BTEC LEVEL 3 NATIONAL FOUNDATION DIPLOMA

AN INTRODUCTION TO UNIT 1:
ANATOMY & PHYSIOLOGY IN SPORT
WHAT IS BTEC LEVEL 3 SPORT??

• BTEC LEVEL 3 IN SPORT IS A VOCATIONAL BASED SUBJECT.

• THE QUALIFICATION WILL BE STRUCTURED INTO MANDATORY AND OPTIONAL UNITS PRESCRIBED BY YOUR TEACHING STAFF IN THE FORM OF COURSEWORK & TWO EXAMINED UNITS.

• EACH UNIT COVERS A DIFFERENT AREA OF INTEREST RELATING TO SPORT, SO THERE IS SURE TO BE SOMETHING THERE FOR YOU TO ENJOY.
WHAT DO THE TASK KEY WORDS MEAN

• TASK 1: USING YOUR CURRENT BASE OF KNOWLEDGE COUPLED WITH INTERNET RESEARCH, CREATE A DEFINITION FOR THE KEY WORDS BELOW.

• UNDERSTANDING THESE DESCRIPTIVE WORDS IS KEY IN KNOWING THE DETAIL REQUIRED BY EACH TASK.

DESCRIBE:..............  
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EXPLAIN:..............  
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BTEC KEY WORDS

JUSTIFY:...............  
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COMPARE & CONTRAST:..............  
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BTEC LEVEL 3 NATIONAL FOUNDATION DIPLOMA IN SPORT: COURSE CONTENT YEAR 1

• UNIT 1: ANATOMY & PHYSIOLOGY IN SPORT (EXAM)
• UNIT 4: LEADERSHIP IN SPORT (COURSEWORK)
• UNIT 3: CAREERS IN SPORT (COURSEWORK)
• UNIT 8: PERFORMANCE COACHING (COURSEWORK)
UNIT 1: ANATOMY & PHYSIOLOGY IN SPORT
RESOURCES

• www.brianmac.co.uk

• www.teachpe.com

• www.manatomy.com
TASK 1:

• ACCURATE LABELLING OF THE HUMAN SKELETON.

• **CORRECTLY LABEL** THE FOLLOWING BONES TO THE SKELETAL SYSTEM DIAGRAM PROVIDED.

• HUMERUS, RADIUS, ULNA, FEMUR, TIBIA, FIBULAR, RIBS, STERNUM, SCAPULA, CRANIUM, CERVICAL VERTEBRAE, THORACIC VERTEBRAE & LUMBAR VERTEBRAE.

• YOU MUST LABEL ALL OF THE BONE ABOVE TO CORRECTLY RESPOND TO THE TASK
THE SKELETAL SYSTEM

- FIBULA
- CRANIUM
- RIBS
- STERNUM
- TIBIA
- ULNA
- LUMBAR VERTABRAE
- RADIUS
- CERVICAL VERTABRAE

- THORACIC VERTABRAE
- FEMUR
- HUMERUS
• THERE ARE MANY FUNCTIONS THAT THE SKELETAL SYSTEM CARRIES OUT.

• THEY INCLUDE; RED BLOOD CELL PRODUCTION, ATTACHMENT, MOVEMENT AND PROTECTION.

• DESCRIBE THE KEY FUNCTIONS HIGHLIGHTED ABOVE. INCLUDE IN YOUR DESCRIPTION THE BENEFIT OF EACH FUNCTION HAS IN ENABLING SPORTING ACTIVITY.
TASK 2: DESCRIBE......

• RED BLOOD CELL PRODUCTION:
  • DESCRIPTION:
  • IMPORTANCE TO SPORT:
  • ATTACHMENT:
  • DESCRIPTION:
  • IMPORTANCE TO SPORT:

• MOVEMENT
  • DESCRIPTION:
  • IMPORTANCE TO SPORT:
  • PROTECTION.
  • DESCRIPTION:
  • IMPORTANCE TO SPORT:
TASK 3 EXPLAIN...

• USING THE EXAMPLE OF A PROFESSIONAL CYCLIST.

• EXPLAIN HOW THE SKELETAL SYSTEM ENABLES THE BODY TO PERFORM THE SPORTING ACTION OF CYCLING.

• TO ANSWER YOU MUST INCLUDE:
  • BONE NAMES
  • REFERENCE TO RELEVANT FUNCTIONS
  • INCLUDE THE NAMES OF JOINTS AND TYPES OF MOVEMENT

SUPPORT FOR YOUR ANSWER CAN BE FOUND AT...

http://www.brianmac.co.uk/moveanal.htm