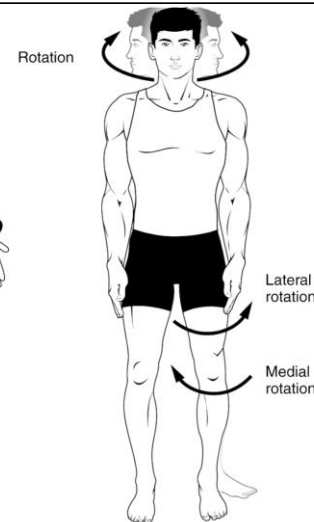
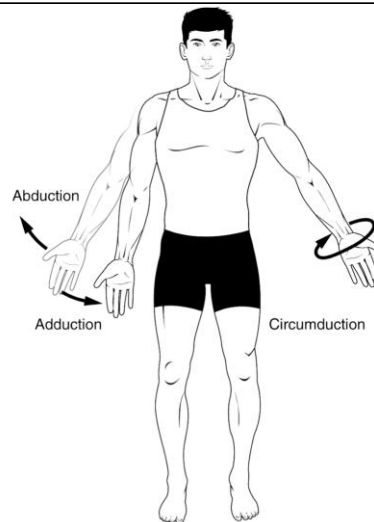
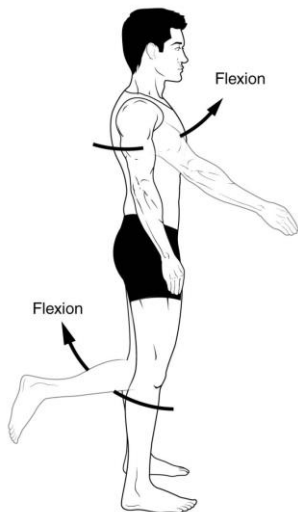




Types of Movement (1)			
	Movement	Description	Practical Application
1	Abduction	Movement away from the midline of the body	This occurs at the hip and shoulder joints during a star jump movement.
2	Adduction	Movement towards the midline of the body	This occurs at the hip and shoulder , returning the arms and legs back to their original position from a star jump movement.
3	Extension	Straightening limbs at a joint	The elbow when putting a shot
4	Flexion	Bending the limbs at a joint	The elbow flexes when performing a bicep curl .
5	Rotation	A circular movement around a fixed point	This occurs in the hip in golf while performing a drive shot





Characteristics of Synovial Joints (2)

	Name	Function
1	Synovial Fluid	Lubricates the joint.
2	Cartilage	Cushions the joint and prevents friction and wear and tear between the bone ends.
3	Tendon	Joins muscle to bone enabling movement.
4	Ligament	Joins bone to bone , stabilising the joint.

Types of Synovial Joints (3)

	Name	Location
1	Hinge	Elbow, and knee
2	Ball & Socket	Shoulder and hip
3	Pivot	Neck
4	Condyloid	Wrist



Hinge Joint (Elbow/Knee)

Pivot Joint (Neck)



Ball & Socket Joint (Shoulder/Hip)



Condyloid Joint (Wrist)

ASSESSMENT

For your end of unit (half term) assessment, you will be required to complete the following task:

- Written knowledge test on the basic and additional principles of training (20 multiple choice questions).