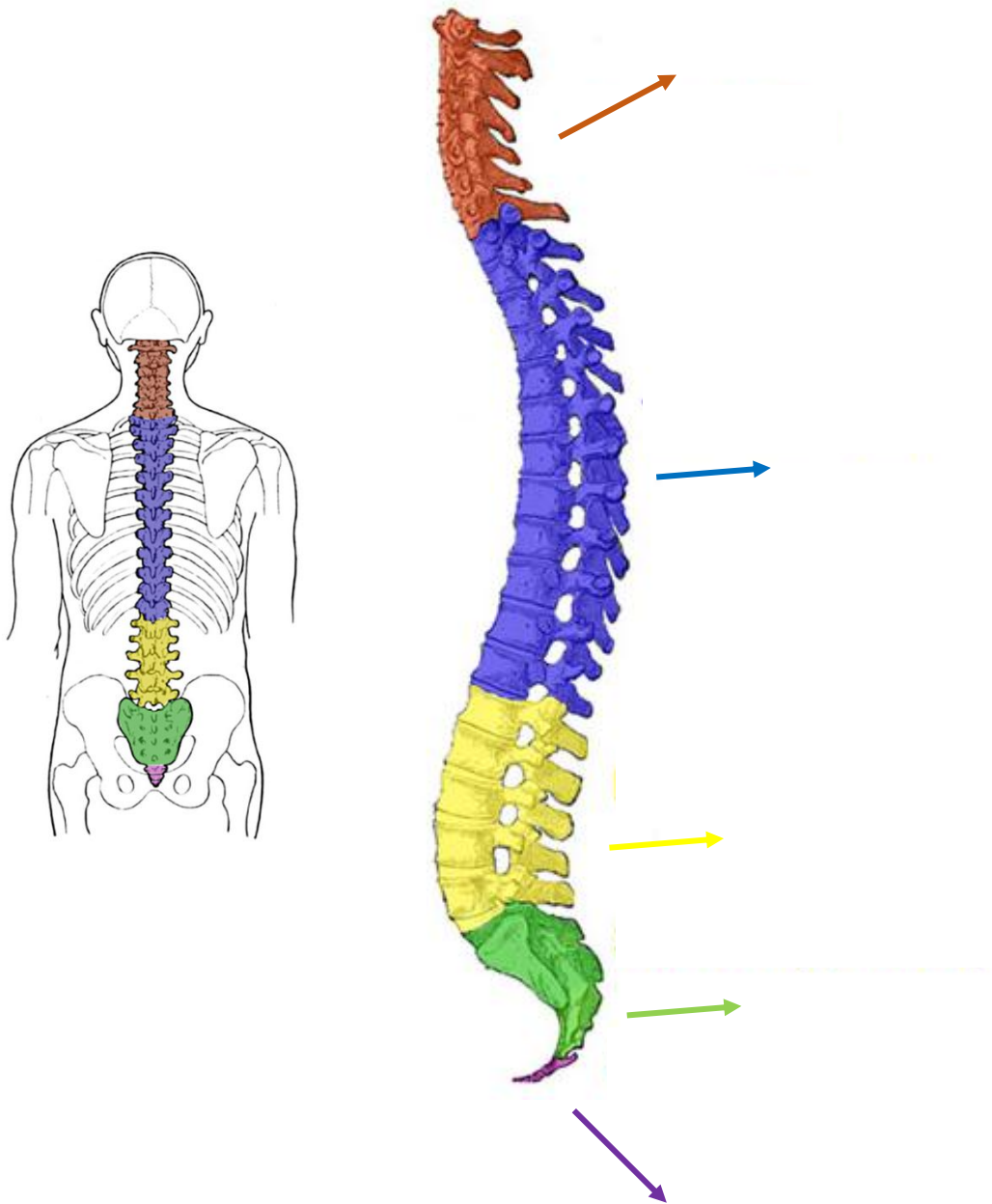


Body Systems and the Effects of Physical Activity

NAME: _____

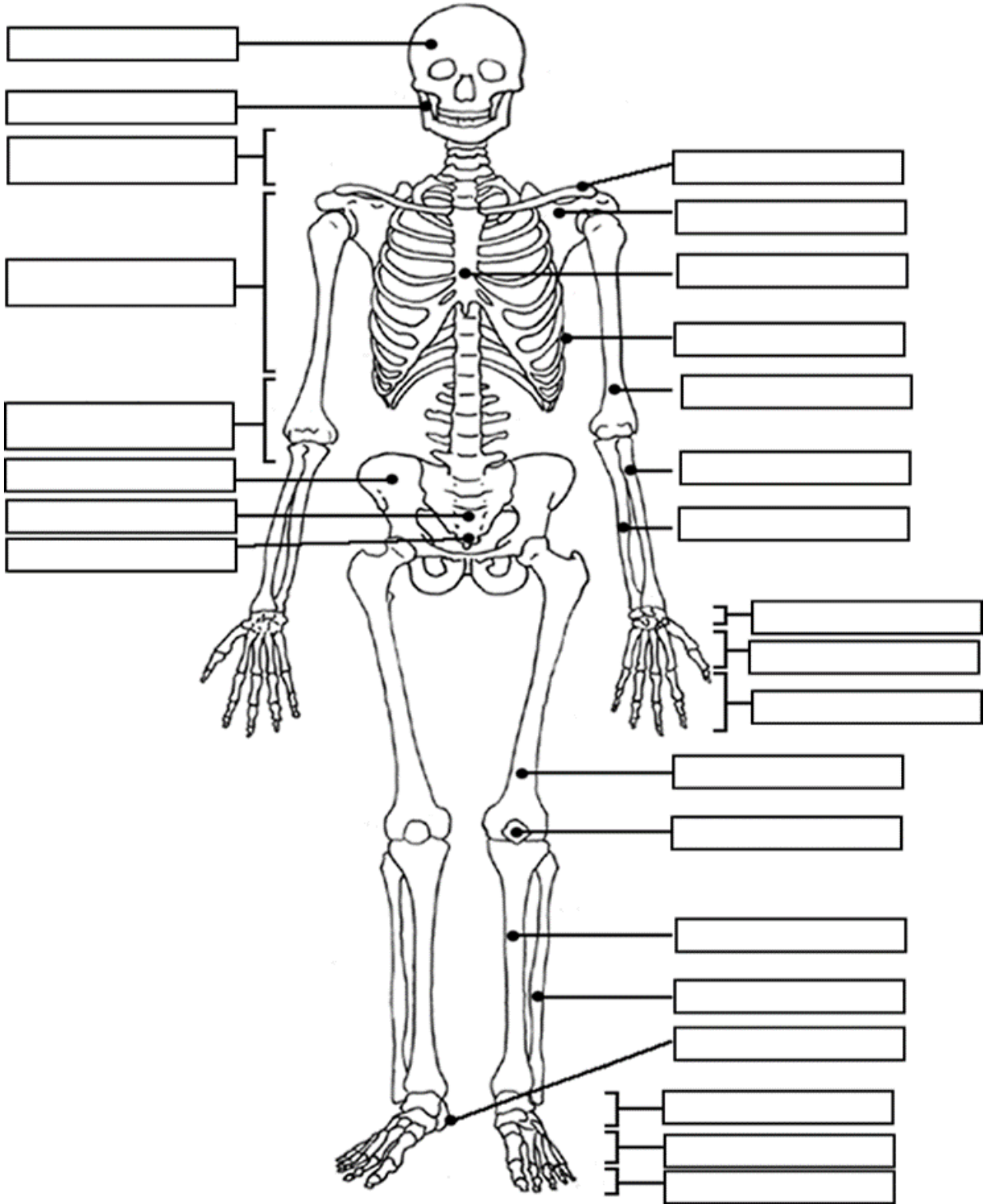
LO1: The Skeletal System





Thoracic Vertebrae, Lumbar Vertebrae, Coccyx, Sacrum, Cervical Vertebrae.

Location of Bones



Cranium, Vertebrae/Cervical Region, Scapula, Humerus, Ulna, Radius, Vertebrae/Lumbar Region, Pelvis, Sacrum, Coccyx, Femur, Fibula, Calcaneous, Tarsals, Metatarsals, Phalanges, Patella, Tibia, Ribs, Sternum, Carpals, Metacarpals, Phalanges, Mandible, Clavicle, Talus, Vertebrae/Thoracic Region.

