

# Brevet Professionnel JEPS – AGG2F



Anatomie  
Physiologie  
Méthodologie d'entraînement

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Master EMIS & DUPP – Univ. De Bourgogne, DIJON

Intervenant BPJEPS AGG2F – CESA Metz

# Références

- ▶ **Atlas d'anatomie humaine** – Frank H. NETTER, MD, *éd. Masson*
- ▶ **Anatomie, Physiologie, Biomécanique en STAPS** – P. Delamarche, M. Dufour, F. Multon sous la direction de L. Perlemuter, *éd. Masson*
- ▶ **La Bible de la Préparation Physique** – D. Reiss et Dr P. Prévost, *éd. Amphora*

# Anatomie – Descriptive

- ▶ Ostéologie
- ▶ Arthrologie
- ▶ Myologie
- ▶ Angiologie  
Neurologie



- ▶ Tête
- ▶ Tronc
- ▶ Membres Inférieurs
- ▶ Membres supérieurs

*Réf. : [entrainement-sportif.fr](http://entrainement-sportif.fr)*



# Arthrologie

## ► Descriptive

### ◦ Composition

*(exemple du genou)*

Os

Muscle

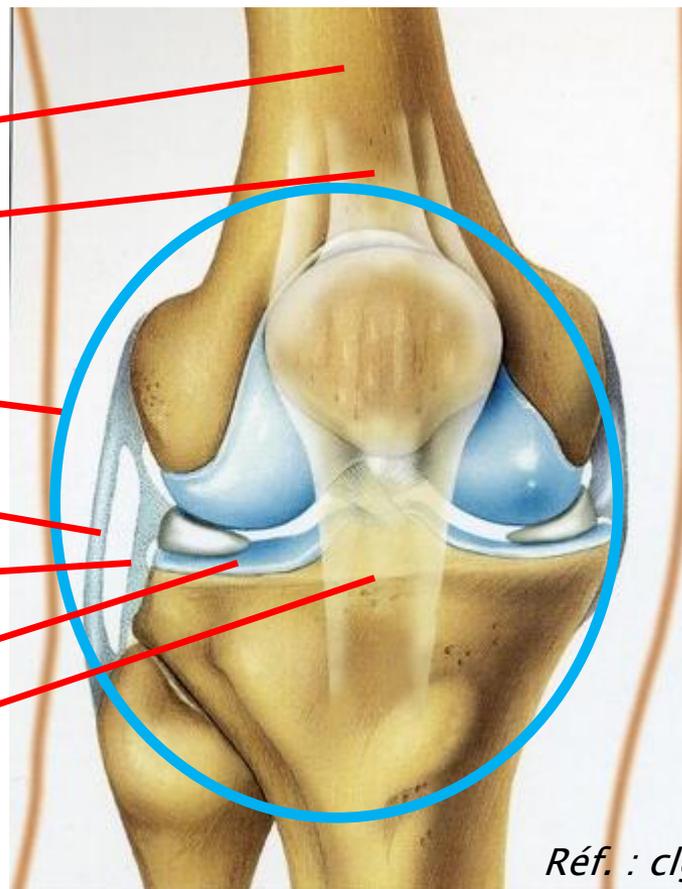
Capsule articulaire

Ligament articulaire

Liquide synovial

Cartilage articulaire

Tendon (rotulien)



Réf. : *clge.fr*



# Arthrologie

- ▶ Descriptive
  - Types d'articulation

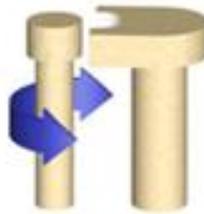
articulation charnière



coude



articulation pivot



jambe



articulation sphérique



épaule



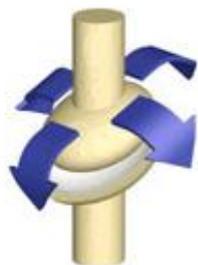
Réf. : [ikonet.com](http://ikonet.com)



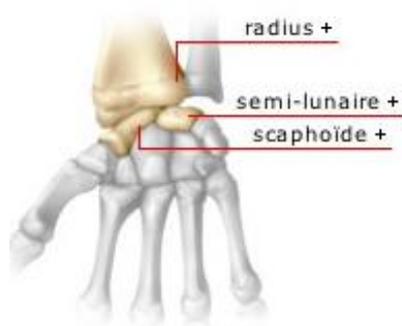
# Arthrologie

- ▶ Descriptive
  - Types d'articulation

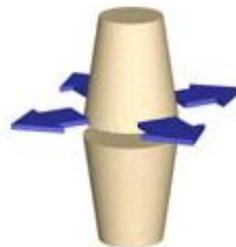
articulation ellipsoïdale



+ poignet



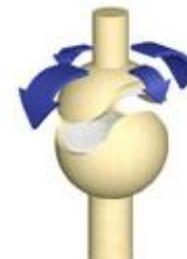
articulation à glissement



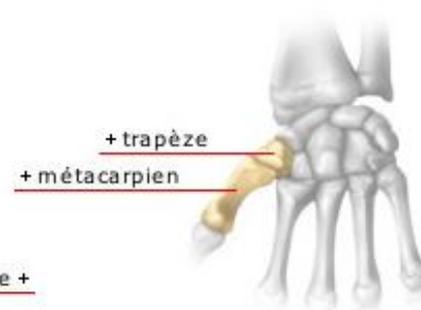
+ tarse



articulation en selle



+ pouce



Réf. : [ikonet.com](http://ikonet.com)



