

This links into the topics you will be looking at in September.

- This work is linked to
 - Unit 1 - Anatomy and Physiology
 - Unit 2 - Fitness Training and Programming for Health, Sport and Well-being





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- - atria, ventricles, bicuspid valve, tricuspid valve, semi-lunar valves, septum, major blood vessels (aorta, vena cava, pulmonary artery, pulmonary vein), coronary arteries

Upper body

- - nasal cavity, epiglottis, pharynx, larynx, trachea, bronchus, bronchioles, lungs, alveoli, diaphragm



Complete the table below

Physical Activity	
Alcohol	
Smoking	
Sleep	



Diet	Describe the Eat Well Guide -

Protein			
Carbohydrate			
Fat			

Complete the table below

_____	_____
Continuous training	
Circuit training	
Interval training	
Plyometrics	



Questions

Q1.

Describe the range of movement at the ankle.

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.....
.....
.....

(Total for question = 2 marks)

Q2.

Explain how bones of the skeleton are used in movement for sport.

.....
.....
.....
.....

(Total for question = 2 marks)

Q3.

Efi has been playing rugby for 5 years. Efi's skeletal system has adapted during those 5 years.

Explain **two** long-term adaptations to Efi's skeletal system from playing rugby.

- (i)
-
.....
.....
- (ii)
-
.....
.....

(Total for question = 4 marks)



Q4.

Frances is a 100 m sprinter. She uses weights as part of her training schedule.

Figure 3 shows Frances completing a concentric contraction of her quadriceps.

Describe a concentric contraction.

.....



Q6.

Explain the role of the diaphragm during inspiration and expiration.

Inspiration

.....

.....

.....

.....

Expiration

.....Expiration



Describe a concentric contraction.

.....

.....

.....

.....

(Total for question = 2 marks)

Q11.



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.....
.....
.....

(Total for question = 2 marks)

Q13.

The knee is a hinge joint.

Describe the range of movement at the knee.

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.....
.....

(Total for question = 2 marks)

Q14.

Describe the role of the **internal** intercostal muscles during **expiration**



.....
.....
.....

(Total for question = 4 marks)

Q16.

Give an example of a flat bone.

.....

(Total for question = 1 mark)

Q17.

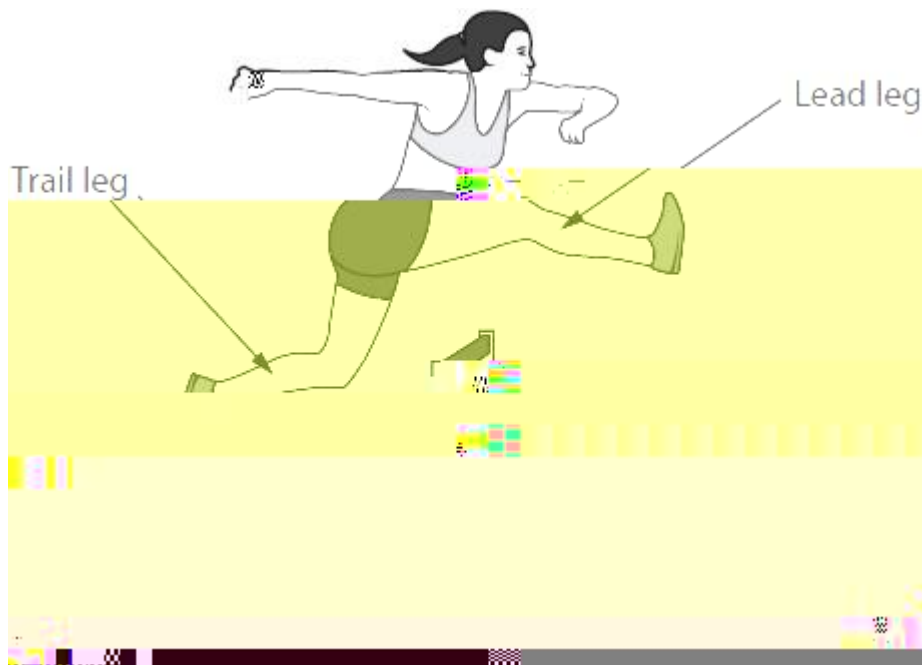
Give **one** example of a sporting action that requires an isometric contraction.

.....
.....

(Total for question = 1 mark)

Q18.

Figure 3 shows an athlete jumping over a hurdle.