H C N P E O P R O T E C T I O N M H
 Y P V L D G D I R E D M A R R O W R
 X U X N A R A L U C I D N E P P A H
 M A X I A L N S Y D M P P R Z F I J
 E H W N O R I K Q B C A N F K Q L X
 U E H V C V W B Z T H F F L J D U N
 Q S I E S W R F P S Q V Y K D Y G L
 O I O Y E L L O W M A R R O W V G X
 O Q V S D O N P J J J K Q U Q L V L
 P H R T N E M E V O M A G Y V Y I T
 R P O K L Z U X I R M X Y F Q W H M
 J A E G A R O T S L A R E N I M V P
 W U B T H A D V Z S O L E E Y C A S
 G B L O O D P R O D U C T I O N S Y
 O P U D F L L F D C F G V M L J K J
 N K S Z I S U P P O R T I N T X C Z
 U Y R W X P Z G W A C E C Z K R R U
 U M S L E Z M R G E D W B T X Q V A

Movement
Shape
Support
Protection
Blood Production
Mineral Storage
Axial
Apppendicular
Red Marrow
Yellow Marrow

Extension Task!

Research what occurs in the red and yellow bone marrow.

9. Describe the following functions of the skeleton. Give an example of each.

Protection

Movement

Blood cell production

[6]

1 (Protection) The skeleton provides a barrier / protects (vital) organs (from damage due to impact).

2 (Example) Cranium protects brain or ribs protect heart / lungs or vertebral column protects spinal cord.

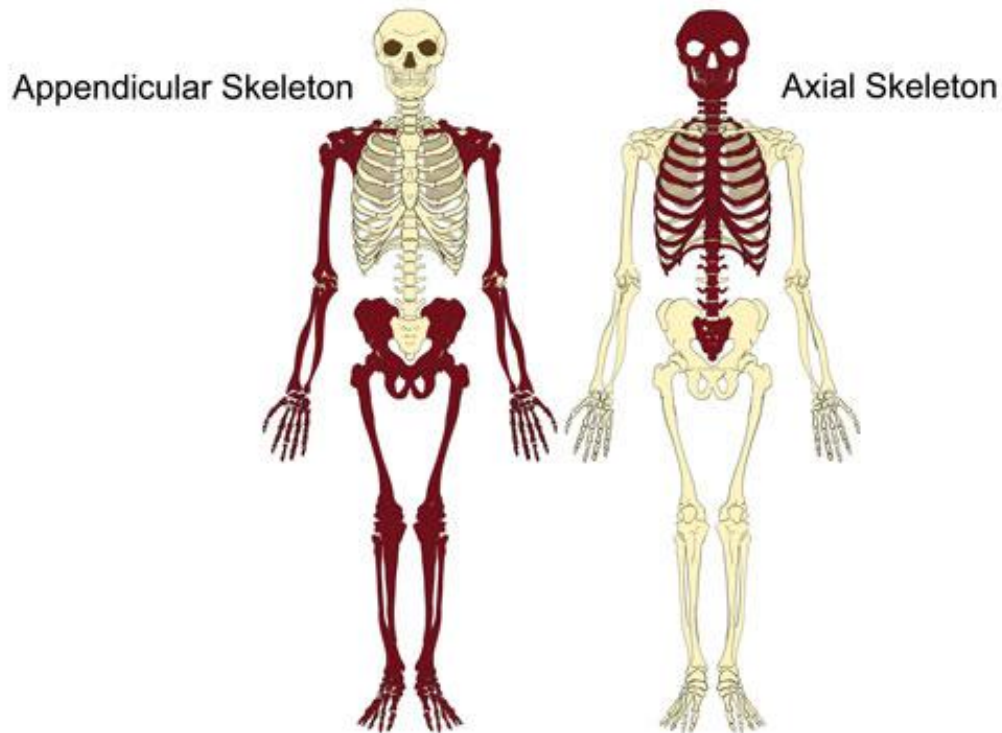
3 (Movement) the skeleton is jointed to allow movement) or attachment to muscles (allows movement) or the skeleton provides a lever system (for muscles to pull on)

4 (Example) named bone/joint linked to movement of correct part of body e.g. Femur for jumping movements/moving leg

5 (Blood cell production) (red/white) blood cells are formed in (bone) marrow

6 (Example) accept any named long bone

Axial and Appendicular Skeleton



What is the role of the Axial and Appendicular Skeleton?

