

 **Student name:**

 **Teacher name: Karl Edwards**

**Principles of Anatomy and Physiology**

**Assignment 1**

**The Musculoskeletal System**

**Hand in printed off, first Sport lesson in college.**

**NCFE National Certificate in Sport**

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| **ASSIGNMENT BRIEF -**  |
| **Scenario:** You are an assistant sports coach at Tameside Sport & Physical Activity Network. Over the year, they experience a large volume of participants who sustain injuries during sessions. They employ a part-time physiotherapist to provide a drop-in clinic twice a week for participants to receive treatments. The business can’t afford to provide any more support for participants, so they would like to educate their coaches about how the musculoskeletal system responds to exercise in the hope that it will reduce injuries. Tameside Sport & Physical Activity Network would like you to produce an information small report that informs the sports coaches about how the musculoskeletal system works and what can happen to it during exercise. This information will be presented to the head coach. They can then have the opportunity to ask you questions on the impact of the information for their sport. |

**What do I need to do? Produce a word report with a minimum of two diagrams on the function of the skeletal system: You must cover:**

* **Protection**
* **Support**
* **Attachment for skeletal muscle**
* **Source of red and white blood cell production**
* **Storage of minerals (calcium)**

Here is a sample for protection to help you:

One of the main functions of the skeleton system relates to protecting vital organs, for example the heart, lungs and brain. The bones of the skeletal system form a tough framework, which protects all those vital organs and stops them being damaged or injured. For example, the cranium protects the brain from impact, whilst the ribs protect the heart and lungs. When linking this to sport a tennis player may get hit on the head from the other player smashing the ball but the cranium protects the brain to make sure the tennis player does not suffer from concussion. If the skeletal system did not protect the player, they would get injured and possibly have to stop playing and forfeit the match. They may also miss vital training days due to the injury, which can cause reversibility.

These websites are often used by students to help them.

<https://www.brianmac.co.uk/>

<https://www.bbc.co.uk/bitesize/guides/zxc34j6/revision/2>

<https://senecalearning.com/en-GB/revision-notes/gcse/physical-education/aqa/1-1-3-functions-of-the-skeleton>

Please provide the websites, apps and books you have used to support your learning.

Please do not use AI for this work, I will show you when you start at college how to use AI correctly and effectively.

If you experience any difficulties with this piece of work please email Karl (kedw@asfc.ac.uk)