Solucionario

The Human Body, Physical Activity and Health
SHEET 1:

1. 

- Your heart and circulatory system?

- Your chest and respiratory system?

- Your muscles, joints and nervous system?

SHEET 2:

2.1. 

A: Cranium
B: Sternum
C: Femur
D: Humerus
E: Tibia
2.4.

Strong bones
And a volleyball player? Long and light bones

And finally, what sports would you be good at (taking into account your bone structure)?

SHEET 3:

3.1.

Cervical vertebrae
Thoracic vertebrae
Lumbar vertebrae
The sacrum
The coccyx
**SHEET 4:**

4.1.

<table>
<thead>
<tr>
<th>Connective Tissues</th>
<th>Function</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cartilage</td>
<td>Cartilage forms cushions between bones to stop them rubbing</td>
</tr>
<tr>
<td>Ligaments I</td>
<td>Ligaments are like very strong string that holds bones together</td>
</tr>
<tr>
<td>Tendons</td>
<td>Tendons attach muscles to bones (or to other muscles)</td>
</tr>
</tbody>
</table>

**SHEET 6:**

6.2.

- Hip: abduction
- Arms: abduction

6.3.

- Right Hip: flexion
- Right Knee: flexion
- Left knee: extension
- Right ankle: flexion
- Left ankle: extension

6.4.

- Torso: flexion
- Knees: flexion
- Hip: abduction
- Shoulders: extension
- Elbow: flexion
- Elbow: flexion

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Material AICLE 2º de E.S.O: The Human Body, Physical Activity and Health (Solucionario)
SHEET 7:

7.1.

A: trapezius
B: triceps
C: Latissimus dorsi
D: gluteals
E: hamstrings
F: gastrocnemius

SHEET 8:

8.1.

1. Heart Muscles
   ..only in the heart

2. Involuntary Muscles
   ..intestines and blood vessels

3. Voluntary Muscles
   ... used for movement
**SHEET 9:**

Fast-Twitch for Power, Slow-Twitch for Endurance
(White) (Red)

**Fast-Twitch for**
Sprinters, shot-putters

**Slow-Twitch for**
Long-distance runners