1. Which one of the following bones is **not** part of the axial skeleton?

(a) Cranium

(b) Sternum

(c) Scapula

(d) Ribs

[1]

8. Fig. 11 shows a diagram of the skeleton.

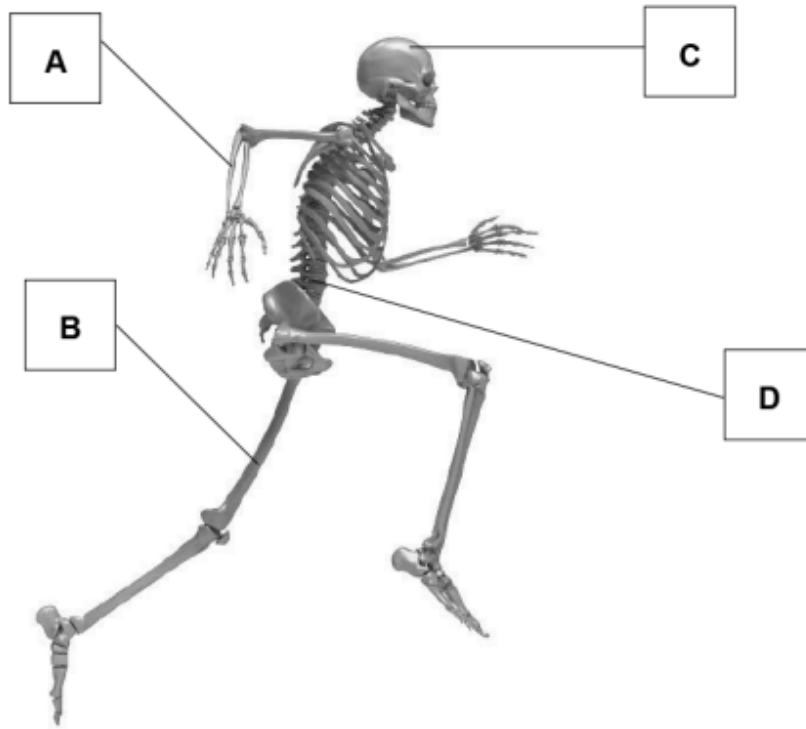


Fig. 11

Identify the bones labelled A, B, C and D.

A

B

C

D

[4]

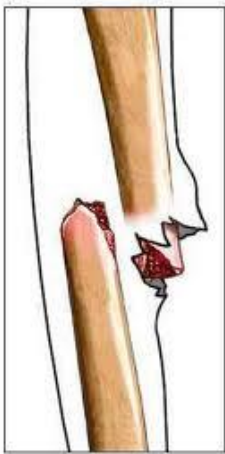
Types of Fracture



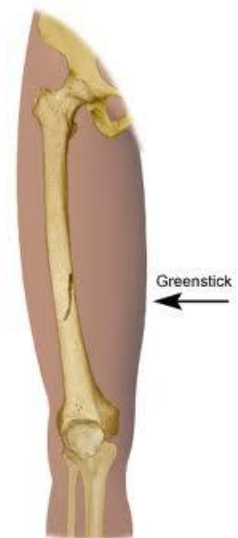
Simple



Stress



Compound



Greenstick

LO2: The Muscular System



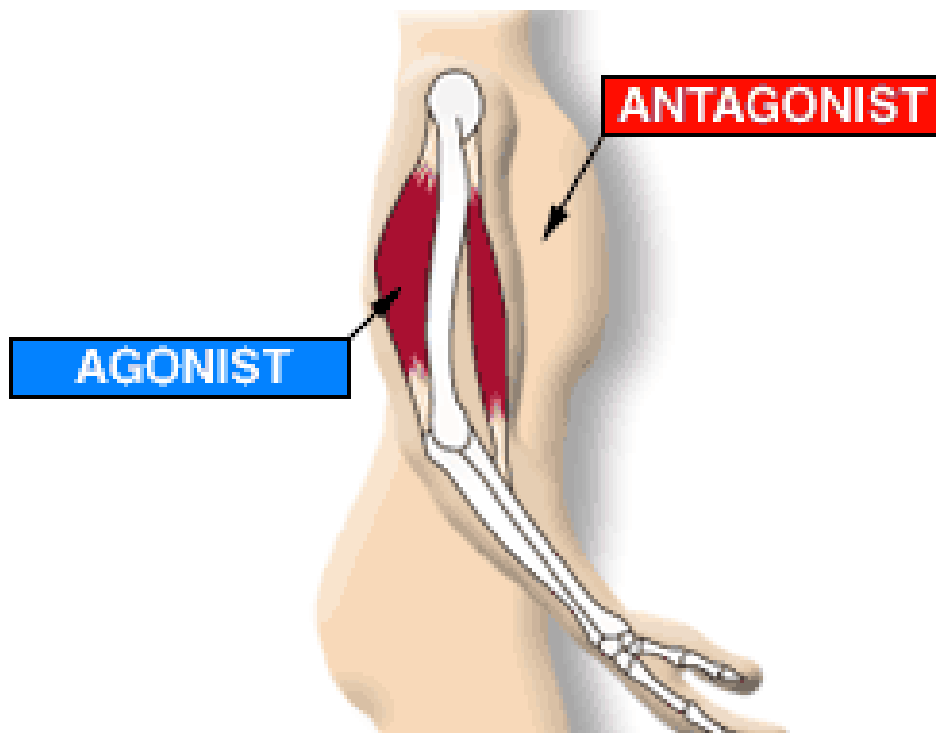
Tibialis Anterior, Supinator/Pronator Teres, External Obliques, Rectus Abdominis, Pectoralis Major, Bicep Brachii, Deltoid, Iliopsoas, Gastrocnemius, Sternocleidomastoid and Latissimus Dorsi.

