

Willingdon Community School
NCFE Level 1/2 Technical Award in Health and
Fitness (603/2650/5)

Unit 01 Introduction to body systems and
principles of training in health and fitness -
Muscular System

Learner information

The marks available for each question are shown
in brackets.

The test will be 40 minutes

35 Marks



1 Which of the following muscles is located in the leg? (1 mark)

- A Ulna
- B Hamstring
- C Deltoid
- D Trapezius

Answer _____

2 Which of the following muscles is located in the arm? (1 mark)

- A Bicep
- B Quadricep
- C Radius
- D Trapezius

3 Identify the following muscles on the diagram below (11 marks)

Deltoid, Trapezius, Latissimus Dorsi, Pectoralis Major, Biceps, Triceps, Rectus Abdominis, Gluteus Maximus, Quadriceps, Hamstrings, Gastrocnemius



4 Types of Muscle - complete the table (9 marks)

Type of muscle	Where it is found in the body? (Give 1 example)	One function of the muscle

5 Explain the term antagonistic muscle action. Use examples in your answer (4 marks).

6 Explain the term isometric contraction. Give one example. (2 marks).

7 Explain the term concentric contraction (2 marks).

8 Identify the muscle fibre which is slow twitch, low force/power/speed production and high endurance. (1 mark)

- Type A
- Type 2A
- Type B
- Type 2B

Answer _____

9 Identify the muscle fibre which is fast twitch, high force/power/speed production and low endurance. (1 mark)

- Type A
- Type 2A
- Type B

Type 2B

10 Identify the muscle fibres for each of the sporting events in the table (3 marks).

Sporting Example	Muscle fibre
Marathon	
100m	
400m	