



Anatomy & Physiology, Exercise Physiology Summer Work

Listen or watch any of the following

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

From this write 200 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		