**Muscles & Movement**

1. **Which Muscle group is described as "Can only be found in the heart. Is oxygen dependent, involuntary and aids blood flow through the heart." (1 Mark)**
2. **Cardiac Muscles**
3. **Smooth Muscles**
4. **Skeletal Muscles**
5. **Which Muscle is found in the lower leg? (1 Mark)**
6. **Quadriceps**
7. **Pectorals**
8. **Deltoid**
9. **Gastrocnemius**
10. **Which of the following applies to Fast Twitch Muscle Fibres? (Select up to 3 answers) (3 Marks)**
11. **Resistant to Fatigue**
12. **Produce Great Force**
13. **Used more often in endurance sports**
14. **Dense Capillary Network**
15. **Fatigue Quickly**
16. **White in Colour**
17. **When a Muscle shortens it is known as the ........ (1 Mark)**
18. **Antagonist**
19. **Agonist**
20. **If the Muscle contracts but the length of the muscle does not change, is it Isometric Contraction or Isotonic Contraction? (1 Mark)**
21. **Isometric**
22. **Isotonic**
23. **The lengthening of a muscle is what type of contraction? (1 Mark)**
24. **Eccentric**
25. **Concentric**
26. **Which of the following muscles are agonistic & antagonistic pairs? (1 Mark)**
27. **Bicep & Tricep**
28. **Deltoids & Pectorals**
29. **Gastrocnemius & Abdominals**
30. **What type of contraction would a Rugby Scrum be classed as .... (1 Mark)**
31. **Isometric**
32. **Isotonic**

1. **Where is your Gluteus Maximus? (1 Mark)**
2. **Chest**
3. **Bum**
4. **Arms**
5. **Shoulders**
6. **A Front Somersault would Rotate around which Axis? (1 Mark)**
7. **Saggital**
8. **Transverse**
9. **Longitudinal**