JOINTS AND MUSCLE ACTIONS

Joints

1. What is a joint? Where is it found in the body?
2. List two functions of a joint?

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1. How many joints are found in the human body?
2. List three different types of joints

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1. There are many types of joint movements

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| Joint Movement | Meaning |
| Flexion |  |
| Extension |  |
| Hyperextension |  |
| Dorsi flexion |  |
| Plantar flexion |  |
| Abduction |  |
| Adduction |  |

Muscle actions

1. What are the four functions of Muscles?

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1. What is the difference between a voluntary muscle and an involuntary muscle?
2. What are the three types of muscles?
3. Types of muscles

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| Types | Examples |
| Smooth Muscle |  |
| Cardiac Muscle |  |
| Skeletal Muscle |  |

1. What do Antagonist muscles do? Give an example of one
2. How does someone maintain body posture and tone?

THE PELVIS, KNEE and ANKLE

Pelvis

1. Label this pelvis



1. What are the two main functions of the pelvis (Dancing related)?
2. Describe what good hip alignment looks like.
3. What is Lumbar Lordosis?
4. What is Thoracic Kyphosis?
5. What key factors affect the range of movement at the hip joint for each dancer?

KNEE

1. Label the knee



1. Describe and draw normal knee alignment
2. What type of Joint is the knee joint?
3. Knees can be malaligned. What are two forms of Malalignment?

FOOT AND ANKLE

1. When standing in neutral position, what is the best position for the feet to be in?
2. Describe how weak ankles can lead to malalignment of the knees and hips.