

Video: The Squat: Muscles and Joint Actions

Complete this table.

	Concentric Phase	Eccentric Phase
Gravity	<i>Against (up)</i>	
Joint Action (Knee)		
Muscles Used (Knee)		
Joint Action (Hip)		
Muscles Used (Hip)		

Sample Multiple Choice Questions

- Getting up out of a chair is considered to be what type of muscle contraction?
 - Concentric.
 - Flexion.
 - Isometric.
 - Eccentric.

- Which statement best describes one type of muscle action when walking up stairs?
 - Isometric contraction of the gastrocnemius.
 - Concentric contraction of the quadriceps.
 - Eccentric contraction of the hamstrings.
 - Eccentric contraction of the rectus femoris.

1. (a) 2. (b)

Used (Hip) Muscles	Gluteus Maximus, Hamstrings	Gluteus Maximus, Hamstrings
Joint Action (Hip)	Hip Extension	Hip Extension
Used (Knee) Muscles	Quadriceps	Quadriceps
Joint Action (Knee)	Knee Extension	Knee Flexion
Gravity	Against (up)	With (down)
	Concentric Phase	Eccentric Phase

Answers: