

**Isometric contraction** can be concentric, which is when a muscle shortens as the fibres contract or eccentric, where the fibres contract as the muscle lengthens.

**Isometric** muscle contraction, or static exercise, is one in which the muscle contracts but there is no movement at the joint. There is no change in length of the muscle, and no movement at the joint as the muscle fibres contract.

**Fast twitch** fibres are used for powerful, fast movements. This however means they get tired quickly. Athletes who are good at short events (100m sprint) which require speed and power will have a higher number of fast twitch fibres.

**Slow twitch** fibres are good for endurance activities (1500m). They contract slowly with less force, but do not tire so easily. Long distance runners tend to have more of these fibres.

Short term effects of exercise	Long term effects of exercise
Increase in temperature	Increase in strength
Increased muscle Contractions	Increase in muscle size
Increase in metabolic activity	Tendons & Ligaments become stronger

Name of Muscle	Function
Biceps	Extends forearm, Extends arm
Triceps	Flexes and supinates forearm, Flexes arm
Deltoids	Adducts, flexes, extends and medially and laterally rotates arm
Trapezius	Elevates and depresses the scapula
Erector spinae	Flexion and rotation of lumbar region of vertebral column
Latissimus dorsi	extends, adducts, and rotates arm medially or pulls shoulder downward and back
Coracobrachialis	flexes, adducts, and rotates arm medially
Hamstrings	Extends the thigh
Quadriceps	Extends lower leg and flexes thigh
Hamstrings	Flexes lower leg and extends thigh
Gastrocnemius	Plantar flexes foot and flexes knee
External oblique	Lateral flexion of trunk

A **Tendon** is a flexible but inelastic cord of strong fibrous collagen tissue attaching a muscle to a bone.

## The Muscular System Revision Guide

The body's **involuntary** muscles work our internal organs. They are outside our control.

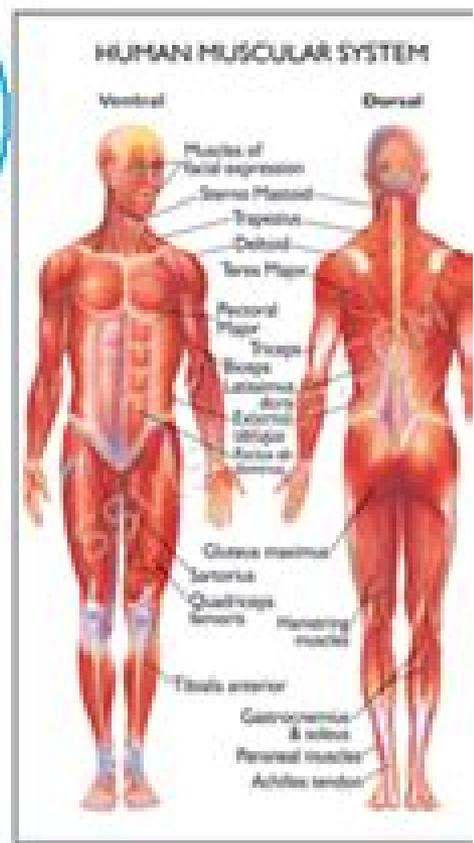
**Cardiac** muscle is unique to the heart. It never tires.

**Voluntary** muscles make the body move. They are attached to the skeleton and can be controlled.

**Skeletal** muscle tissue is named for its location - attached to bones. Skeletal muscle tissue is named for its location - attached to bones. Skeletal muscle tissue can be made to contract or relax by conscious control (**voluntary**).

**Smooth** muscle tissue is located in the walls of hollow internal structures such as blood vessels, the stomach, intestines, and urinary bladder.

**Agonist** works with the muscles, and the **antagonist** is the muscle working against it in a contraction. I.e. Bicep curl, the agonist is the Biceps and the antagonist muscle is the triceps. The word agonist means "producing an action" - an antagonist opposes that action.



# Aqa Gcse Pe Full Course Revision Guide

**Don E. Webster**



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## **Table of Contents Aqa Gcse Pe Full Course Revision Guide**

1. Understanding the eBook Aqa Gcse Pe Full Course Revision Guide
  - The Rise of Digital Reading Aqa Gcse Pe Full Course Revision Guide
  - Advantages of eBooks Over Traditional Books
2. Identifying Aqa Gcse Pe Full Course Revision Guide
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Aqa Gcse Pe Full Course Revision Guide
  - User-Friendly Interface
4. Exploring eBook Recommendations from Aqa Gcse Pe Full Course Revision Guide
  - Personalized Recommendations
  - Aqa Gcse Pe Full Course Revision Guide User Reviews and Ratings
  - Aqa Gcse Pe Full Course Revision Guide and Bestseller Lists
5. Accessing Aqa Gcse Pe Full Course Revision Guide Free and Paid eBooks

- Aqa Gcse Pe Full Course Revision Guide Public Domain eBooks
  - Aqa Gcse Pe Full Course Revision Guide eBook Subscription Services
  - Aqa Gcse Pe Full Course Revision Guide Budget-Friendly Options
6. Navigating Aqa Gcse Pe Full Course Revision Guide eBook Formats
    - ePub, PDF, MOBI, and More
    - Aqa Gcse Pe Full Course Revision Guide Compatibility with Devices
    - Aqa Gcse Pe Full Course Revision Guide Enhanced eBook Features
  7. Enhancing Your Reading Experience
    - Adjustable Fonts and Text Sizes of Aqa Gcse Pe Full Course Revision Guide
    - Highlighting and Note-Taking Aqa Gcse Pe Full Course Revision Guide
    - Interactive Elements Aqa Gcse Pe Full Course Revision Guide
  8. Staying Engaged with Aqa Gcse Pe Full Course Revision Guide
    - Joining Online Reading Communities
    - Participating in Virtual Book Clubs
    - Following Authors and Publishers Aqa Gcse Pe Full Course Revision Guide
  9. Balancing eBooks and Physical Books Aqa Gcse Pe Full Course Revision Guide
    - Benefits of a Digital Library
    - Creating a Diverse Reading Collection Aqa Gcse Pe Full Course Revision Guide
  10. Overcoming Reading Challenges
    - Dealing with Digital Eye Strain
    - Minimizing Distractions
    - Managing Screen Time
  11. Cultivating a Reading Routine Aqa Gcse Pe Full Course Revision Guide
    - Setting Reading Goals Aqa Gcse Pe Full Course Revision Guide
    - Carving Out Dedicated Reading Time
  12. Sourcing Reliable Information of Aqa Gcse Pe Full Course Revision Guide
    - Fact-Checking eBook Content of Aqa Gcse Pe Full Course Revision Guide
    - Distinguishing Credible Sources
  13. Promoting Lifelong Learning
    - Utilizing eBooks for Skill Development

- Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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