

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 06

3 HOURS (100 MARKS)

INSTRUCTIONS

Answer **four** questions only. Questions can be written in any order. Each question carries 25 marks. Where a question contains subdivisions, the mark value for each subdivision is given in brackets. Illustrate your answer where appropriate with large clearly labeled diagrams.

1. (i) Describe the hamstring muscles (10 marks)
(ii) Give an account of their origin, location and insertion. Give sport specific examples of movements they produce at the hip and the knee joint. (10 marks)
(iii) Discuss the hamstring muscles injury potential and its prevention. (5 marks)
2. (i) Describe the knee joint (10 marks)
(ii) Discuss the factors affecting the stability of the joint. (5 marks)
(iii) Give sports specific examples of its movements and how they are brought about. (10 marks)
3. (i) Define a joint. (3 marks)
(ii) Give a full classification of joints with examples. (12 marks)
(iii) Draw a ball and socket joint and illustrate its structure. (10 marks)
4. (i) Describe the rotator cuff muscles. (7 marks)
(ii) What are their origin, location and insertion? (8 marks)
(iii) Give sports specific examples of the movements they produce. (5 marks)
(iv) Discuss the terms impingement area and impingement syndrome. What other injuries are common with the rotator-cuff. (5 marks)
5. (i) What are the components of the shoulder complex. (4 marks)
(ii) Describe the glenohumeral joints. (11 marks)
(iii) Using sports specific examples identify movements of the glenohumeral joint and how they are brought about. (10 marks)
6. Compare and contrast the functional anatomy of the lower and upper limb from the shoulder girdle and pelvic girdle to distal phalanges. (25 marks)

END OF EXAMINATION QUESTION PAPER