

NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY

SSC1206

FACULTY OF APPLIED SCIENCES

BACHELOR OF SCIENCE HONOURS DEGREE EXAMINATIONS

DEPARTMENT OF SPORTS SCIENCE AND COACHING

THEORY: SSC1206: ANATOMY II

MAY 2005

3 HOURS (100 MARKS)

INSTRUCTIONS

Answer 4 questions only Each question carries 25 marks. Where a question contains subdivisions, the mark value for each subdivision is given in square brackets.

- 1 (i) Define a joint [3 marks]
(ii) Give a full classification of joints with examples. [5 marks]
(iii) Draw a diagram of a typical synovial joint and illustrate its structures. [9 marks]
(iv) Discuss structures contributing to the stability of a joint with examples. [8 marks]
- 2 (i) Why do we refer to a shoulder complex instead of a shoulder joint? [4 marks]
(ii) List the four components of a shoulder complex. [6 marks]
(iii) Describe the structure of the three components of a shoulder complex. [7 marks]
(iv) What are the movements of the gleno-humeral joint and how are they brought about? Give sports specific examples. [8 marks]
- 3 (i) (a) Describe the hamstring muscle. [4.5 marks]
(b) What are its origin, location and insertion? [2 marks]
(c) What movements do they produce at what joint? Give sports specific examples. [6 marks]

(ii) (a) Describe the deltoid muscle. [4.5 marks]
(b) What are its origin, location and insertion? [2 marks]
(c) What movements do they produce at what joints? Give sports specific examples. [6 marks]
- 4 (a) Give a description of the knee joint. [8 marks]
(b) What are its movements and how are they brought about? Give sports specific examples. [8 marks]
(c) List the possible injuries to a knee. [9 marks]
5. Compare and contrast the functional anatomy of the lower and upper limb from the shoulder girdle and pelvic girdle down to the distal phalanges. [25 marks]

6. (i) (a) Describe rotator calf muscle. [4.5 marks]
(b) What are its origin, location and insertion? [2 marks]
(c) What movements do they produce at what joints? Give a sports specific example.[6 marks]
- (ii) (a) Describe the trapezius muscle. [4.5 marks]
(b) What are its origin, location and insertion? [2 marks]
(c) What movements do they produce? Give a sports specific example. [6 marks]

END OF EXAM QUESTION PAPER