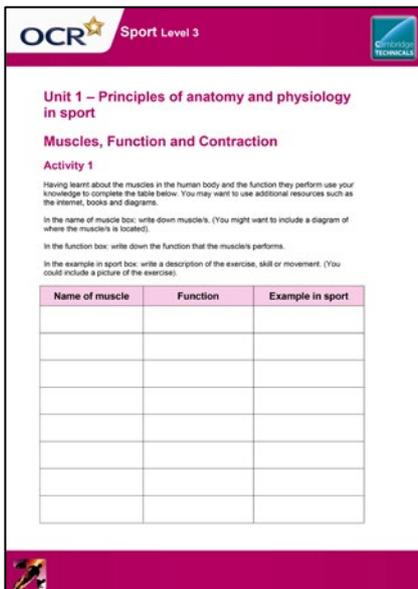


Unit 1 – Principles of anatomy and physiology in sport

Muscles, Function and Contraction

Instructions and answers for Teachers

These instructions should accompany the OCR resource 'Muscles, Function and Contraction', which supports the OCR Level 3 Cambridge Technical in Sport Unit 1 – Principles of anatomy and physiology in sport



Unit 1 – Principles of anatomy and physiology in sport

Muscles, Function and Contraction

Activity 1

Having learnt about the muscles in the human body and the function they perform use your knowledge to complete the table below. You may want to use additional resources such as the internet, books and diagrams.

In the name of muscle box: write down muscle/s. (You might want to include a diagram of where the muscle/s is located).

In the function box: write down the function that the muscle/s performs.

In the example in sport box: write a description of the exercise, skill or movement. (You could include a picture of the exercise).

Name of muscle	Function	Example in sport

Associated files:
Muscles, Function and Contraction (activity)

Activity 1 – 1 hour



This activity offers an opportunity for English skills development.



Activity 1

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In the example in sport box: write a description of the exercise, skill or movement. (You could include a picture of the exercise).

Name of muscle	Function	Example in sport
Deltoids	Move the arm in all directions at the shoulder	Bowling a cricket ball

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OCR Resources: *the small print*

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