(2) 1. Sketch and label the features of a sarcomere, indicating the extent of a single sarcomere. 
   – also indicate which are the thick filaments and which are the thin filaments

(2) 2. Which structures of the knee joint:
   a. prevent the tibia from sliding backward on the femur
   b. prevent abduction
   c. absorb shock

(3) 3. List the connective tissue components of a skeletal muscle from superficial to deep, 
   including their composition and what structure they enclose.

(2) 4. Name the 4 structural categories of joints.

(1) 5. Define and give an example of a joint at which pronation occurs.