The Recruitment of Muscle Fibres

What’s happening?





What is missing from spec?

What’s happening?

What’s happening?

What’s happening?

It is important for sprinters to push off the blocks effectively to achieve a fast start.

Using knowledge of the neuromuscular system, analyse how a sprinter is able to achieve a fast start. [8 marks]









Write a better answer here

Draw a summary diagram of all of the neuromuscular specification