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Also lower 3–4 ribs
and bottom (inferior)
edge of scapula

Insertion Top of
the humerus

(anterior) Joint
crossed Shoulder
(glenohumeral) joint

Joint action Origin
fixed: adducts and

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extends arm. Assists
in medial rotation of
the arm.

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broad-range of knowledge and understanding across multiple subject areas, including the skeletal system, muscular system, cardiovascular system, nervous system, ...

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Remote invigilation

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you to progress to a

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Level 3 status on REPS. This will contribute to the completion of a Level 3 qualification, such as Exercise Referral, Pilates or Yoga. Our Personal Trainer and Advanced Personal Trainer courses already include this within their content.

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40 multiple choice
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Common
qualifications that
include this unit, and
therefore this exam,
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memory can help
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