

Physical Education Grade 10 Tutorial1

1. Give four functions of skeletal system.
2. Describe the different types of bones with an example of each.
3. What is a joint?
4. Name the different types of joint in the human skeletal system.
5. Describe three movements around joints.
6. What is the main function of the cranium?
7. List the types of muscles.
8. What is the main function of muscles?
9. Define the terms
 - (i) tidal volume
 - (ii) minute ventilation
 - (iii) vital capacity
 - (iv) residual volume
 - (v) lactic acid
 - (vi) oxygen debt