

**CAMBRIDGE TECHNICAL UNIT 1—BODY SYSTEMS Revision Programme 2019**

Week starting Monday	Topic	Textbook Pages	Revision Links
4/03  LO1	1.1 The Axial and Appendicular Skeleton 1.2 Know your bones 1.3 The functions of the skeleton and how they link to the different types of bones 1.4 Classification of joints	Pages 2-4	<a href="http://learn.visiblebody.com/skeleton/types-of-bones">http://learn.visiblebody.com/skeleton/types-of-bones</a>  <a href="https://www.boundless.com/biology/textbooks/boundless-biology-textbook/the-musculoskeletal-system-38/joints-and-skeletal-movement-217/types-of-synovial-joints-822-12066/">https://www.boundless.com/biology/textbooks/boundless-biology-textbook/the-musculoskeletal-system-38/joints-and-skeletal-movement-217/types-of-synovial-joints-822-12066/</a>
11/03  LO1	1.5 Types of synovial joint 1.6 structure and function of synovial joints 1.7 Joint movements 1.8 Structure and function of the vertebral column 1.9 impact of physical activity, training	Pages 4-6	<a href="https://www.youtube.com/watch?v=yYEXQbPg5jM">https://www.youtube.com/watch?v=yYEXQbPg5jM</a>  <a href="http://www.livestrong.com/article/131711-what-are-effects-exercise-skeletal-system/">http://www.livestrong.com/article/131711-what-are-effects-exercise-skeletal-system/</a>  <a href="https://www.youtube.com/watch?v=DLxYDoN634c">https://www.youtube.com/watch?v=DLxYDoN634c</a>  <a href="https://quizlet.com/36967058/long-term-short-term-effects-of-exercise-on-the-skeletal-system-flash-cards/">https://quizlet.com/36967058/long-term-short-term-effects-of-exercise-on-the-skeletal-system-flash-cards/.</a>
18/03	2.1 Main muscles acting at synovial joints 2.2 / 2.3 Types of muscle function and contraction	Pages 8-9	<a href="http://humananatomybody.info/full-body-muscle-label/">http://humananatomybody.info/full-body-muscle-label/</a>  <a href="http://www.ptdirect.com/training-design/anatomy-and-physiology/skeletal-muscle-roles-and-contraction-types">http://www.ptdirect.com/training-design/anatomy-and-physiology/skeletal-muscle-roles-and-contraction-types</a>
25/03	2.4 / 2.5 Structure and function of muscle fibre types and the impact fibre types have on performance 2.6 The impact of physical activity, training and lifestyle on the muscular system	Pages 10-12	<a href="http://simpleask.co.uk/effects-of-exercise-on-muscular-system/">http://simpleask.co.uk/effects-of-exercise-on-muscular-system/</a>  <a href="https://www.youtube.com/watch?v=rMcg9YzNSEs">https://www.youtube.com/watch?v=rMcg9YzNSEs</a>
1/04	3.1 The structures of the heart and their roles 3.2 SV, HR and Cardiac Output	Pages 13-15	<a href="http://cliparts.co/heart-diagram-unlabeled">http://cliparts.co/heart-diagram-unlabeled</a>  <a href="http://www.abpischools.org.uk/page/modules/heartandcirculation/heart5.cfm">http://www.abpischools.org.uk/page/modules/heartandcirculation/heart5.cfm</a>  <a href="https://www.youtube.com/watch?v=lgd03h3te8">https://www.youtube.com/watch?v=lgd03h3te8</a>



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8/04	3.3 Structure of the blood vessels 3.4 components and functions of blood 3.5 Vascular shunt mechanism and the role of arterioles and pre-capillary sphincters 3.6 The impact of physical activity, training and lifestyle on the CV system	Pages 15-17	<a href="https://www.youtube.com/watch?v=WuBeB7Cl6Tc">https://www.youtube.com/watch?v=WuBeB7Cl6Tc</a> <a href="http://www.hematology.org/Patients/Basics/">http://www.hematology.org/Patients/Basics/</a>
15/04	4.1 The structures of the lungs and their roles 4.2 / 4.3 The mechanics of breathing and the respiratory muscles used during exercise	Pages 17-19	<a href="http://www.humankinetics.com/excerpts/excerpts/learn-the-anatomy-and-physiology-of-the-muscles-involved-in-breathing">http://www.humankinetics.com/excerpts/excerpts/learn-the-anatomy-and-physiology-of-the-muscles-involved-in-breathing</a> <a href="http://www.innerbody.com/anatomy/respiratory">http://www.innerbody.com/anatomy/respiratory</a>
22/04	4.4 Gaseous exchange at the alveoli 4.5 Tidal Volume, breathing frequency and minute ventilation 4.6 The impacts of physical activity, training and lifestyle on the respiratory system	Pages 19-20	<a href="http://www.bbc.co.uk/schools/gcsebitesize/science/triple_aqa/movement_of_molecules/gaseous_exchange_lungs/revision/1/">http://www.bbc.co.uk/schools/gcsebitesize/science/triple_aqa/movement_of_molecules/gaseous_exchange_lungs/revision/1/</a> <a href="https://www.livescience.com/22616-respiratory-system.html">https://www.livescience.com/22616-respiratory-system.html</a> <a href="https://www.myvmc.com/anatomy/respiratory-system/">https://www.myvmc.com/anatomy/respiratory-system/</a>
29/04	5.1 The three energy systems 5.2 The energy continuum: how intensity and duration of exercise determines which energy system is predominant 5.3 The energy continuum: The recovery process for each energy system	Pages 20-25	<a href="http://www.teachpe.com/anatomy/energy_systems.php">http://www.teachpe.com/anatomy/energy_systems.php</a> <a href="http://www.idealife.com/fitness-library/the-three-metabolic-energy-systems">http://www.idealife.com/fitness-library/the-three-metabolic-energy-systems</a>
6/05	Consolidation Of All		
13/05	Prepare for the exam		