

### **Taster Day Summer Work**

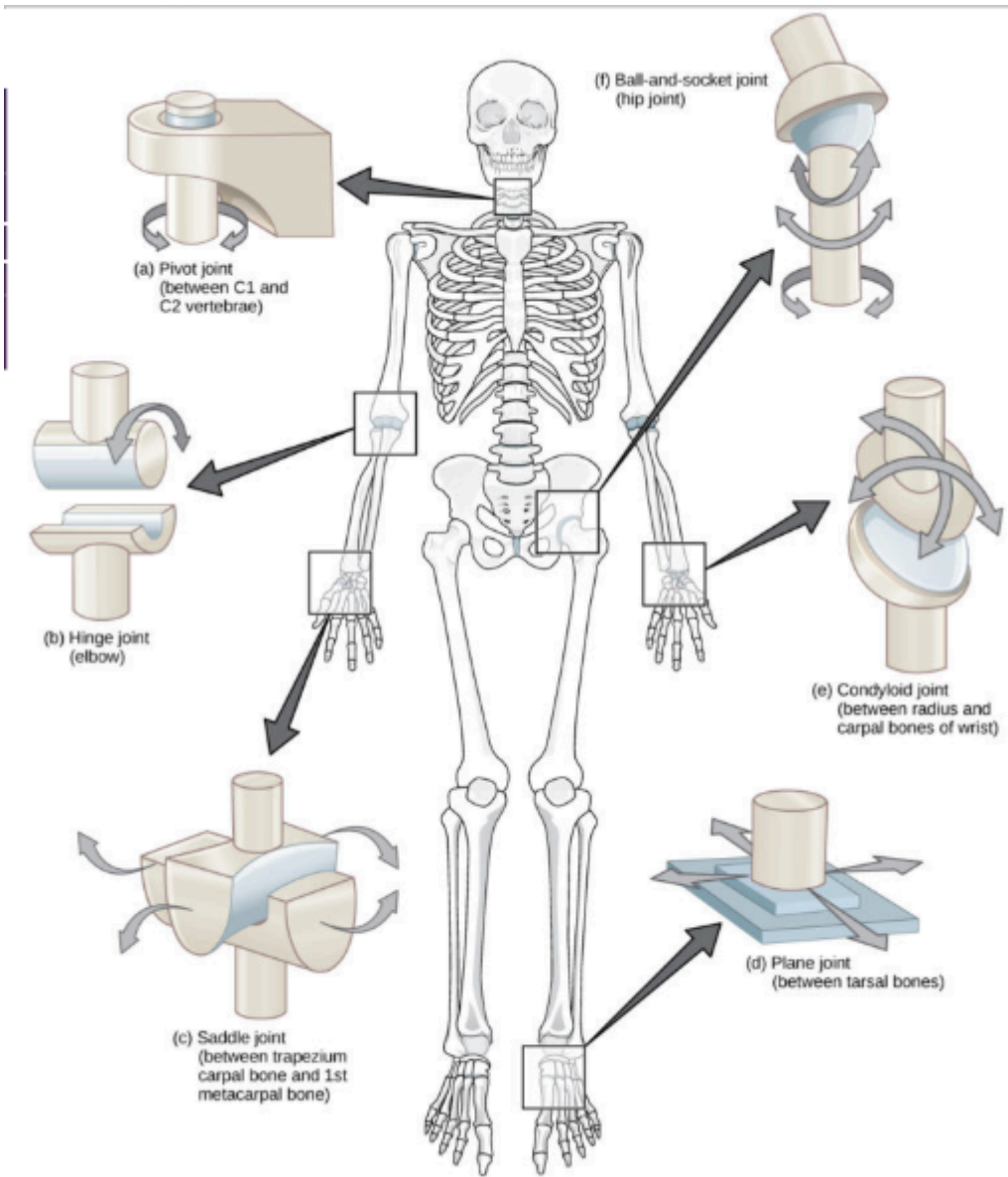
It was great to see those who were able to attend the taster day. If you weren't but would like to come in for a chat, please do feel free to get in touch with us and we'll do our best to arrange something.

In the meantime, all students on all sport related courses will start the year studying basic anatomy and physiology.

