



Ligaments

Antagonistic Pairs

1 2 3 4 5



Tendons





Skeletal / Voluntary Muscle

1

2

3

4

5





Sliding Filament Theory-

1 2 3 4 5

Relaxed Muscle



Contracting Muscle





Sarcomere Contraction

1 2 3 4 5

Relaxed Sarcomere

Contracted Sarcomere

When a Sarcomere Contracts...





Fast & Slow Twitch Muscle Fibres

1 2 3 4 5

Slow Twitch		Fast Twitch	
→		→	
→		→	
→		→	
→		→	
→	↳ lots of ... →	→	↳ Few ... →
	→		→
	→		→
→		→	
E.g.	e.g.	E.g.	e.g.