

Summer Research Assignment 2

Handing-in-date July 16, 2021

Level 3 Sports Science

Please research and make electronically generated Cornell notes, on the following theme:

1. The muscular system in relation to exercise and physical activity
 - a. The muscles acting at the main synovial joints
 - b. Types of muscle contractions
 - c. Muscle fibre types
 - d. The short term effects of exercise on the muscular system
 - e. The long term adaptations due to sustained weight-bearing exercise
 - f. The effect of warm-up and cool-down on the muscles