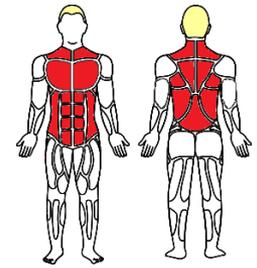
# Arthrologie

## ▶ Tête



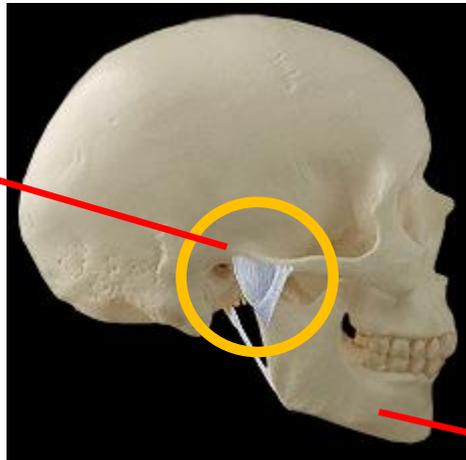


# Le Tronc



## « Temporomandibulaire »

Os temporal



Mandibule



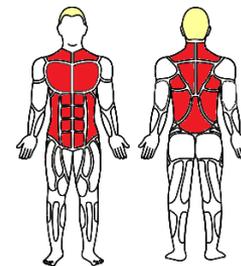
# Arthrologie

## ▶ Tronc





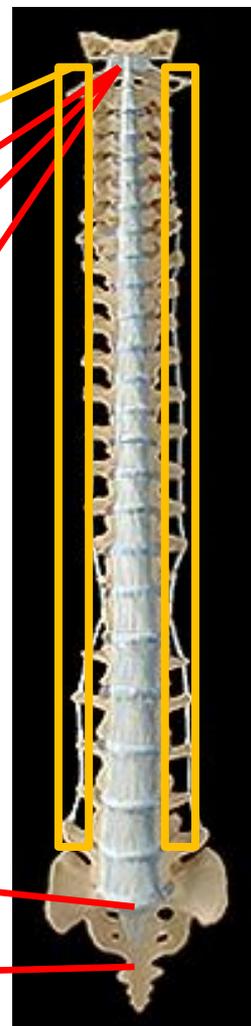
# Le Tronc



Colonne vertébrale

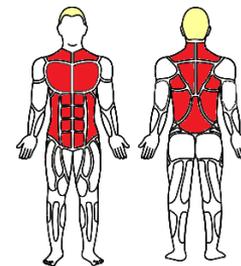
Articulations :

- Zygapophysaires
- Atlanto-occipitales
- Atlanto-axiale médiane
- Atlanto-axiales latérales
- Lombosacrale
- Sacrococcygienne





# Le Tronc



Colonne vertébrale

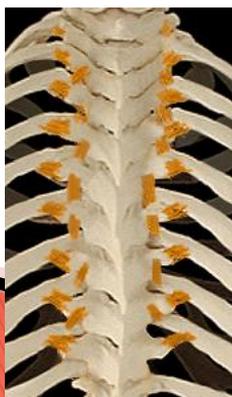
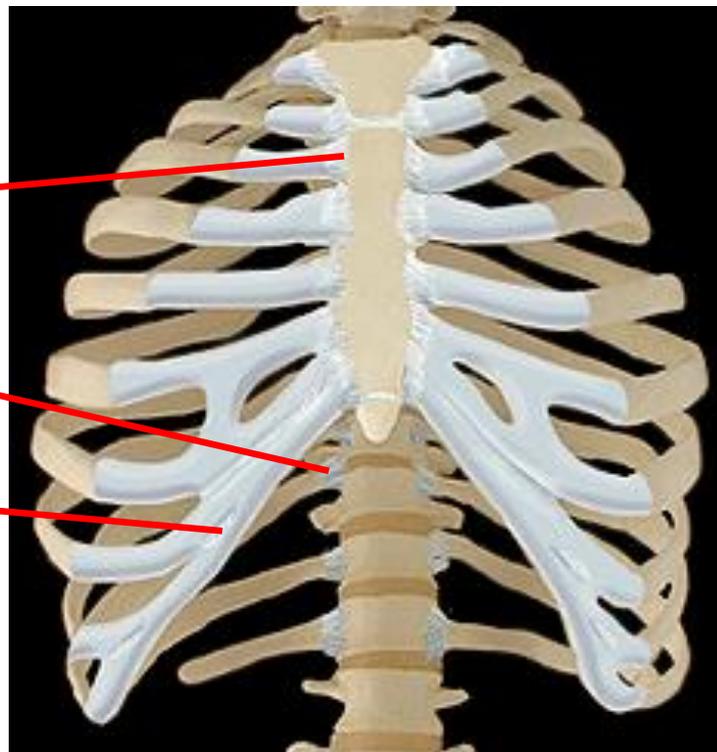
Articulations :

-Sternocostales

-Tête des côtes

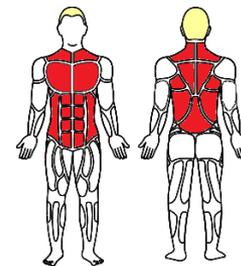
- Interchondrales

-Costotransversaires





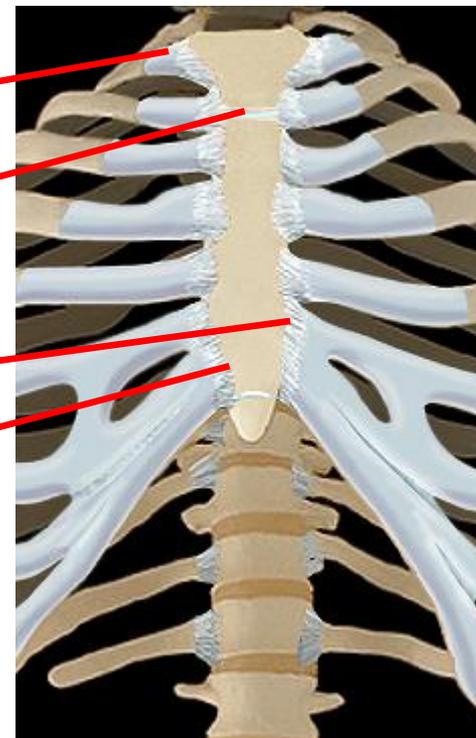
# Le Tronc



## Thorax

Synchondroses\* :

- De la 1<sup>ère</sup> côte
- Manubriosternale
- Xiphosternale
- Costosternales



\* Articulation cartilagineuse immobile.



