

2023 Year 12 Pre-Joining Transition Tasks: BTEC Level 3 in Sport (Single)



Read:

[Physiology In Sport - Physiopedia \(physio-pedia.com\)](https://www.physio-pedia.com/Physiology_In_Sport)

This article gives an insight into the importance of understanding anatomy and physiology in order to know how the body functions during exercise in order to improve performance.



Listen:

[Anatomy On The Go | Listen to Podcasts On Demand Free | TuneIn](#) The first few episodes will introduce you to the human anatomy systems and enables you to learn no matter where you are!



Watch:

[Anatomy & Physiology types of bones BTEC SPORT LEVEL 3 Unit 1 - YouTube](#)

<https://youtu.be/2vESqp8mL5I>

These videos will introduce you to the first topic of Unit 1 Anatomy and Physiology; The skeletal system, that you will begin in September of Year 12 (whether you are doing single or double Sport).

Write:

Task 1: Find an image of a blank skeleton and label the following major bones:

cranium, clavicle, ribs, sternum, scapula, humerus, radius, ulna, carpals, metacarpals, phalanges, pelvis, vertebral column (including all 5 parts - cervical, thoracic, lumbar, sacrum, coccyx), femur, patella, tibia, fibula, tarsals, metatarsals.

Task 2: create and complete the following table for the 5 types of bone. Giving examples.

Type of Bone	Image of the Bone	Key Characteristics	How it supports the body in sport (Give a sporting example)
Long Bone			
Short Bone			
Flat Bone			
Sesamoid Bone			
Irregular Bone			

Task 3: Identify the main functions of the Skeletal System and how it supports the body in sport. Use an example relating to a sport to support your answer.