What do the following key terms mean?

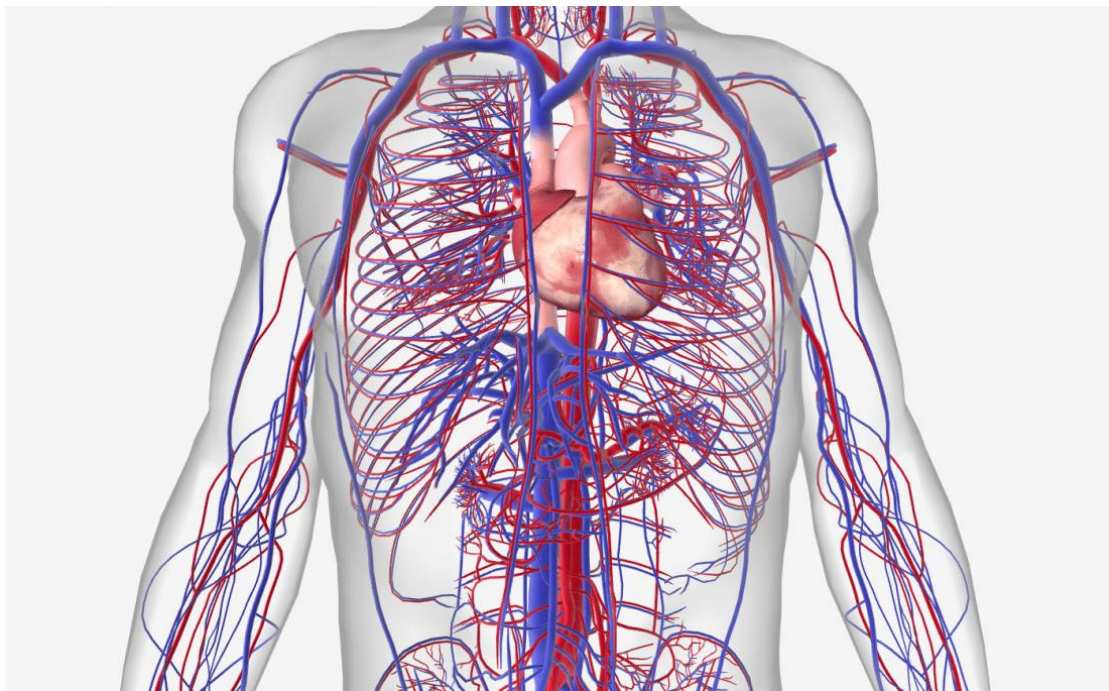
1. **Agonist Muscle**

2. **Antagonist Muscle**

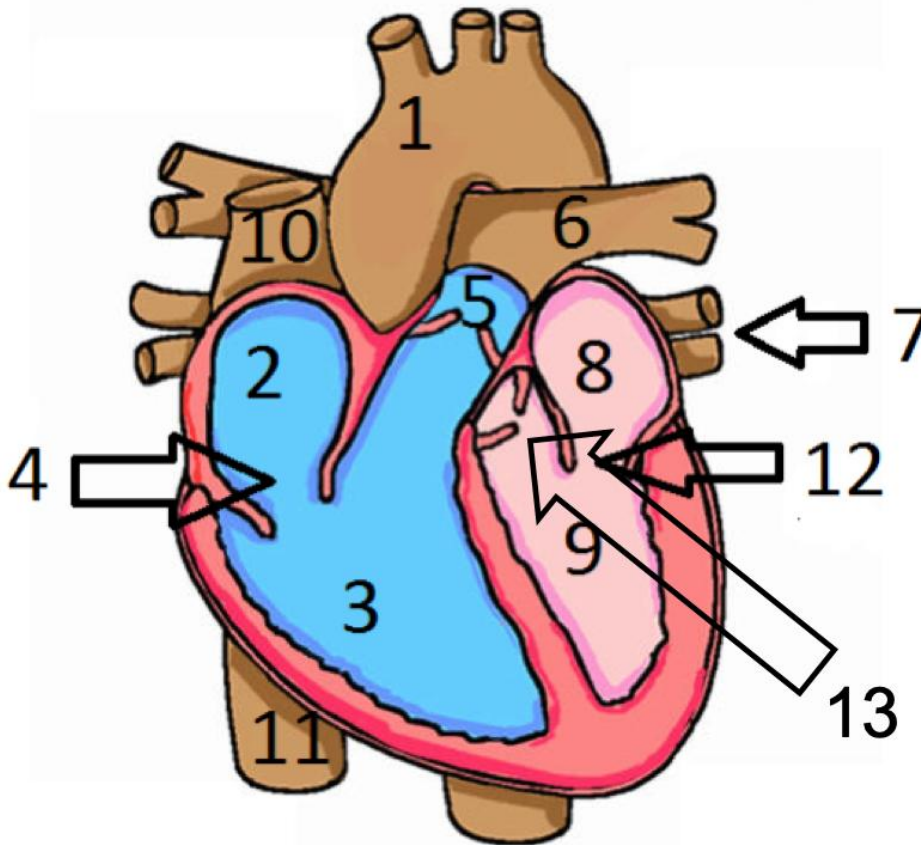
3. **Fixator Muscle**



LO3: The Cardiovascular System



Structure of the Heart



- 1 -
- 2 -
- 3 -
- 4 -
- 5 -
- 6 -
- 7 -

- 8 -
- 9 -
- 10 -
- 11 -
- 12 -
- 13 -

