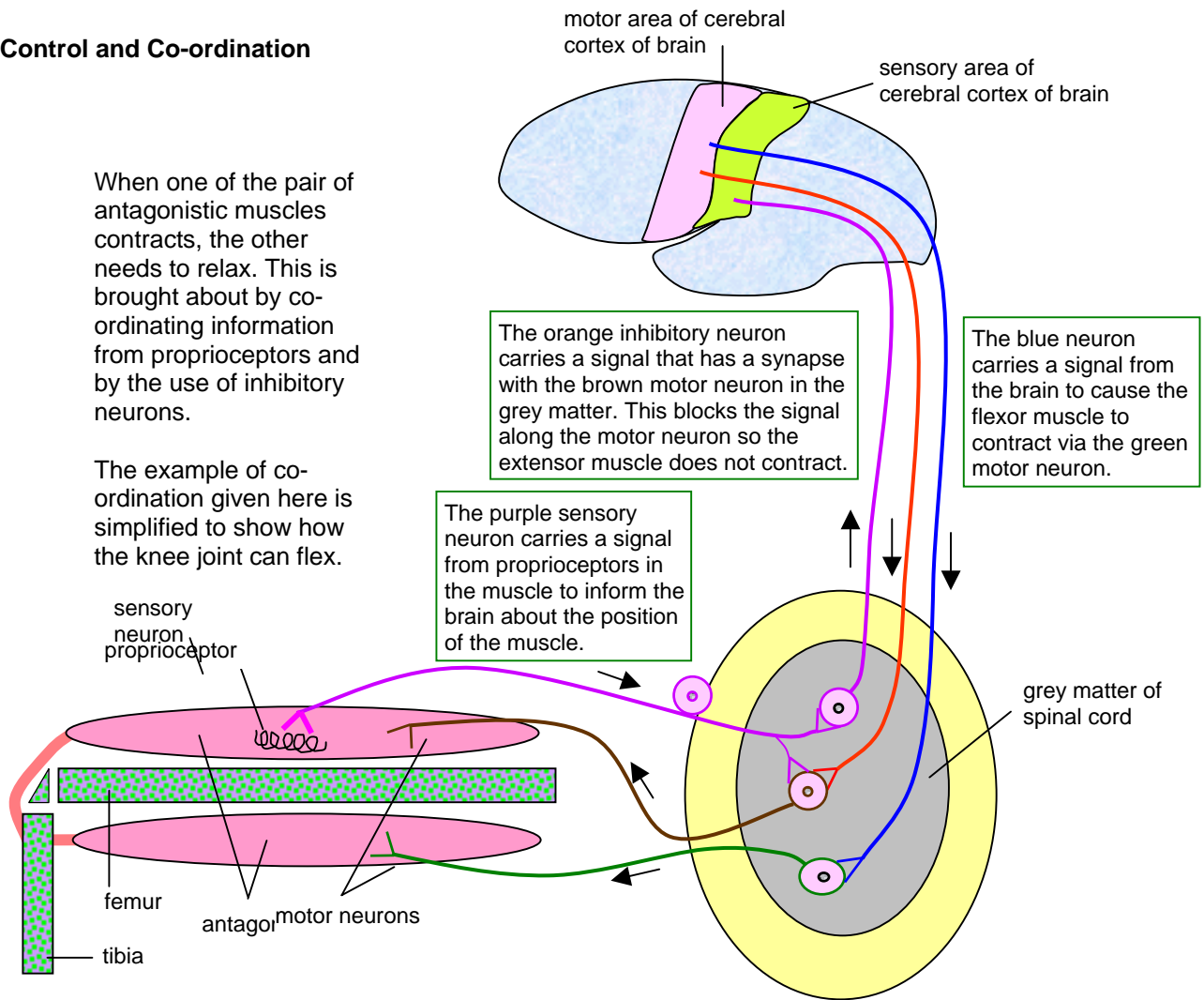


Co-ordination

Control and Co-ordination

When one of the pair of antagonistic muscles contracts, the other needs to relax. This is brought about by co-ordinating information from proprioceptors and by the use of inhibitory neurons.

The example of co-ordination given here is simplified to show how the knee joint can flex.



What are the two parts of the central nervous system?

What does the peripheral nervous system consist of?

Name the two protein filaments in a muscle myofibril.

Would a cross country runner tend to have fast or slow muscle fibres in the leg muscles?