SOPHOMORE TERMS 2

**ECCENTRIC CONTRACTION:** Entails lengthening of the muscle (usually when a weight is lowered).

**CONCENTRIC CONTRACTION:** Involves shortening of the muscle, which moves the resistance.

**ISOMETRIC EXERCISE:** The muscle is contracting, but there is no shortening or lengthening of the muscle, and the power output is equal to the resistance. Examples: planks, wall sits, pushing a wall

**ISOTONIC EXERCISE:** An activity that combines muscle contraction and repeated movement. Examples: push-ups, sit-ups, squats

**BONE:** A rigid lever, which allows joint motion to occur when the attached muscles act.

**LIGAMENTS:** A tough inelastic connective tissue, which connects bone to bone.

**TENDON:** A similar connective tissue connecting muscle to bone.

**MUSCLE:** Elastic contractile tissue connected by tendons to bones which provide the means for joint motion to occur.

**AGONIST:** The muscle or muscle group, which contracts to cause a joint motion. Also known as prime movers.

**ANTAGONIST:** The muscle or muscle group, which extends as the agonist contracts to allow a joint motion.