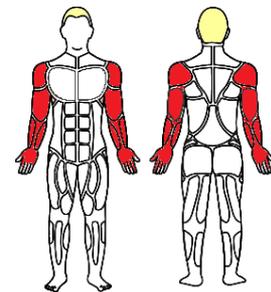
# Arthrologie

- ▶ Membres supérieurs





# Les Membres supérieurs



Sternoclaviculaire

Epaule

Coude

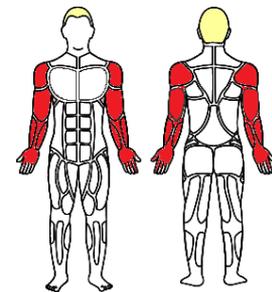
Poignet

Articulations  
de la main



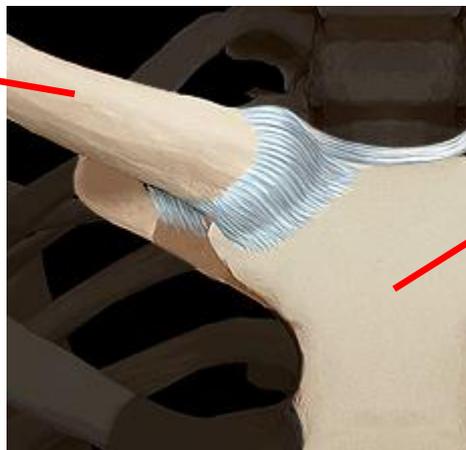


# Les Membres supérieurs



Sternoclaviculaire

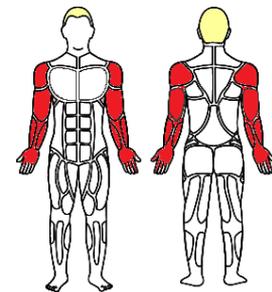
Clavicule



Sternum



# Les Membres supérieurs



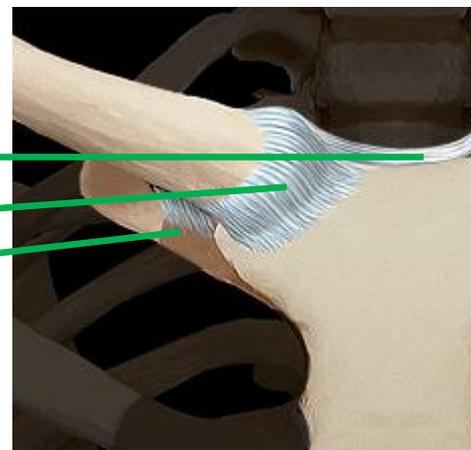
Sternoclaviculaire

Ligaments

Interclaviculaire

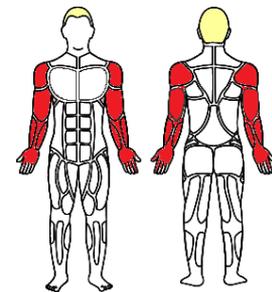
Sternoclaviculaire

Costoclaviculaire



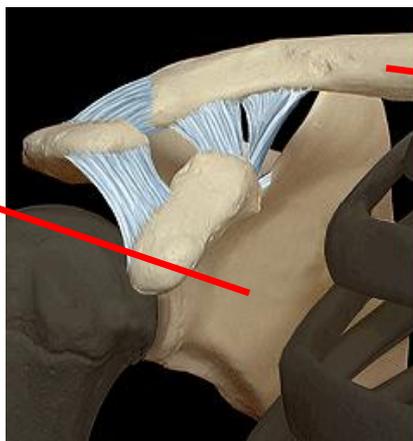


# Les Membres supérieurs



L'épaule  
Acromioclaviculaire

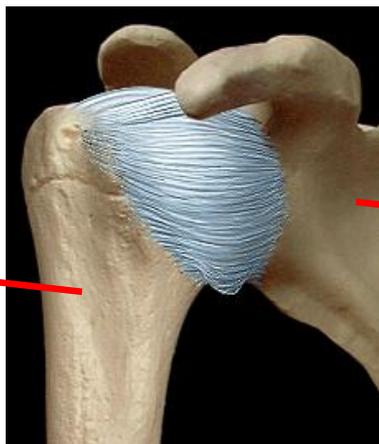
Scapula



Clavicule

Glénohumérale

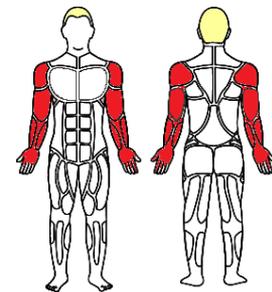
Humérus



Scapula



# Les Membres supérieurs



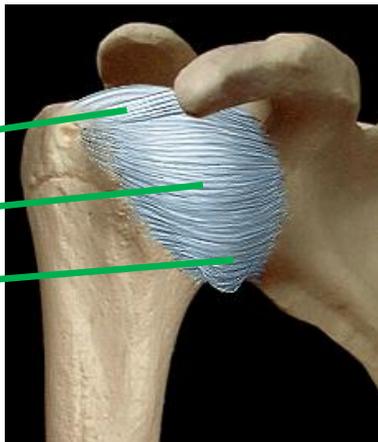
Coude

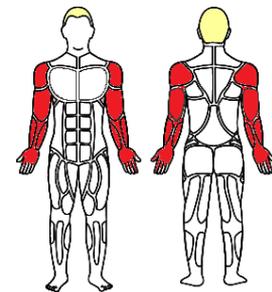
Ligaments glénohuméraux

Supérieur

Moyen

Inférieur





# Les Membres supérieurs

Coude

Humérus

Huméroradiale

Radius