15. Complete the table below to show the functions of various structures of the heart.

Structure of heart	Function
	Deoxygenated blood enters here from the venae cavae
Tricuspid valve	
Left ventricle	
	Blood vessel that carries deoxygenated blood towards the lungs
	This valve prevents blood flowing back into the left ventricle

[5]

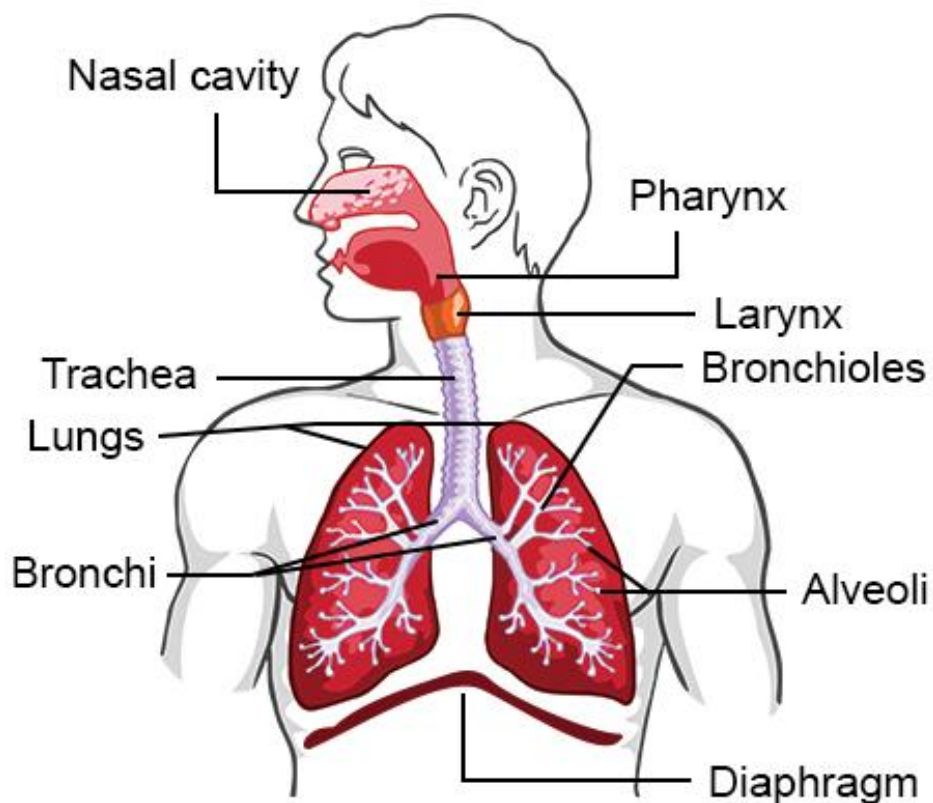
Define the following terms:

