

PES111 – Lifetime Fitness  
Assignment 2 –

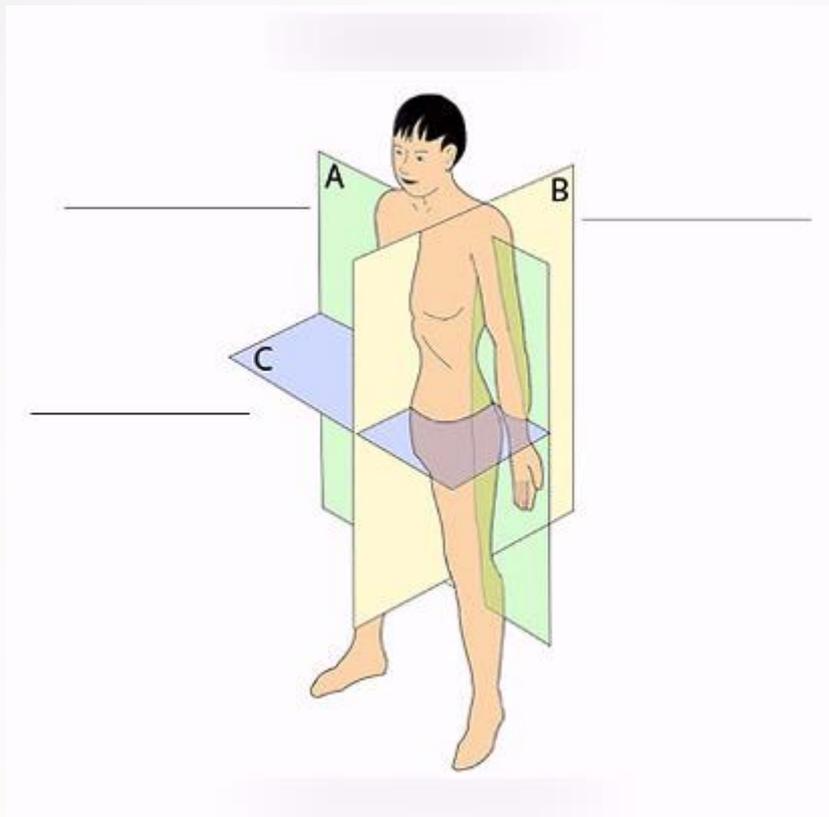
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The deadline to submit it on *Moodle* is on Tuesday the 6<sup>th</sup> of April 2021 at 11:59pm.  
**Please refer to course syllabus for late submission and plagiarism cases.**

### **“Human Anatomy & Physiology”**

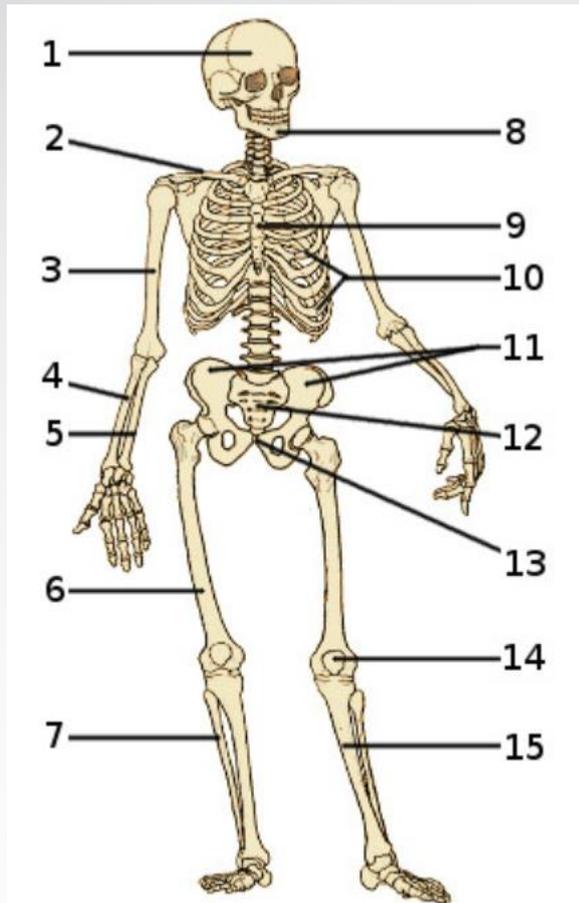
**Answer the below questions:**

**Part 1** - Name the below anatomical planes.



- i. Continue the following sentence. “The coronal plane divides the body into ....”
- ii. Which actions/functions take part in the horizontal plane?
- iii. Define flexion and abduction.
- iv. The areas of the hand which are closer to the body are referred to as proximal and those further away are referred to as distal respectively. (True or False)

**Part 2** - Write the names of the bones numbered: **1, 5, 6, 7, 10, 14, 15.**



- a) Name 3 synovial joints and give one example of each.

**Part 3** - In the below pictures identify:

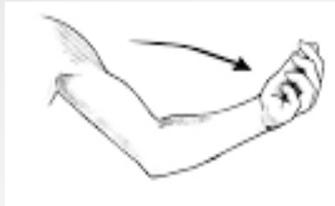
- the action performed and at which joint?
- the plane of motion
- the primary muscle(s) mover

Example:

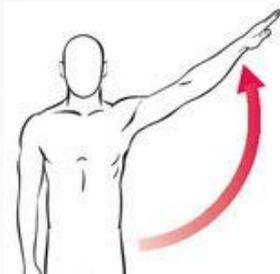


- Elbow flexion
- Sagittal plane
- Biceps

Pic 1 -



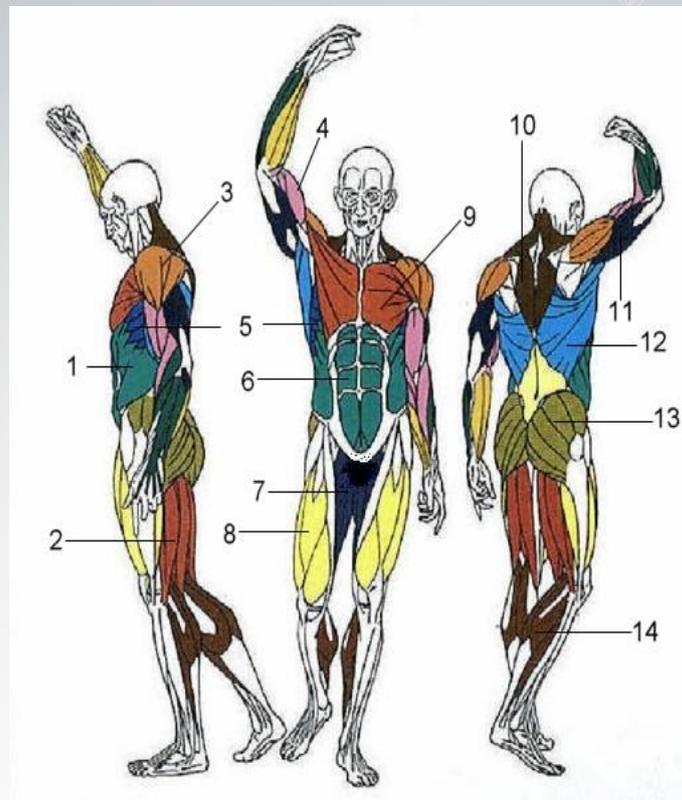
Pic 2 -



Pic 3 -



**Part 4** - Name the following muscles and give one exercise to strengthen each:  
**2, 3, 4, 6, 8, 9, 12, 13, 14**



i. What is the major difference between ligaments and tendons?

**Short answers:**

1. Which system are the lungs in?
2. Which system is the heart in?
3. Which organ pumps the blood to the rest of the body?
4. How many vertebrae are there in a human spinal cord?
5. Where does digestion start?
6. During muscle contraction, the origin moves towards the insertion. (true or false)
7. One of the main functions of the nervous system is to receive stimuli from inside and outside the body. (True or False)
8. Which muscles are attached to bones and aid with movement?
9. Smooth and cardiac muscles are both voluntary. (True or False)
10. What connects skeletal muscles to bone?
11. Which system provides movement to the body?
12. Where do two or more bones meet?