|  |  |
| --- | --- |
| Listen on Spotify or watch on Youtube videos from these guys.  Omnia- How to Train |  |
| Watch any sets of videos from Ross Edgely.  Ross Edgeley is a sports exercise physiologist who attempts hard challenges to test sport science. |  |
| Listen to the high performance podcast.  Pick an athlete you are intrigued by and listen to their story. |  |

**Anatomy & Physiology, Exercise Physiology Summer Work**

**Listen or watch any of the following**

From this write 500 words on what you have learnt or what has intrigued you?

**Complete works sheets below**

**Muscles and Muscle Movement**

|  |  |
| --- | --- |
| **Movement** | **Explanation of action** |
| Horizontal Flexion |  |
| Horizontal Extension |  |
| Abduction |  |
| Adduction |  |
| Rotation |  |
| Circumduction |  |
| Flexion |  |
| Extension |  |
| Plantar Flexion |  |
| Dorsi Flexion |  |
| Eversion |  |
| Inversion |  |
| Supination |  |
| Pronation |  |

**Muscles and Muscle Movement**

|  |  |  |
| --- | --- | --- |
| **Muscle** | **Movement and action** | **Sporting example** |
| Trapezium |  |  |
| Posterior Deltoid |  |  |
| Anterior Deltoid |  |  |
| Pectoralis |  |  |
| Latissimus Dorsi |  |  |
| Gluteals |  |  |
| Hamstrings |  |  |
| Psoas Major |  |  |
| Bicep Brachii |  |  |
| Tricep Brachii |  |  |
| Quadriceps |  |  |
| Gastrocnemius |  |  |
| Soleus |  |  |
| Tibialis Anterior |  |  |
| Rectus Abdominals |  |  |