1. Stroke Volume

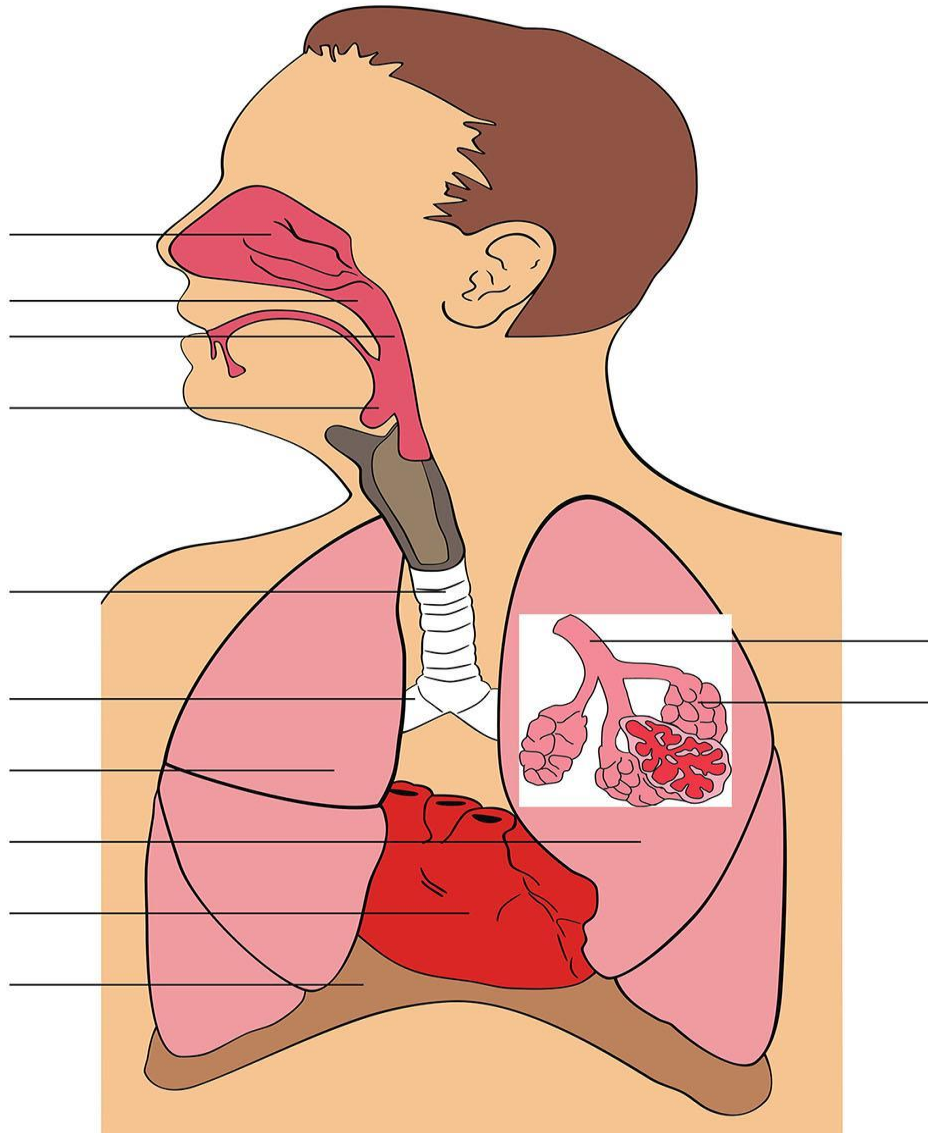
2. Heart Rate

3. Cardiac Output

LO4: The Respiratory System



The Structure of the Respiratory System



Extension Task

6. Fig. 19 shows a diagram of the lungs.

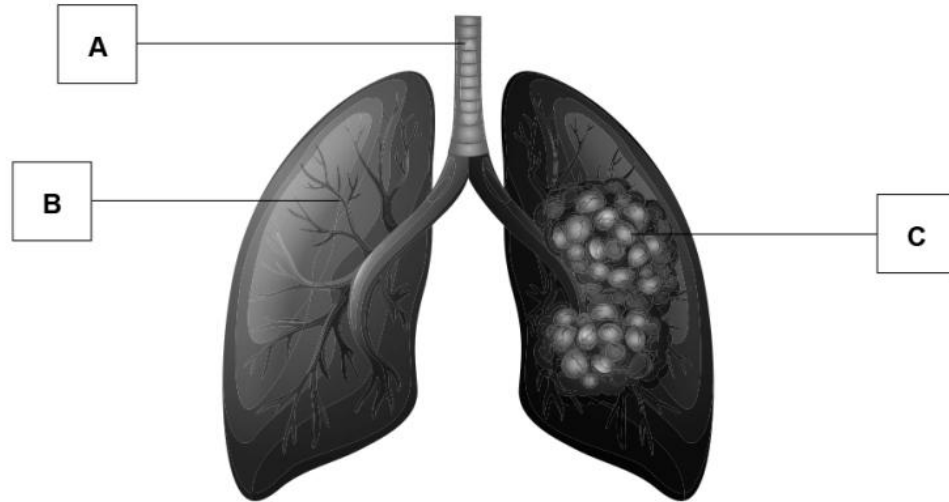


Fig. 19

Identify the structures labelled A, B and C.

A

B

C

14. Fig. 18.1 shows a diagram of the respiratory system.

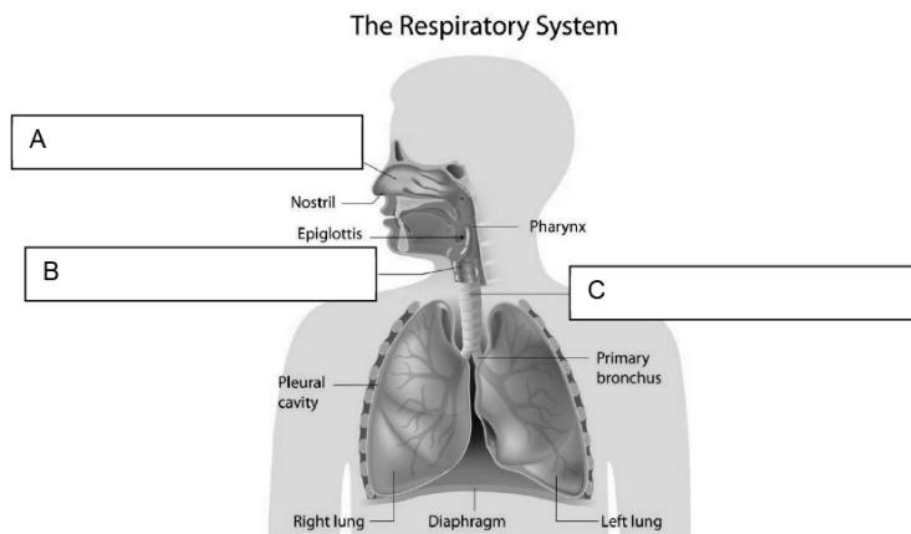


Fig. 18.1

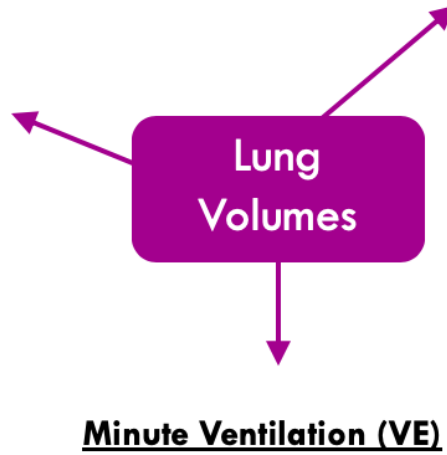
Label structures A-C in the boxes provided on the diagram.

[3]

Respiratory System Key Terms

Tidal Volume (TV)

Breathing Frequency (F)



Minute Ventilation (VE)

3(a). Describe the roles of the following respiratory structures.

Nasal cavity _____

Epiglottis _____

Alveoli _____

[3]

Qualification

OCR Cambridge Technical Level 3

Unit

Pre-Year 12 Workbook

Staff Member

Miss Wright



Sports Coaching and Activity Leadership

Roles and Responsibilities of Those Involved in Delivering Sport

Occupations

Favourite Athlete/Coach:

Roles and Responsibilities of Those Involved in Delivering Sport

Summary of Coach:

Extension Task:

Leadership Styles and Personality

Leadership Style	Notes	Example
Autocratic		
Democratic		
Laissez-Faire		

<https://febiassessment.com/test/eysencks-personality-inventory-epi-extroversionintroversion/>

Personality Quiz Results:

**Preparing a Coaching
Session**

What does a coach check before delivering their session?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.

Delivering a Coaching Session

Warm-Up Ideas

Design an Activity for Catching:

Coaching Points:

- 1.
- 2.
- 3.

Delivering a Coaching Session

Design a 3-Part Cool-Down: