

# Checklist (HL)

## Higher level (HL)

### What you should know

After studying this subtopic you should be able to:

- Recognise the concept of movement in different species.
- Outline the structure of a sarcomere.
- Explain how a sarcomere contracts.
- Outline the role of titin and antagonistic muscles in muscle relaxation.
- Describe the structure and function of motor units in skeletal muscles.
- Outline the role of the skeleton as anchorage for muscles and as levers.
- Explain the role of the different components of a joint.
- Compare the range of motion of a joint.
- Explain the antagonistic action of the internal and external intercostal muscles.
- Give examples of reasons for locomotion.
- Describe adaptations for swimming in marine mammals.

