Health Education

PE-102, Semester: 151

Homework for Sections: 31, 32, 33, 34, 35, 36, 67, 68, 69 and 70

**Homework # 1**

**Questions:**

1. What is Anatomy?

2. What is the meaning of Human Anatomy?

3. What are the functions of the long bones in the human body?

4. What are the types of bones? And give examples for each one

5. How many bones in human body?

6. What is the name of the bone of upper arm?

7. What is the name of the thick bone of the lower part of the leg?

8. What is the thin bone of the lower leg called?

9. What is the name of the upper part of the leg?

10. What is the name of the external part of the lower arm?

11. What is the name of the internal part of the lower arm?

12. Give 2 benefits of exercise on bones.

13. What is the cause of osteoporosis?

**Homework # 2**

**Questions:**

1. How many muscles in the human body?

2. What are the properties of muscles?

3. What are the types of muscles? And give examples for each one

4. What are the types of skeletal muscles?

5. Distinguish between (SO) fiber type and (FG) fiber type.

6. What are the similarities and differences between (FOG) fiber type and the (SO) fiber type?

7. Define the terminology of Aerobic and anaerobic energy system and give an example for each?

8. What are the effects of training on muscular system of the human body?

**Homework # 3**

**Questions:**

1. Define the following sports injuries: Sprain, Strain, Contusion, Fractures and Dislocation.

2. What are the symptoms, causes and treatments of Sprain, Strain, Fractures, Contusion and Dislocation?

3. Which parts of the body are the most frequently injured in sports performance?

4. What is the treatment of Abrasions and laceration?

**Good Luck**

**Hassan Almoslim**