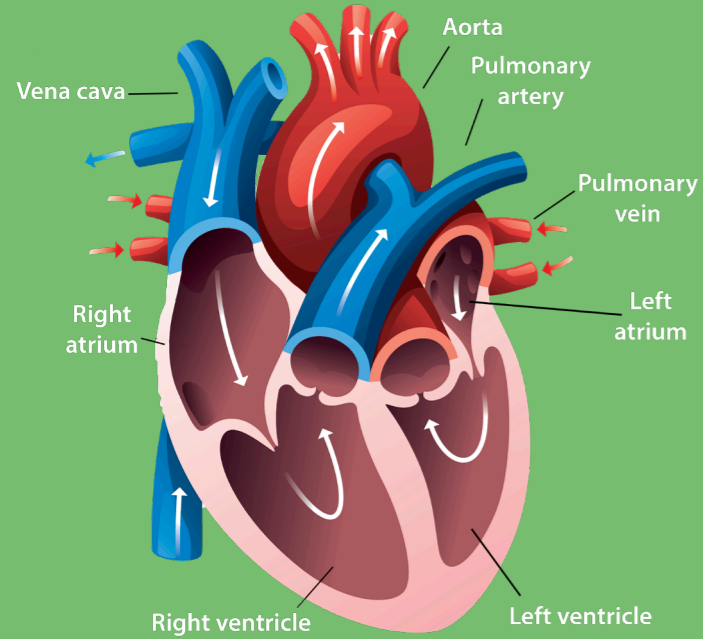
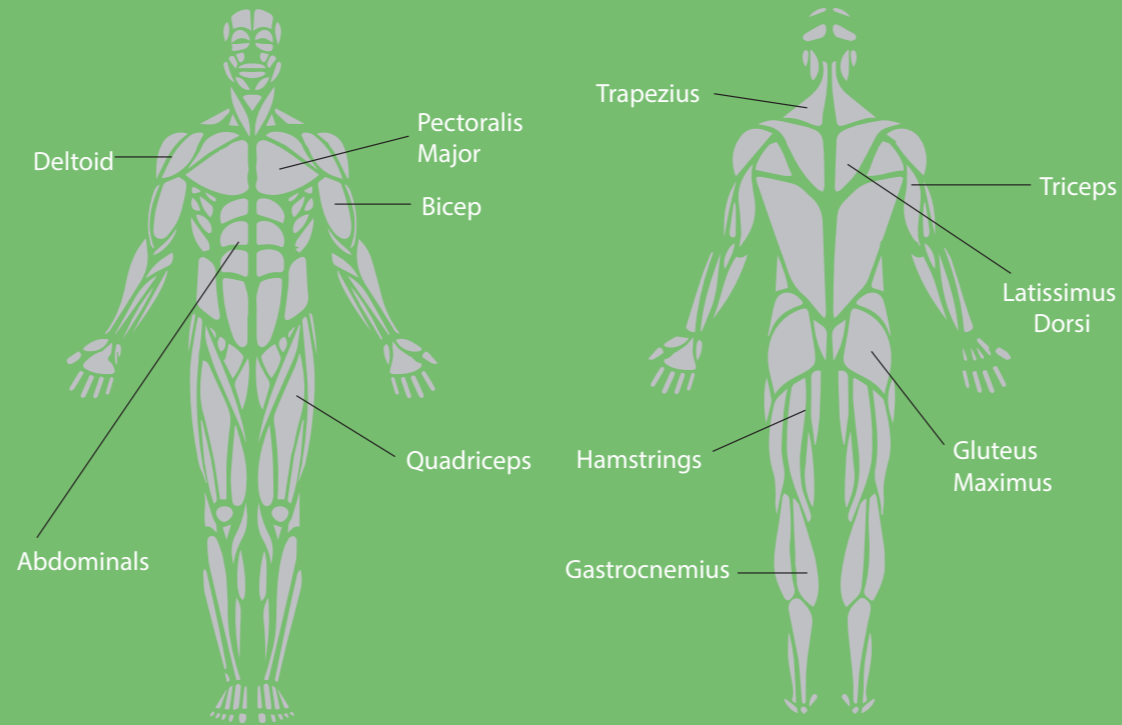


