

### **A Level Physical Education and Applied Sport and Exercise Science**

#### *Activity 3*

Using the information in the MS Sway in activity 1, to help answer the following- Complete the exam questions below, this should be in essay style and approximately one side of A4.

Explain the function of hinge joints and provide an example of where one is found in the human body.

Differentiate between ball and socket joints and condyloid joints in terms of structure and range of motion.

How do saddle joints differ from pivot joints, and provide an example of each in the human body?

Describe the movement allowed by a pivot joint and provide an example of where one is located in the human body.

Compare and contrast gliding joints and saddle joints in terms of their structure and the type of movement they allow.