

BTEC National Sport

Unit 1: Anatomy and Physiology

Summer Homework Preparation Pack

Deadline: First lesson in September

Purpose

This task is designed to give you a strong foundation for Unit 1 and help you develop the scientific vocabulary and subject knowledge needed for success in the external examination.

Part 1: The Human Body Systems

Create a powerpoint using appropriate diagrams at the correct level to help you understand the key topics in Unit 1

Section A: Skeletal System

Include major bones, five functions of the skeleton, and research the axial and appendicular skeleton.

Section B: Muscular System

Label major muscles and explain agonist, antagonist, synergist and fixator roles.

Section C: Respiratory System

Describe key structures in the respiratory system and explain breathing in and out.

Section D: Cardiovascular System

Explain blood components and their functions and the function of the cardiovascular system.

Applied Task

Choose one sport that you play or follow and write approximately 500 words explaining the role of bones, muscles, joints and the cardiovascular responses, respiratory responses and energy systems involved. Think of a specific scenario in the sport that would help you with context. For example, you could talk about scrummaging in rugby.