

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	
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	