## 1.1.1: The structure of body systems

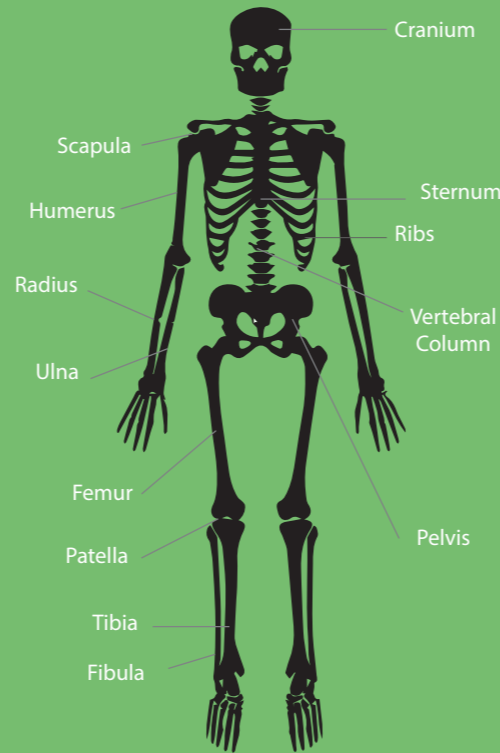
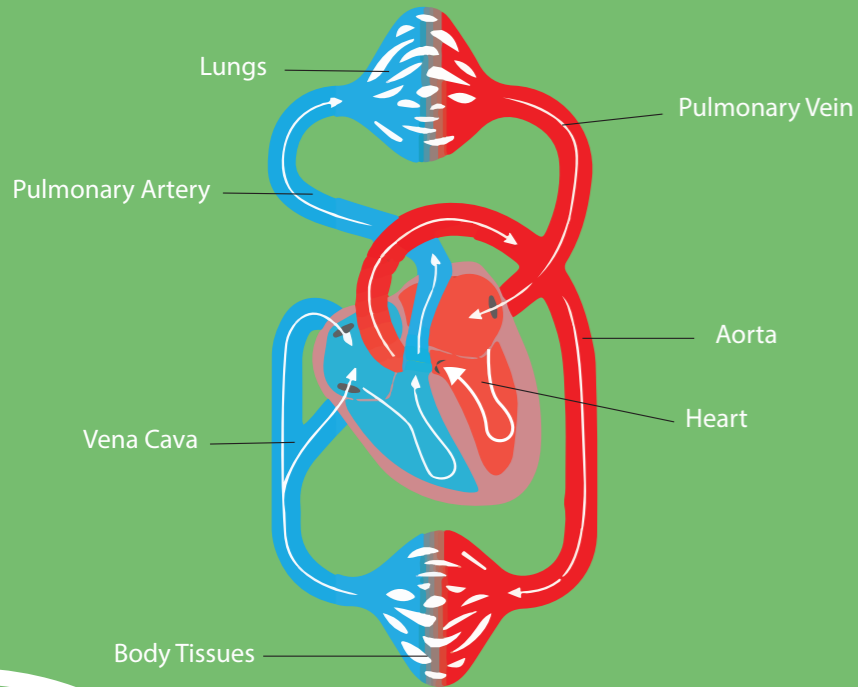
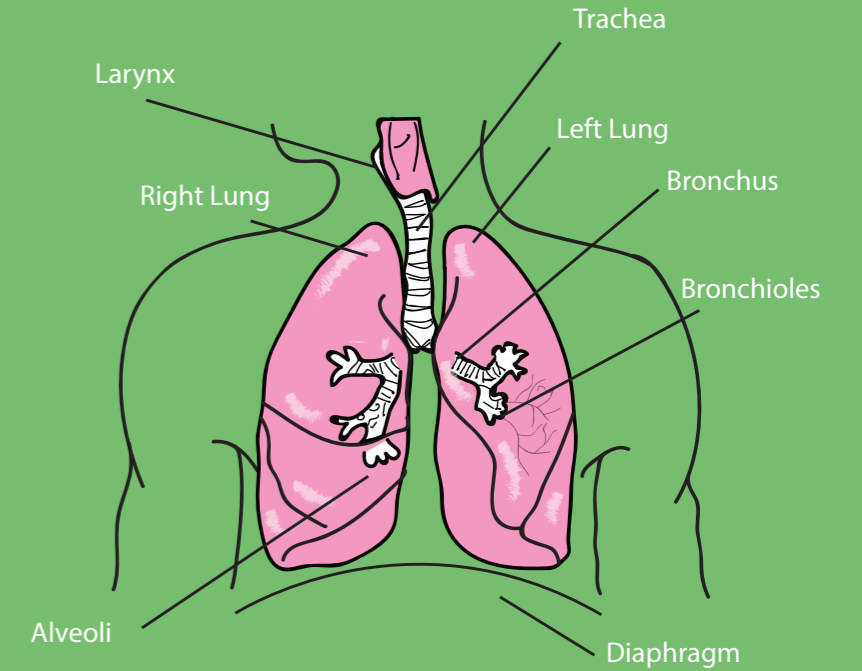
### The cardiovascular system



### The muscular-skeletal system



### The cardiorespiratory system



Muscles are made up of muscle fibres which contract or extend when they are stimulated by the central nervous system. All muscles have a mixture of slow twitch, type I fibres and fast twitch, type II fibres.

### Synovial joints

There are a number of different types of synovial joints in the body which allow different types of movement to take place. The most important types of synovial joints for athletes are:

- **Hinge joints** (found in the elbow and the knee): they allow you to move your elbow and knee in only one direction. They allow flexion and extension of the joint.
- **Ball and socket joints** (found in the shoulder and the hip): they allow you to move your shoulder and hip in almost every direction.
- **Pivot joints** (found in the neck): they allow rotation at the joint.