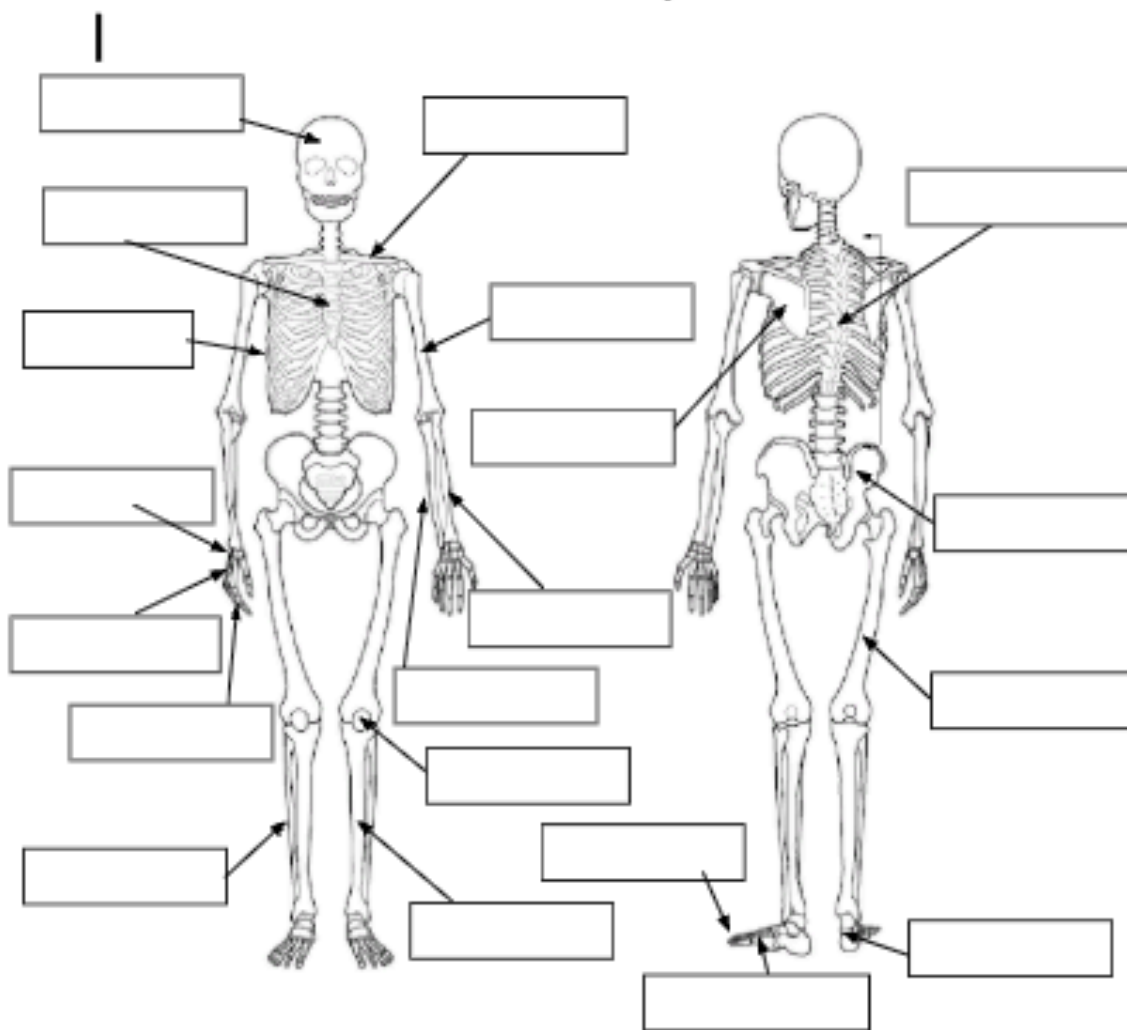
Consequently, over the summer and in order to give yourself the best start for next year we will require you to learn the names of all of the muscles, bones and joints detailed in the following pages.

We will be carrying out a test during your first week with us.

Good luck.

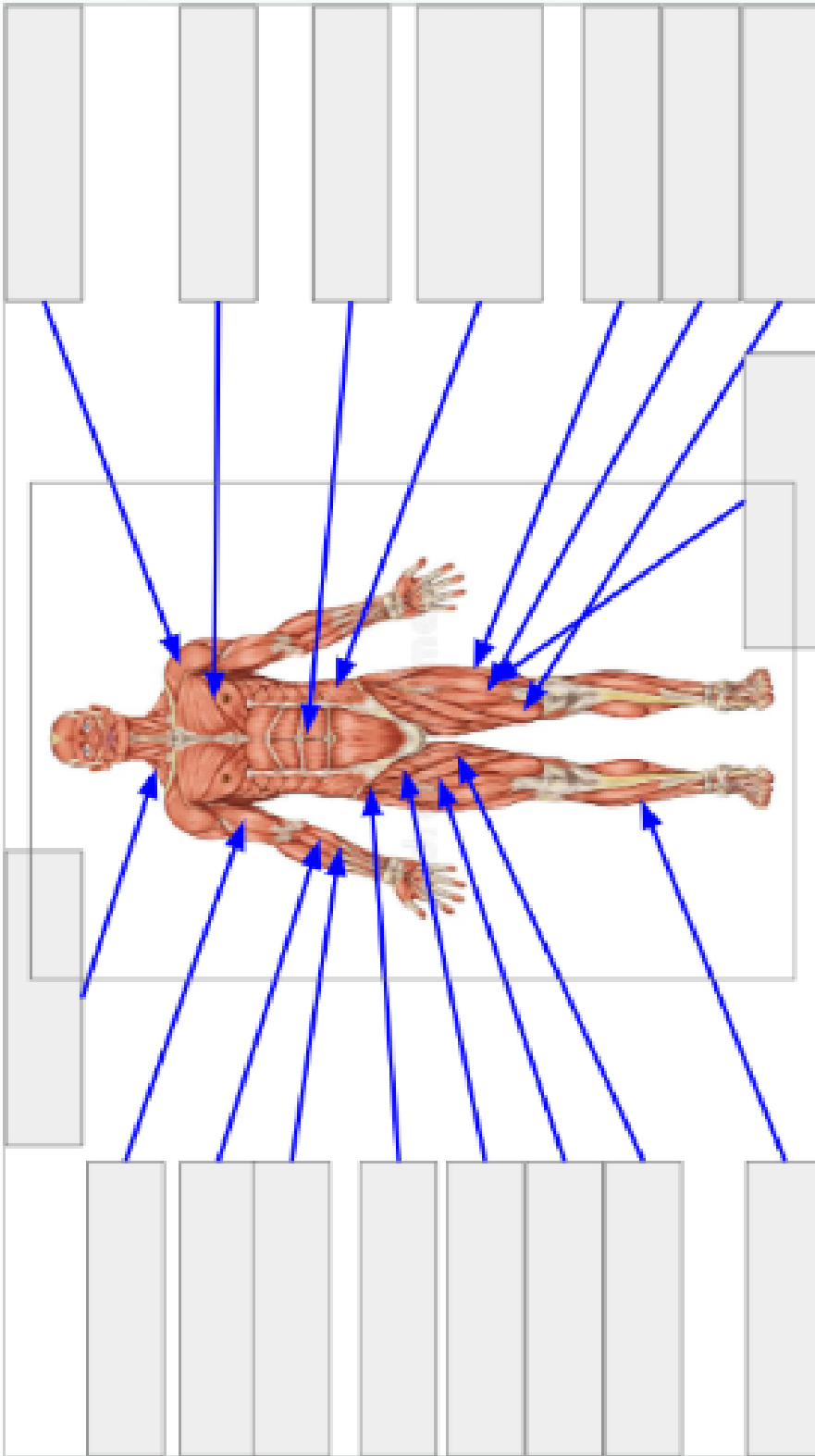


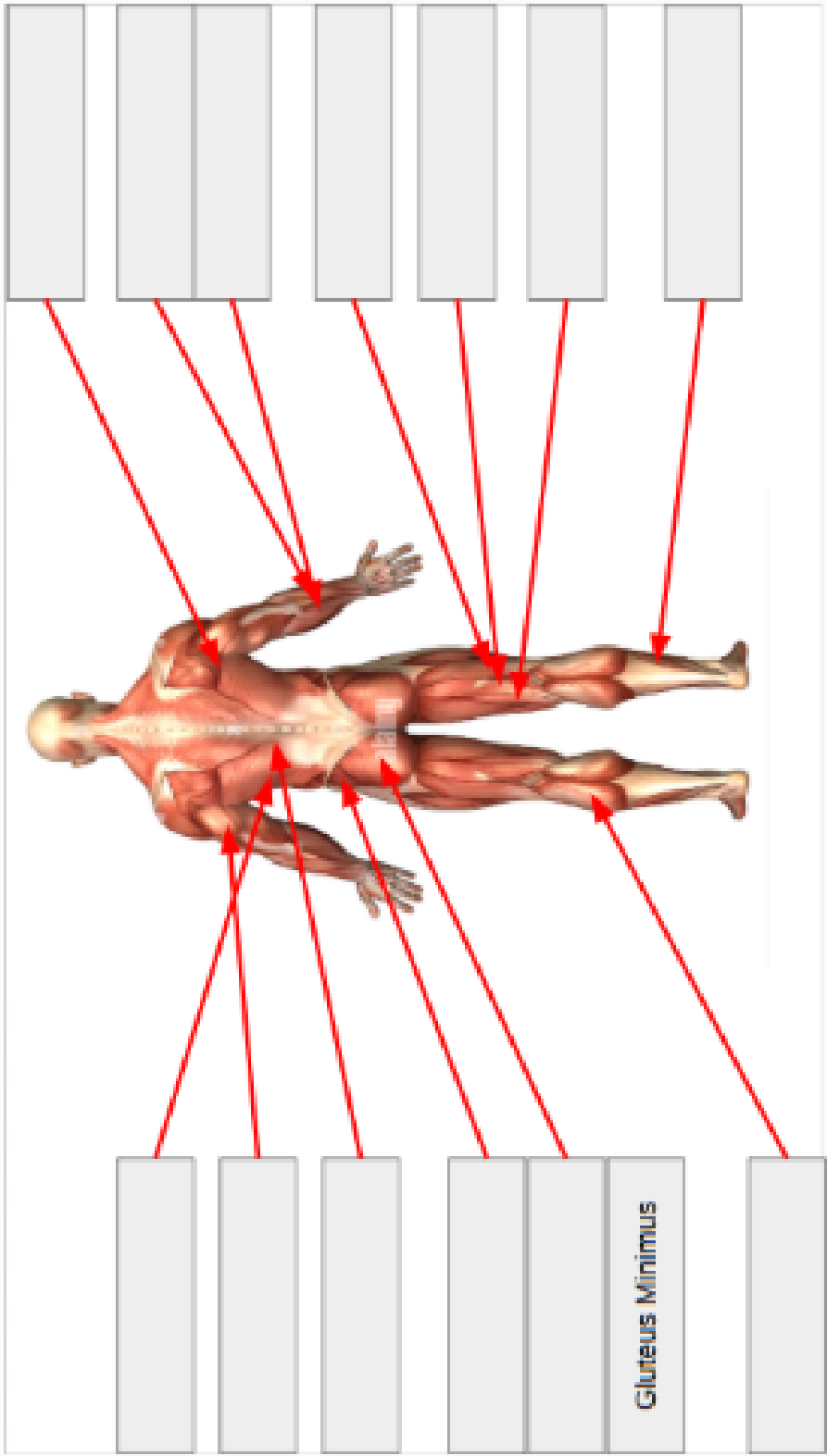
## The Skeletal System



### Key Words

Ulna	Tarsals	Radius
Coccyx	Phalanges	Ilium
Pelvis	Cranium	Carpals
Femur	Humerus	Scapula
Tibia	Ribs	Vertebrae
Ischium	Pubis	Sacrum
Fibula	Patella	Sternum
Metacarpals	Clavicle	Metatarsals





deltoid	latissimus dorsi	pectoralis major	trapezius	teres major
biceps brachii	triceps brachii	pronator teres	supinator muscle	wrist flexors
wrist extensors	rectus abdominus	erector spinae group	internal and external obliques	iliopsoas
gluteus maximus	gluteus medius	gluteus minimus	adductor longus	adductor brevis
adductor magnus	rectus femoris	vastus medialis	vastus intermedius	vastus lateralis
biceps femoris	semimembranosus	semitendinosus	tibialis anterior,	gastrocnemius
soleus				