Examination Period 3: 2016/17

SPO100817N

Module Title: Anatomy and Human Movement
Level: Four
Time Allowed: Two hours

Instructions to students:

- Enter your student number **not** your name on all answer books.
- Answer **two** out of **four** questions.
- The same material should not constitute a substantial part of more than one question.
- All questions are equally weighted.
- Begin each question in a separate answer book; label each answer book clearly with the number of the question you are answering.
- Neither books nor notes may be taken into the examination.
- Students are **not** permitted to remove this examination paper from the examination room. For all purposes the examination paper remains the property of the University of Northampton.

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Answer **two** out of **four** questions.

1. Describe the main structures of a motor neuron and explain the transmission of an action potential along the neuron.

2. Describe the characteristics of different muscular fibre types and explain how these characteristics influences force production.

3. Describe the main phases and movements during the bench press and explain how the muscle roles and contractions influences the movements performed.

4. Describe the main structures in a muscle cell and explain the processes involved during the sliding filament theory