

Annex 1 Bones, Joints and Muscles
Unit 1 Anatomy and physiology for exercise and health
Unit accreditation number: A/600/9051

Bones - Axial skeleton	Bones - Appendicular skeleton	Joints - As Level 2 plus:	
Cranium Cervical vertebrae Thoracic vertebrae Lumbar vertebrae Sacral vertebrae Sternum Ribs Coccyx	Scapula Clavicle Humerus Ulna Radius Carpals Metacarpals Phalanges Ilium	Ischium Pubis Femur Patella Tibia Fibula Tarsals Calcaneus Metatarsals	Synovial Condylloid / Ellipsoid Saddle
Muscles (building on Level 2)			
Rotator cuff: • Teres minor • Supraspinatus • Subscapularis • Infraspinatus	Shoulder girdle: • Levator scapulae • Pectoralis minor • Serratus anterior • Trapezius • Rhomboids major/minor • Teres major	Spinal extensors: • Erector spinae: Iliocostalis, Longissimus, Spinalis • Multifidus • Quadratus lumborum	Abdominals: • Internal/external obliques • Transversus abdominis
			Hip Flexors (Iliopsoas) • Iliacus • Psoas major
Adductors • Magnus • Brevis • Longus • Pectinius • Gracilis • Sartorius	Abductors • Gluteus medius • Gluteus minimus • Piriformis • Tensor fascia latae	Quadriceps • Rectus femoris • Vastus lateralis • Vastus medialis • Vastus intermedius	Hamstrings • Semitendinosus • Semimembranosus • Biceps femoris