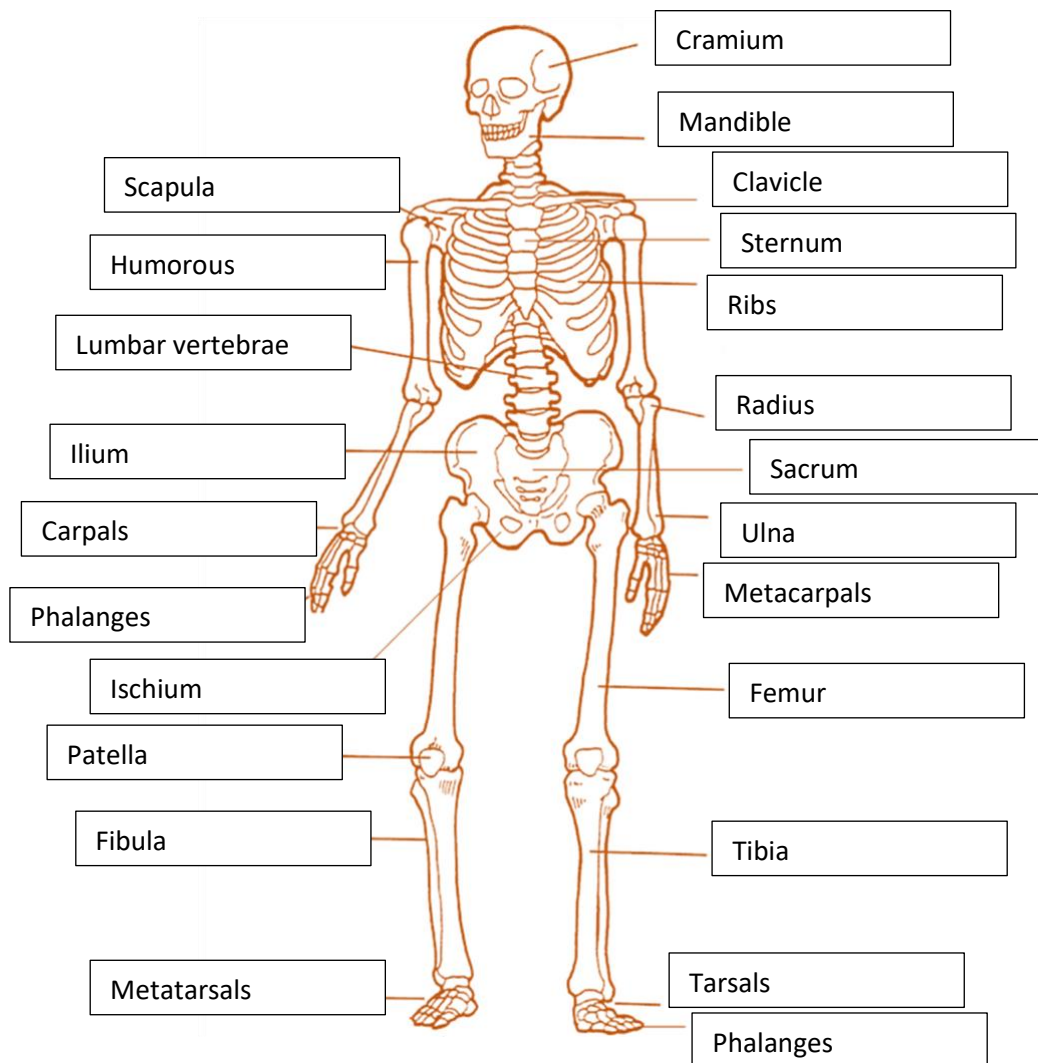


Activity 9

It is important to have a detailed knowledge of the human skeleton as part of fitness programming.

- Name the labelled parts of the skeleton shown below.
- Give three (3) examples of bony landmarks from the diagram.

Labelled sketch



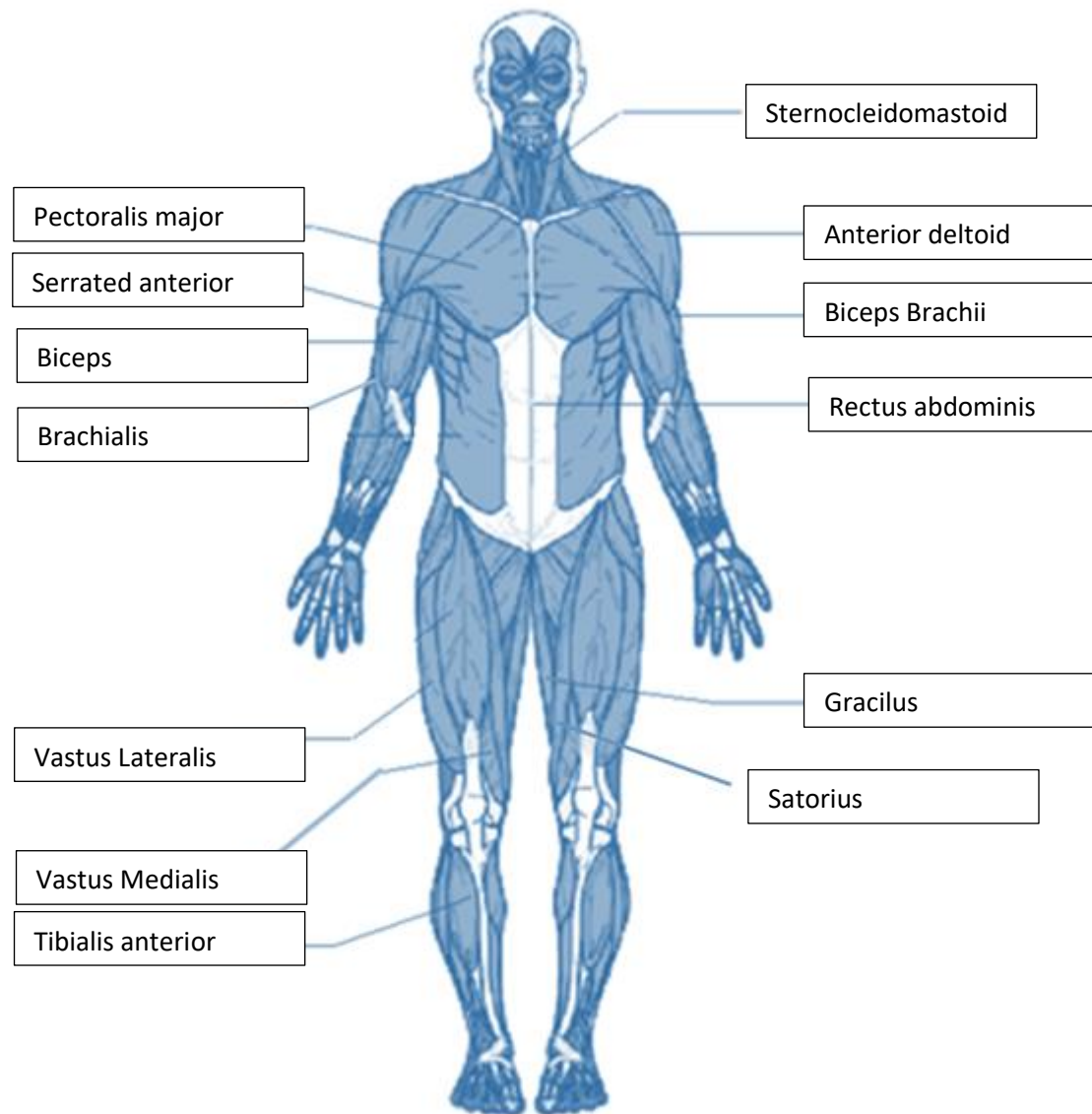
Bony landmarks

Clavicle, Mandible, Cranium

Activity 10

Name the labelled muscles shown in the sketches below.

Labelled sketch 1



Labelled sketch 2

