
c) Explain the difference in stability between the elbow joint and the shoulder joint. (2)

6) State **two** bones in the arm. (2)

1 -

2 -

7) The diagrams, **A** and **B**, show a footballer kicking a ball.



Name the type of movement taking place at the knee joint of the kicking leg between diagram **A** and diagram **B**. Name the agonist that causes the movement. (2)

Type of movement -

Agonist -

8) The photograph shows an athlete in a jumping event.



a) Name the main muscle fibre type used by the athlete when jumping. (1)

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JG Myers



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