

# Anatomy and Physiology

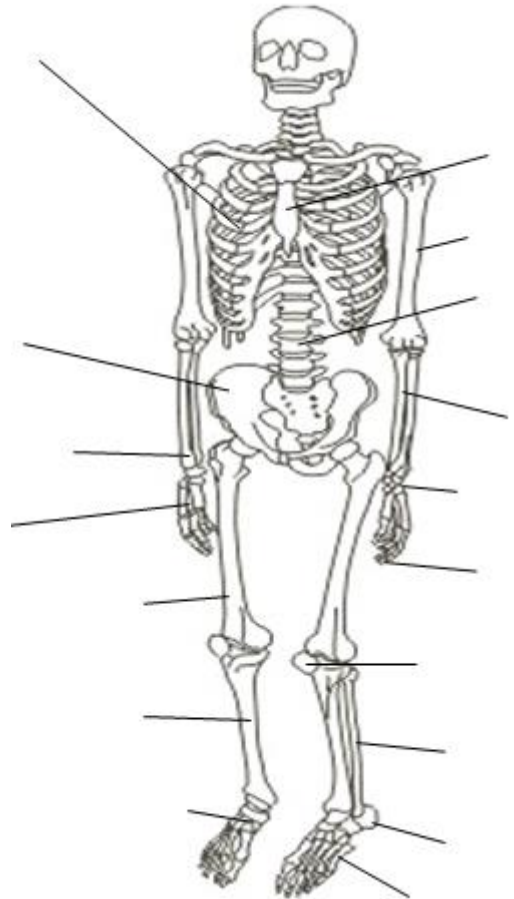
## The Skeletal System

To start this section of the course an overview of the skeletal system is needed.

**Task 1-** Label the bones of the skeleton.

### Movements of the body

**Task 2-** One of the functions of the skeleton is to aid in movement of the body. For each of the movements stated below, give a definition and a specific sporting example.



1. Flexion: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. Abduction: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. Circumduction: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. Rotation: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5. Horizontal Extension: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

6. Dorsiflexion and plantar flexion: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_