

**Name:**

**Unit 1: Anatomy for Sport and Exercise**

**2018/2019**

**BTEC Certificate in Sport and Exercise Science**

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| **ASSIGNMENT BRIEF -** |
| **Introduction -**  The human body is made up of different systems that work together and which allow us to take part in a huge variety of sport and exercise activities. The skeletal and muscular systems work together to allow our bodies to perform a vast range of different movements. |

**Learning Outcomes -**

In this unit you will:

**A.** Know the structure and function of the skeletal system

**Scenario -**

You are Year 12 students who have kindly volunteered to help with the Taster Days the college runs. Some of the Year 9 Taster students you are working with are unsure of the content of the anatomy unit. Your information will help them decided their study programme.

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| **TASK** | **TASK DESCRIPTION** | **GRADING**  **CRITERIA** | **Submission date** | **ASSESSOR** |
| **1a.**  **1b.** | On the handout provided locate and label the following major bones:   * cranium, clavicle, ribs, sternum, humerus, radius, ulna, scapula, ilium, pubis, ischium, carpals, metacarpals, phalanges, femur, patella, tibia, fibula, tarsals, metatarsals.   On a written document **describe** the following functions of the skeleton. 100 words about each.   1. support 2. protection 3. attachment for skeletal muscle 4. leverage 5. source of blood 6. cell production 7. store of minerals 8. bone growth (osteoblasts, osteoclasts, epiphyseal plate) | **Part P1** | First BTEC Sport Sci lesson | GS |
| **Evidence you must produce for this task.** | A fully labelled diagram  A word processed document with pictures | | | |
| **Criteria covered by this task:** | | | | |
| Describe the structure and function of the skeletal system | | | | **Part P1** |

If you experience any difficulties with this piece of work please email Vicky ([vac@asfc.ac.uk](mailto:vac@asfc.ac.uk))

**Anterior View**

