

IB Sport & Exercise Science	
Topic 1: Anatomy – Standards Checklist	Check off when you feel competent
1.1 Skeletal System	complete
1.1.1 Distinguish anatomically between the axial and appendicular skeleton	
1.1.2 Distinguish between the axial and appendicular skeleton in terms of function.	
1.1.3 State the four types of bones	
1.1.4 Draw and annotate the structure of a long bone.	
1.1.5 Apply anatomical terminology to the location of bones	
1.1.6 Outline the function of connective tissue	
1.1.7 Define the term joint	
1.1.8 Distinguish between the different types of joints in terms of movement permitted	
1.1.9 Outline the features of a synovial joint	
1.1.10 List the different types of synovial joint	

1.2 The muscular system	complete
1.2.1 Outline the general characteristics common to muscle tissue.	
1.2.2 Distinguish between the different types of muscle tissue	
1.2.3 Anotate the structure of skeletal muscle	
1.2.4 Define the terms origin and insertion of a muscle	
1.2.5 Identify the location of various skeletal muscles around the body – anterior and posterior	