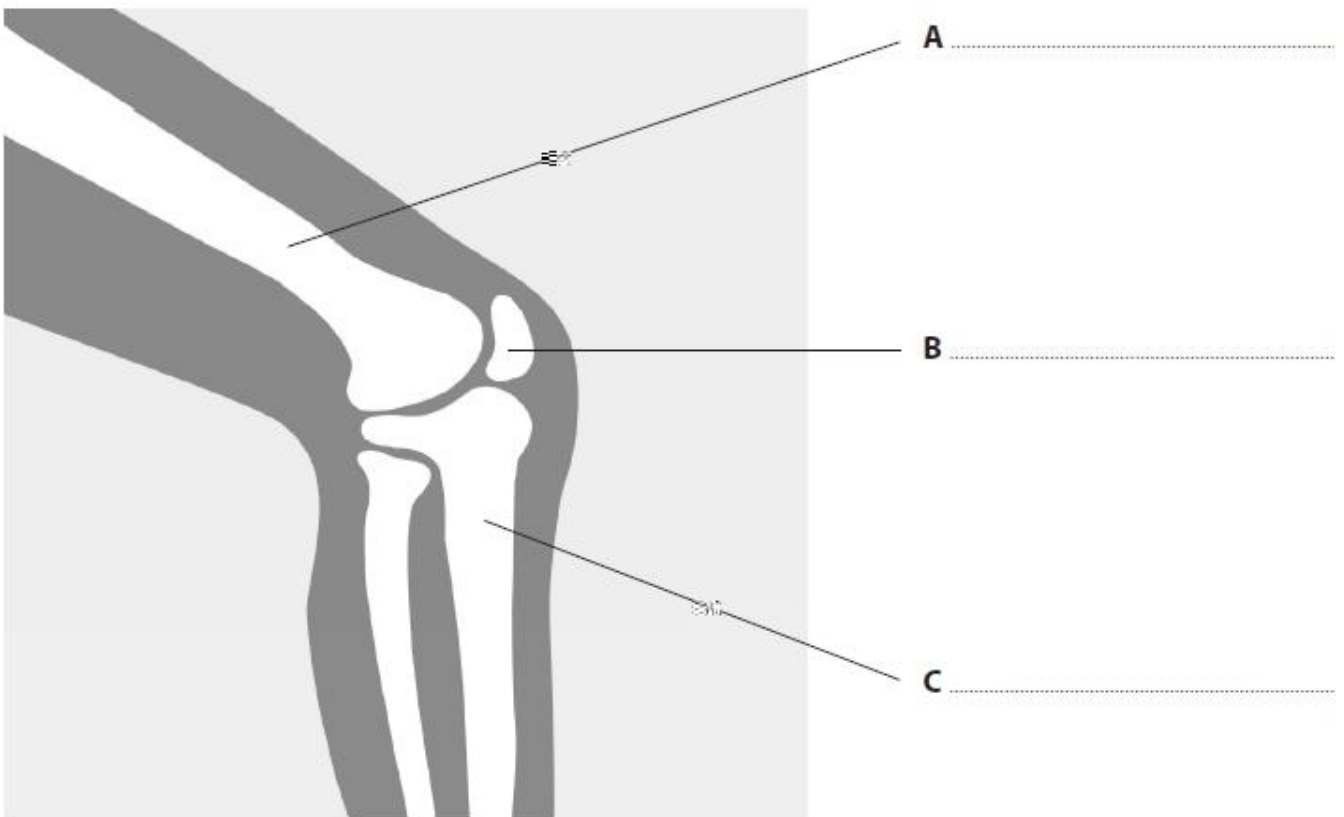
Complete **Table 2**

(Total for question = 3 marks)

Q20.

Figure 1 shows the bones at the knee.
Identify the bones labelled **A–C** in **Figure 1**.

(3)



Source: © Oleksandr Malysh/Shutterstock

Figure 1

(Total for question = 3 marks)

Q21.

Figure 1 shows the bones of the lower leg and foot.
Identify the bones labelled A–C.



Complete **Table 1**



This section is designed to develop your understanding of a sporting context and recent contextualisation in Sport and Leisure settings.

Choose 1 Option from the lists below and write a report (minimum 1 xA4) which;

Describes an overview of the Video/Book

Explains the relationship between the video/book and your BTEC Sport Course

Analyses the video/book and discuss your opinion and conclusion

Tick the boxes



