

IB Sport & Exercise Science	
Topic 4: Movement Analysis – revision summary	
4.1 Neuromuscular Function	complete
4.1.1 Draw and label a diagram of a motor unit.	
4.1.2 Explain the role of neurotransmitters in stimulating muscle contraction.	
4.1.3 Explain how skeletal muscle contracts by the sliding filament theory.	
4.1.4 Explain how slow and fast twitch fibre types differ in structure and function	
4.2 Joint and Movement Type	complete
4.2.1 Outline the types of movement of synovial joints.	
4.2.2 Outline the types of muscle contraction.	
4.2.3 Explain the concept of reciprocal inhibition.	
4.2.4 Analyse the movements in relation to joint action and muscle contraction.	
4.2.5 Discuss delayed onset muscle soreness (DOMS) in relation to eccentric and concentric muscle contraction.	