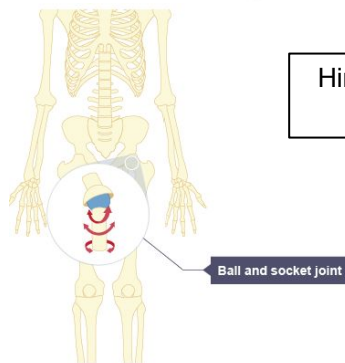
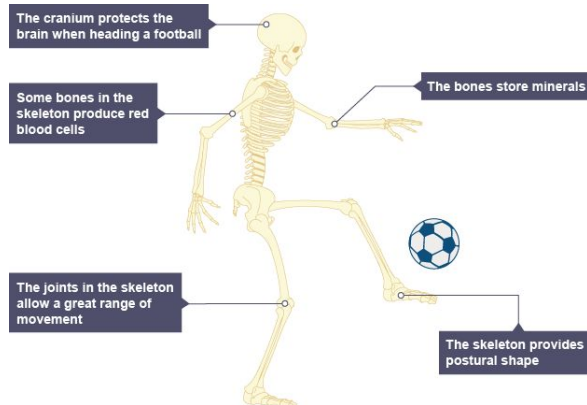




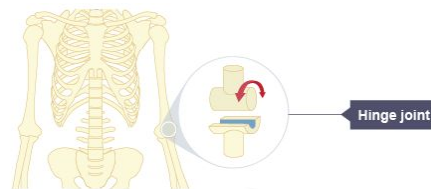
	Definition
Antagonistic pair	A pair of muscles that work together to move bones at a joint; as one contracts the other relaxes.
Biceps	The muscles in the front of the upper arm.
Contract	To become shorter, when a muscle shortens it makes a pulling motion.
Joint	A place where two bones meet; allows movement.
Ligament	Connects bone to bone, it is made of stretchy fibres.
Muscle	A tissue of the body that can contract and relax and produce motion; consists of long cells.
Relax	Lengthening of the muscle, to return to its original length.
Skeleton	The framework made of bone that supports the soft tissues of the body and protects the internal organs.
Synovial Joint	.A freely moveable joint. Examples include the hip, shoulder, elbow and knee joints.
Tendon	Connects muscle to bone; made of stretchy fibres.
Triceps	The muscles in the back of the upper arm.
Vertebrae	Bones that make up the spinal column.
Further Reading: https://www.bbc.co.uk/bitesize/topics/znnyvcdm/articles/zqbdp3 https://www.bbc.co.uk/bitesize/topics/znnyvcdm/articles/zmqjsg https://www.bbc.co.uk/bitesize/topics/znnyvcdm/articles/zd7vydm	

Ball and socket joints allow the greatest level of rotation around a joint.

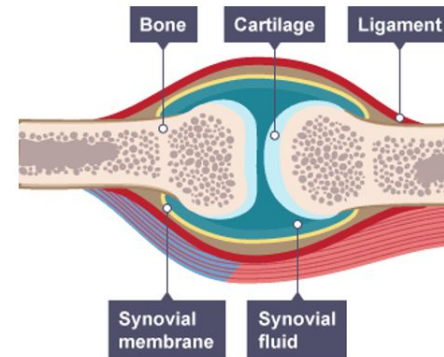
Functions of the skeleton



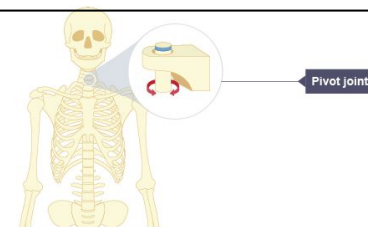
Hinge joints allow movement in two directions.



Structure of the synovial joint

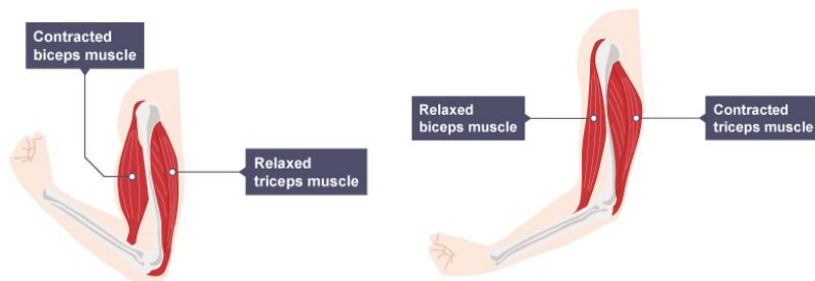


Pivot joints allow movement around the joint.





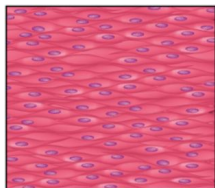
Muscles can only pull and cannot push. Muscles need to work in antagonistic pair to ensure a bone can be moved and then returned to it's original position.



Different types of muscle

Smooth muscle

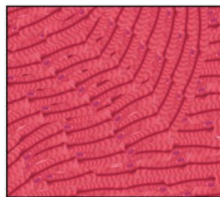
This is involuntary muscle found in the blood vessels and digestive system.



Smooth Muscle

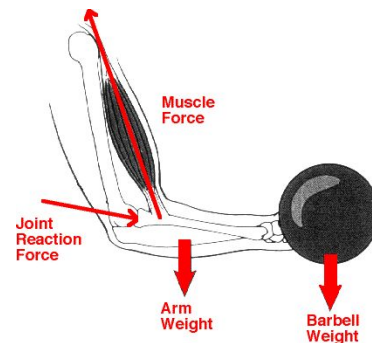
Cardiac muscle

This type of muscle is only found in the heart and is specialised to reduce fatigue.



Cardiac Muscle

Many of the muscles in the body are different shapes and sizes and cause movement of bones in different directions. It is therefore difficult to compare which muscle applies the biggest force for its size.



Drugs

A drug is a substance that has an effect on the body.

Medicinal drugs

- are drugs that help people suffering from pain or disease.

Recreational drugs

- are taken by people because they like the effects they have on their bodies.

Drug	Type	Legality	Effects on behaviour	Effect on health
Alcohol	Depressant	Legal (for over-18s)	Slows thinking	Short term effects include hangovers, while long term effects include liver disease
Caffeine	Stimulant	Legal	Alert, and if too much taken then nervousness and restlessness	Too much causes lack of sleep
Paracetamol	Painkiller	Legal	None	Reduces pain without addressing the cause