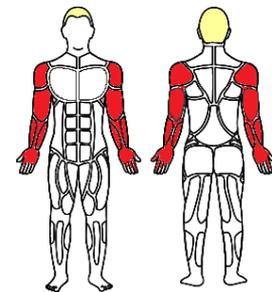
Huméro-ulnaire

Radio-ulnaire proximale

Ulna



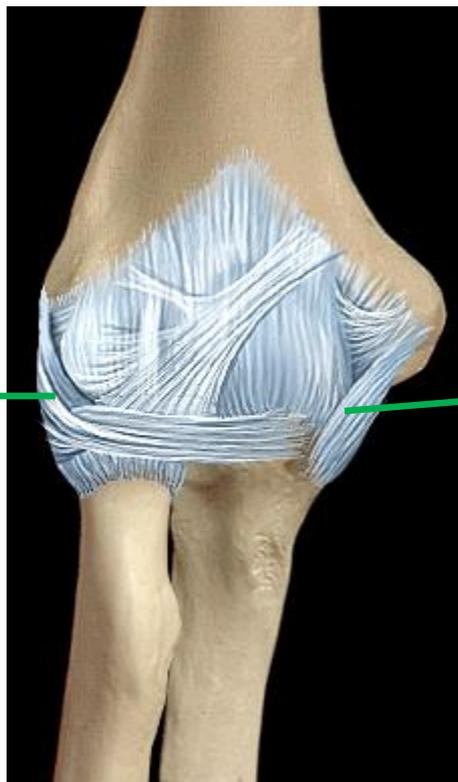
# Les Membres supérieurs



Coude

Ligaments  
collatéraux

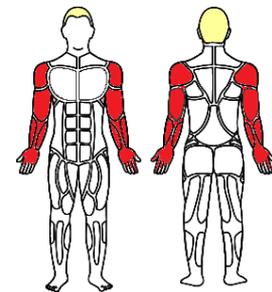
Radial



Ulnaire



# Les Membres supérieurs



Radio-ulnaire distale

Radius

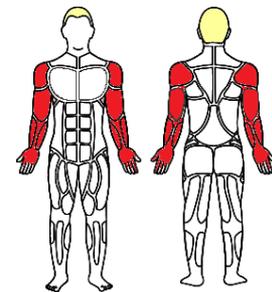


Ulna

+ membres interosseuse



# Les Membres supérieurs

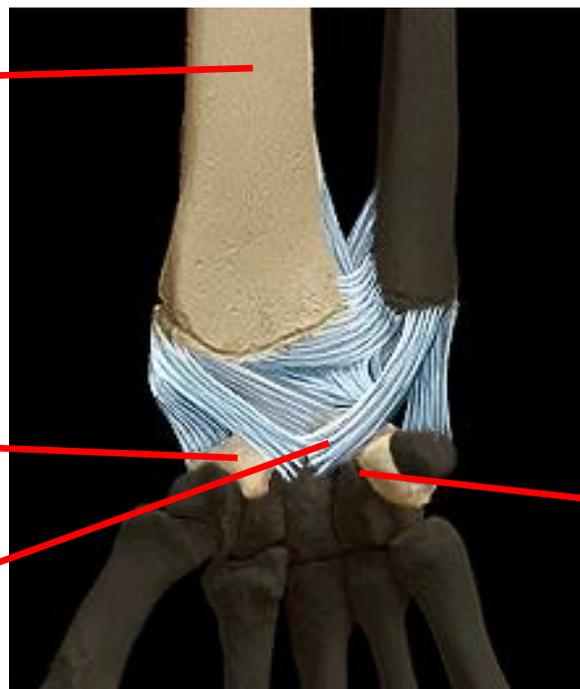


Radiocarpienne

Radius

Scaphoïdes

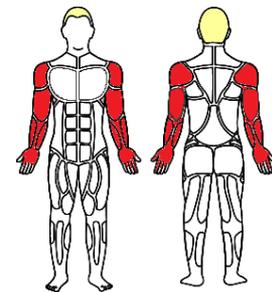
Lunantum



Pyramidal



# Les Membres supérieurs



Radiocarpienne

Ligaments

Radiocarpien  
palmaire

Ulnocarpien  
palmaire

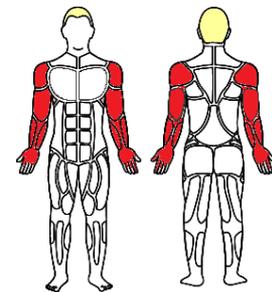
Collatéraux radiale et ulnaire



Radiocarpien  
dorsal



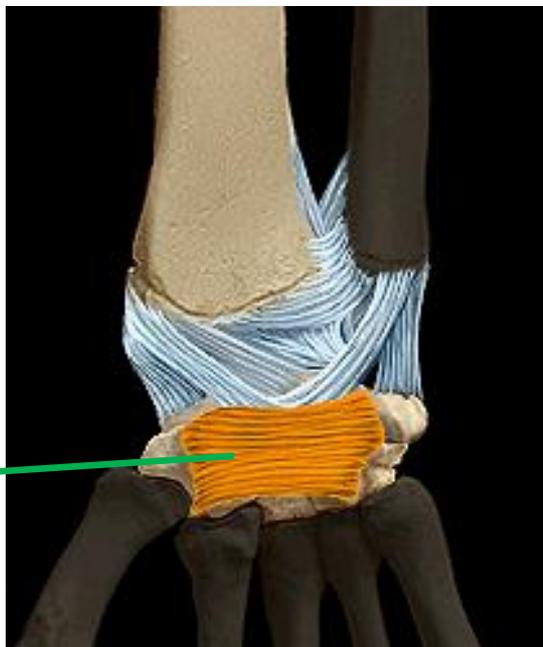
# Les Membres supérieurs



Radiocarpienne

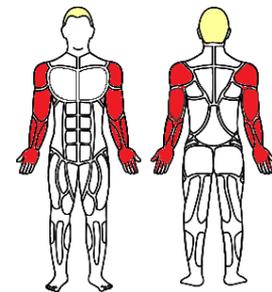
Ligaments

Transverse  
du carpe  
ou  
« Rétinaculum  
des fléchisseurs »





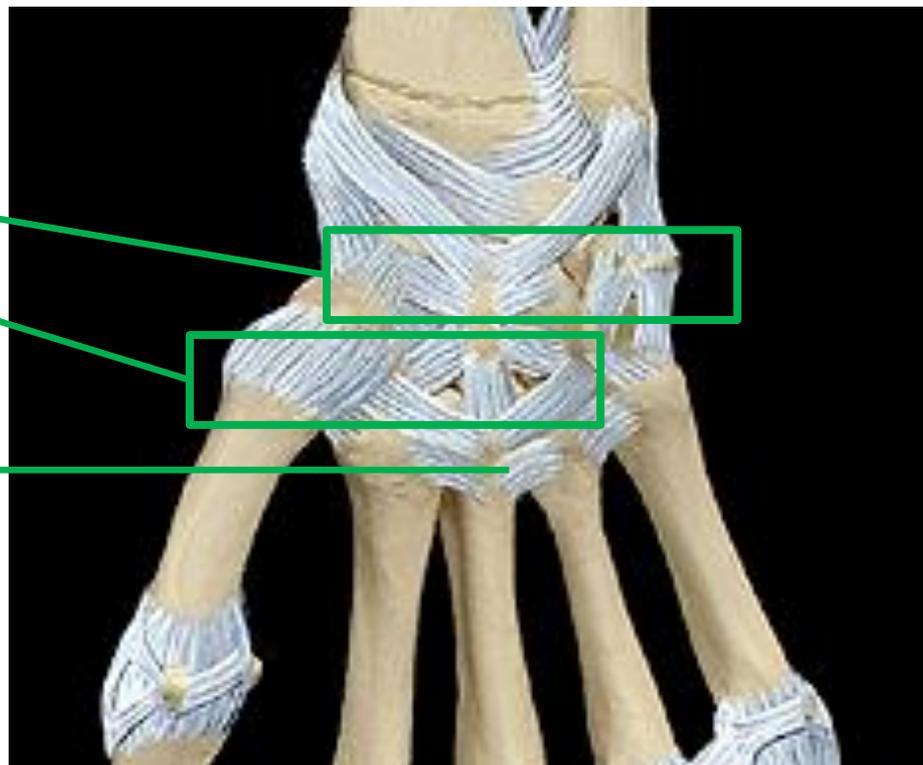
# Les Membres supérieurs



Main

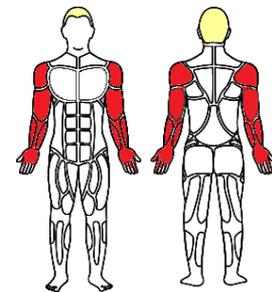
Articulations :

