**PSE4U** **Unit 1: Anatomy and Physiology**

## Function of Muscular and Skeletal Systems 1.2 (Part 2)

**Wed. Sept. 18** Complexity of the skeletal and muscular systems related to joint mechanics
Classification of Joints
Characteristics of synovial joints and types of synovial joints

| ***Suggested Readings*** | ***Suggested Exercises*** |
|---|---|
| Textbook pp. 69 - 71 | Workbook Exercises 4.3 pp. 71 |

**Thurs. Sept. 19** Classification of Joints activity
Acute and Chronic Injuries and treatment of injuries

| ***Suggested Readings*** | ***Suggested Exercises*** |
|---|---|
| Textbook pp. 72 – 79 | Workbook Exercises 4.4 pp. 72 –74<br>Review exercises 4.1 p. 68; 4.2 p. 69-70 |

**On Line quiz Section 4 – Joint Mechanics and Joint Injuries:**
**www.thompsonbooks.com/esquizzes**

**Fri. Sept. 20** Characteristics of Skeletal Muscles
- types of contraction
- muscle fibre types
- properties of muscles
- muscular structure

| ***Suggested Readings*** | ***Suggested Exercises*** |
|---|---|
| Textbook pp. 34, 36 – 37, 39, 90 - 93 | Workbook Exercises 3.4 p. 45 |

**Mon. Sept. 23** Dynamic Movement Lab in Fitness Centre

| ***Suggested Readings*** | ***Suggested Exercises*** |
|---|---|
| Textbook pp. 64 - 65 | Workbook Exercises 4.6 p. 76 |

**On Line quiz Unit 1 Section 3 – Muscular System**
**www.thompsonbooks.com/esquizzes**

**Tues. Sept. 24** Features of Neuromuscular Principles and Theories

- Sliding Filament Theory
- The Motor Unit
- The Neuromuscular Junction
- The Reflex Arc
- The All or None Principle
- Proprioceptors and Control of Movement
- The role of ATP and calcium

| ***Suggested Readings*** | ***Suggested Exercises*** |
|---|---|
| Textbook pp. 34 – 35, 40 – 43, 99 - 105 | Workbook Exercises 3.5 p. 46; 6.3 p. 87 |

**Wed. Sept 25** Carousel activity on Neuromuscular Principles and Theories

**Sept 26 & Sept 27** **Summative Evaluation or Exam #2 –** Research time for Written assignment on the Function of Skeletal and Muscular Systems and joint mechanics related to human movement