- Carpiennes
- Carpométacarpiennes
- Intermétacarpiennes





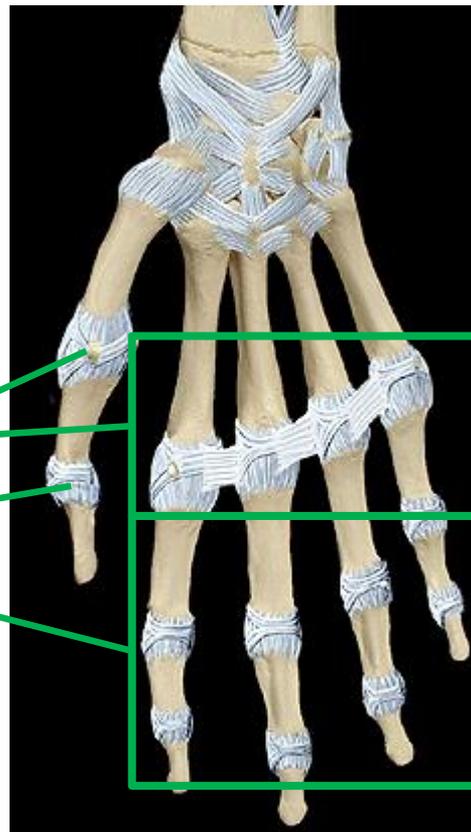
# Les Membres supérieurs



Main

Articulations :

- Métacarpophalangiennes
- Interphalangiennes





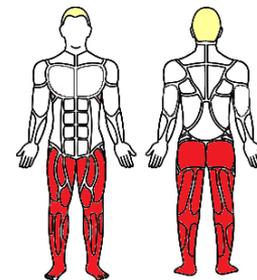
# Arthrologie

- ▶ Membres inférieurs





# Les Membres inférieurs



Jointures du bassin

Hanche  
« coxofémorale »

Genou

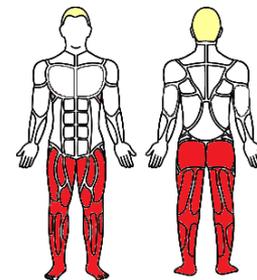
Tibiofibulaire proximale  
distale

Articulations  
Du pied





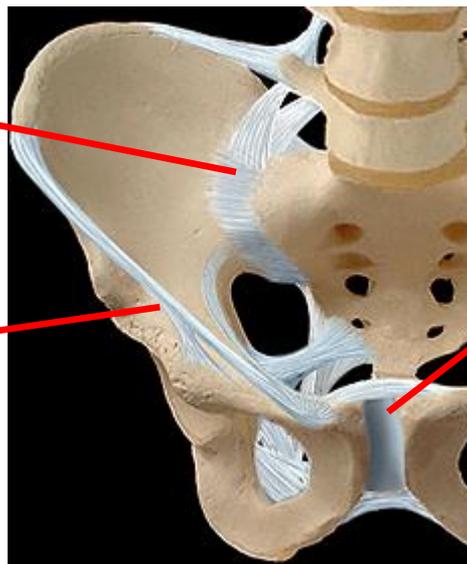
# Les Membres inférieurs



## Bassin

Articulation  
sacro-iliaque

Syndesmose\*  
du bassin



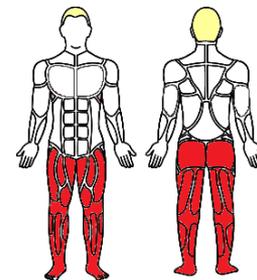
Symphyses\*  
pubienne

\*Symphyse : articulation cartilagineuse

\*Syndesmoses : articulation semi-mobile et fibreux



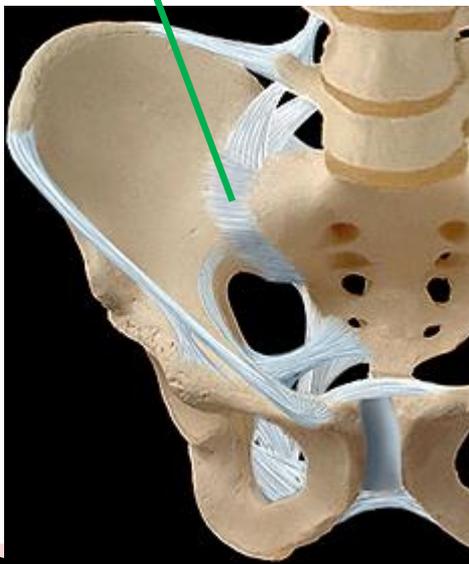
# Les Membres inférieurs



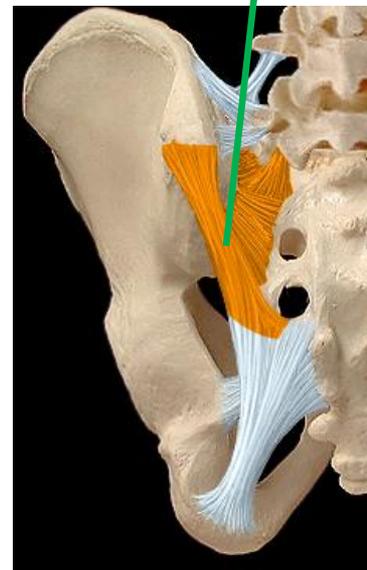
Bassin

Ligaments

Sacro-iliaque  
antérieur

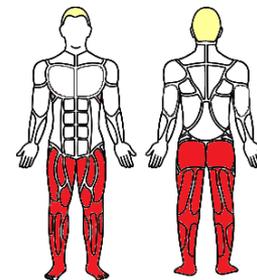


postérieur





# Les Membres inférieurs



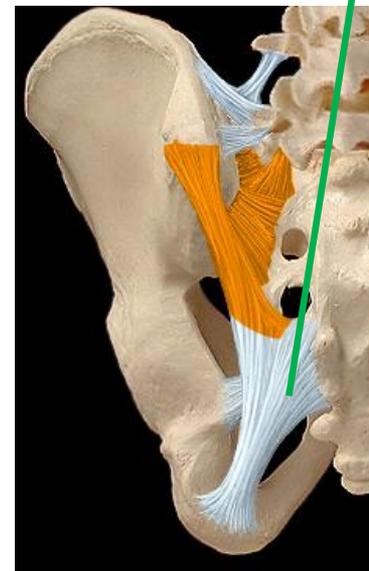
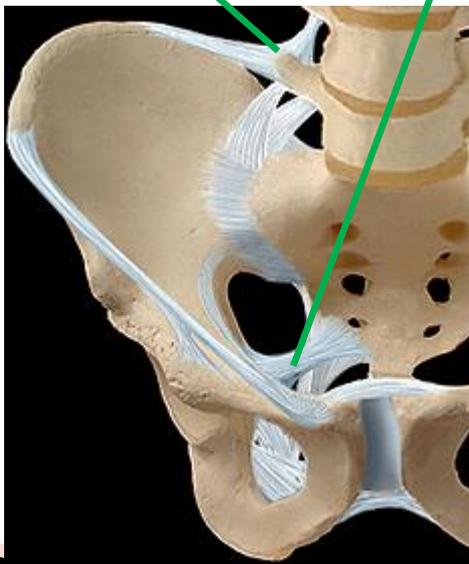
Bassin

Ligaments

Iliolombaire

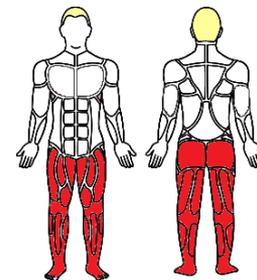
Sacrospinale

Sacrotubéral





# Les Membres inférieurs

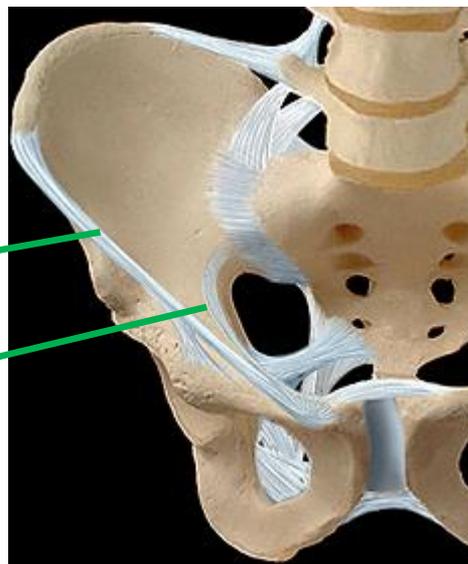


Bassin

Ligaments

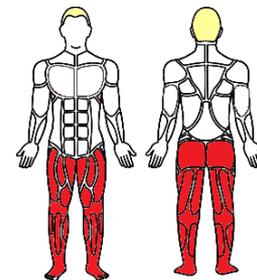
Inguinal

Pectiné

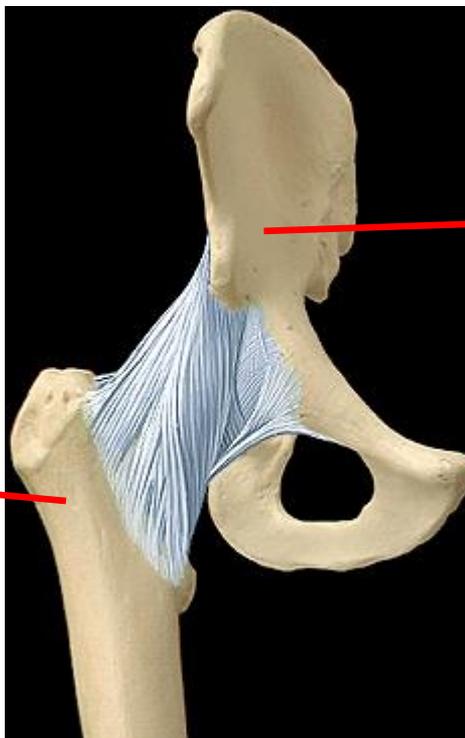




# Les Membres inférieurs



Coxofémorale

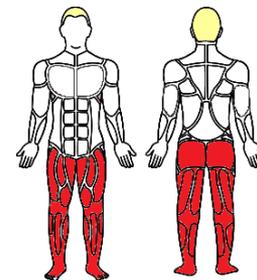


Hanche

Fémur



# Les Membres inférieurs

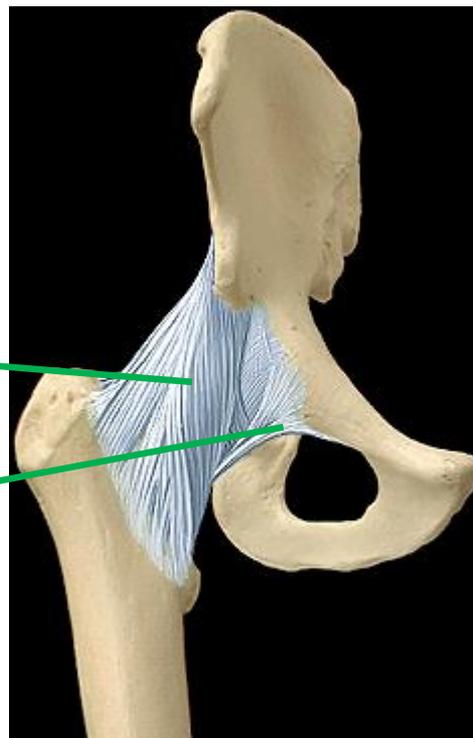


Bassin

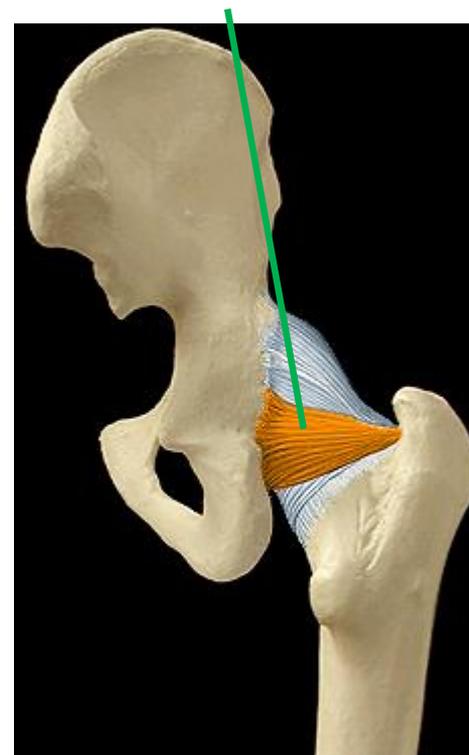
Ligaments

Iliofémoral

Pubofémoral

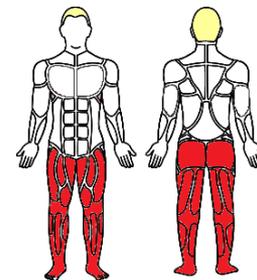


Ischiofémral





# Les Membres inférieurs



Genou

Fémur

Patella

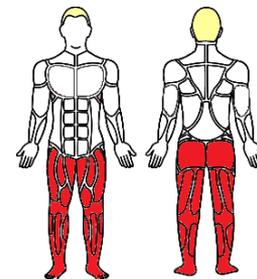


Tibia

+ Fibula ou péroné



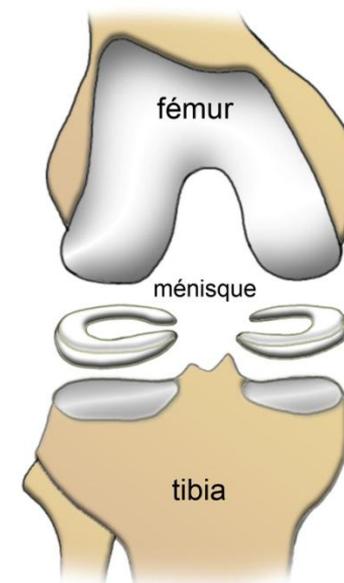
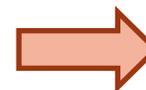
# Les Membres inférieurs



Genou

Les ménisques

Ménisques

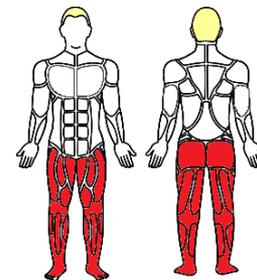


latéral <-----| médial  
en « C »            en « C » ouvert

Réf. : [chirurgiedusport.com](http://chirurgiedusport.com)



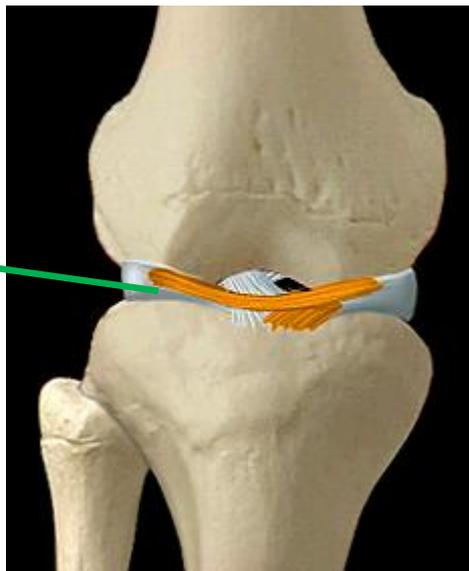
# Les Membres inférieurs



Genou

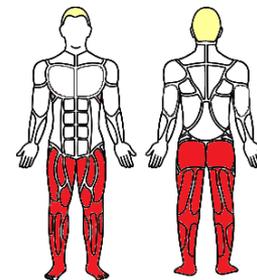
Ligaments

Transverse





# Les Membres inférieurs



Genou

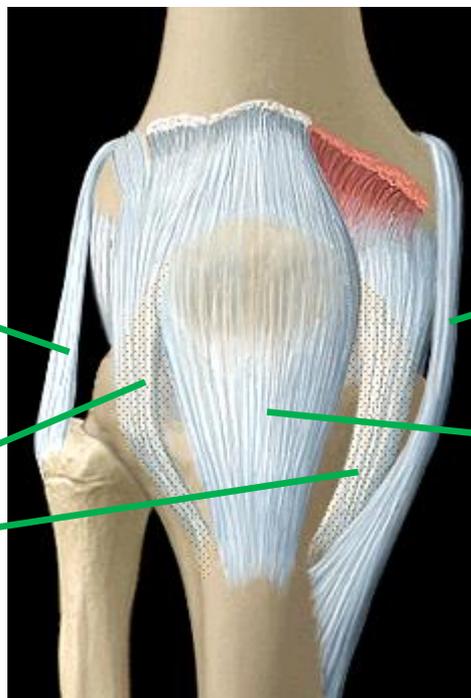
Ligaments

Collatéral fibulaire

Collatéral tibial

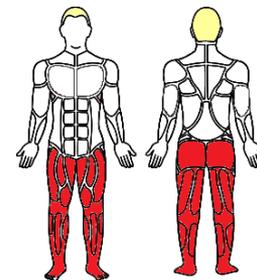
Patellaires  
latéral  
médial

Patellaire





# Les Membres inférieurs

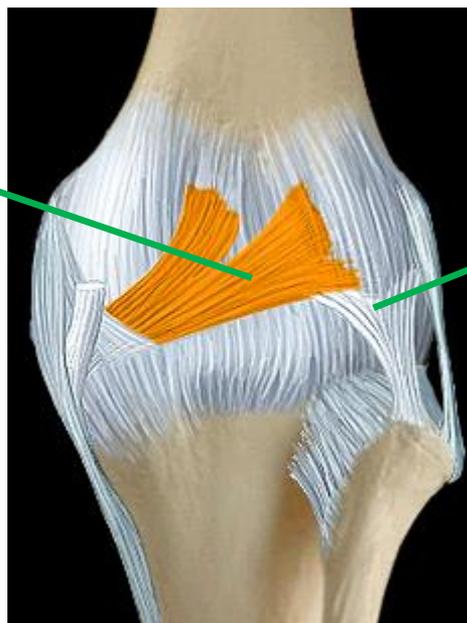


Genou

Ligaments

Poplité

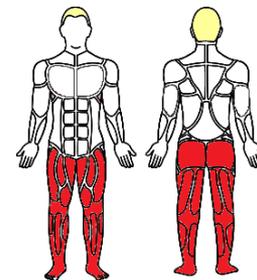
oblique



arqué



# Les Membres inférieurs



Genou

Ligaments

Croisé antérieur



Croisé postérieur

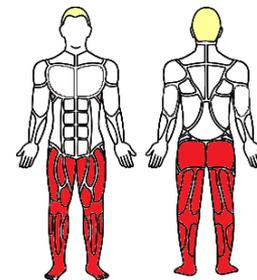


Méniscofémoral  
postérieur



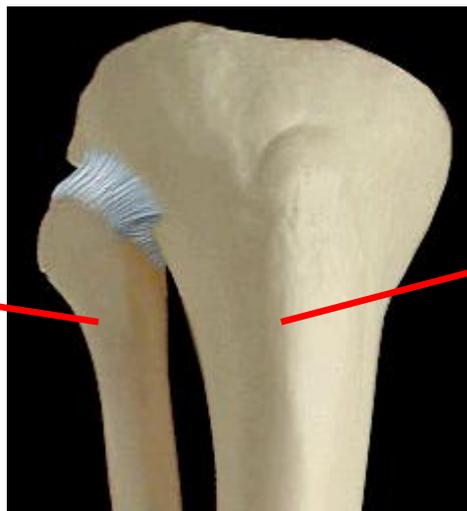


# Les Membres inférieurs



Tibiofibulaire (proximale)

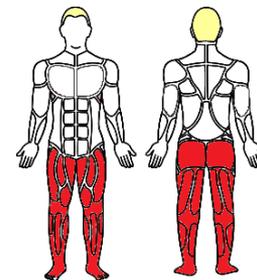
Fibula  
ou péroné



Tibia



# Les Membres inférieurs



Tibiofibulaire (proximale)

Ligaments de la tête de la fibula

Antérieur

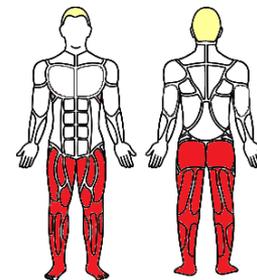


Postérieur



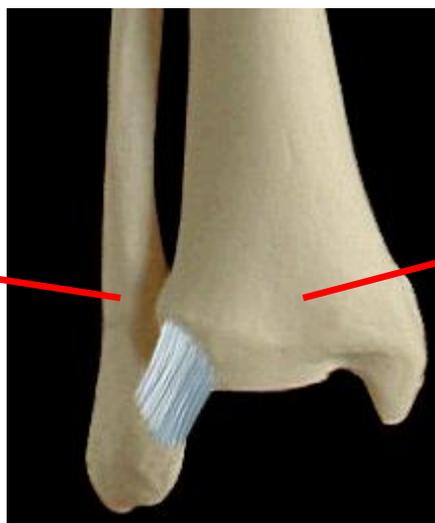


# Les Membres inférieurs



## Syndesmose tibiofibulaire (distale)

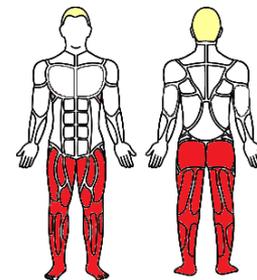
Fibula  
ou péroné



Tibia



# Les Membres inférieurs



Syndesmose tibiofibulaire (distale)

Ligaments

Antérieur

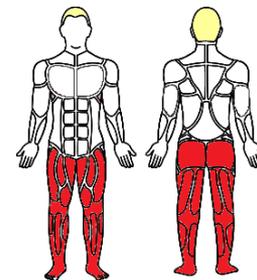


Postérieur



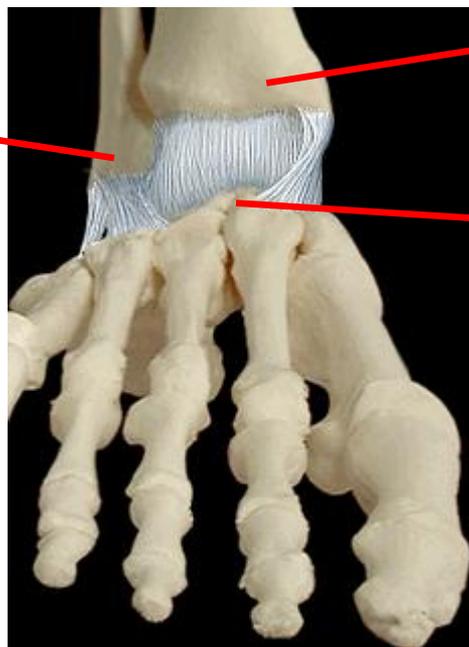


# Les Membres inférieurs



Talocrurale

Fibula  
ou péroné

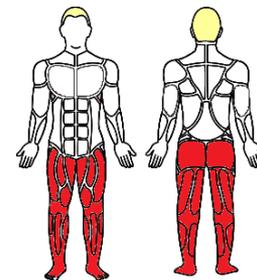


Tibia

Talus

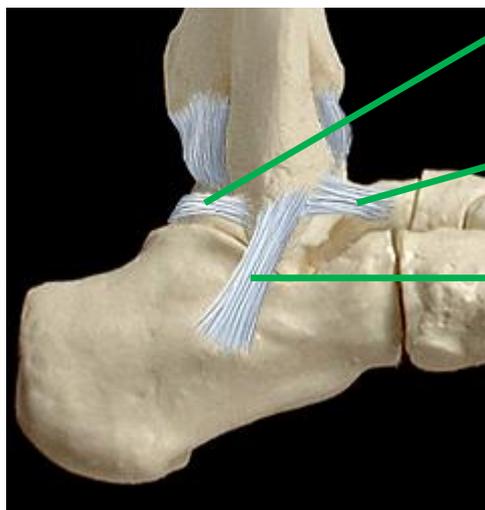


# Les Membres inférieurs



Talocrurale

Ligament collatéral latéral



- talofibulaire postérieur

- talofibulaire antérieur

- calcanéofibulaire

ou faisceaux

- antérieur

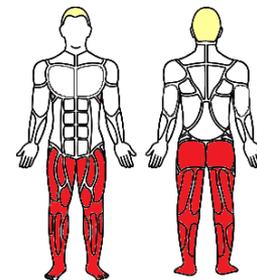
- moyen

- postérieur



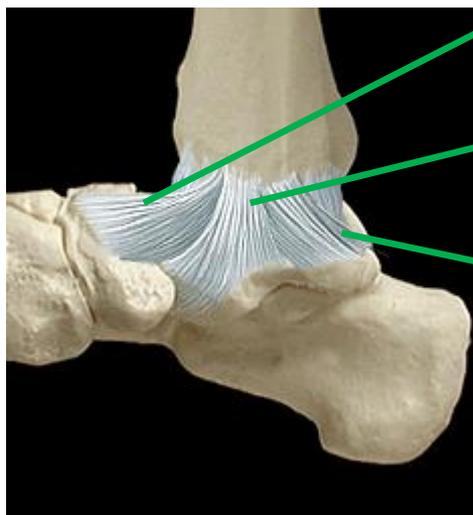


# Les Membres inférieurs



Talocrurale

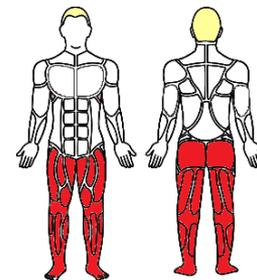
Ligament collatéral médial



- tibioaviculaire
- tibiocalcanéenne
- tibiotalaire postérieur



# Les Membres inférieurs



## Articulations du pied

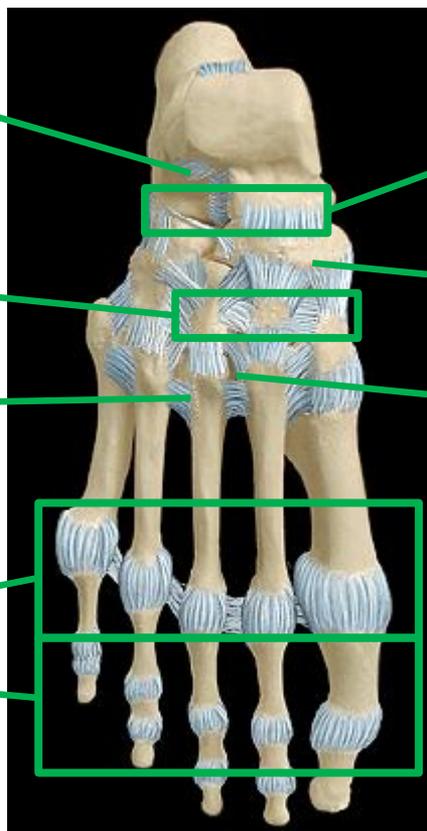
Subtalaire  
ou « talocalcanéenne »

Intercunéiformes

Intermétatarsales

Métatarsophalangiennes

Interphalangiennes  
du pied



Transverse  
du tarse

Cunéonaviculaire

Tarsométatarsales