

BTEC Sport Level 3 Subsidiary Diploma – Summer Work 2016



The work set below will prepare you for the independent research and completion of assignment tasks which you will undertake throughout years 12 and 13. Completing tasks to deadlines, and quality presentation of work are hugely important therefore please ensure your work is presented using Microsoft Word only and that you hand it in to Miss Gleadow in your first lesson.

You are working in your DW Sports gym as a fitness instructor. The nature of your work requires you to have a good understanding of the skeletal system. Clients often ask a variety of questions about the skeletal system and you must be prepared to have an immediate answer or to provide them with appropriate literature.

Your supervisor has asked you to produce a leaflet that will provide your clients with details about the skeletal system.

Your leaflet must be completed using MICROSOFT WORD and MUST include:

1. A front page which includes the following:
BTEC SPORT Subsidiary Diploma
UNIT 1 – Principles of Anatomy & Physiology in Sport
The Structure & Function of the Skeletal System
Name
2. An annotated diagram of the skeleton with all the major bones labelled.
3. A description of the function of the skeleton (support; protection; attachment for skeletal muscle; source of blood cell production; store of minerals).
4. Information on the axial and appendicular skeleton.
5. A description of different types of bone (long bones, short bones, flat bones, irregular bones, sesamoid bones).
6. A description of the different classifications of joints (fixed; slightly moveable; synovial/freely moveable).
7. A description of the structure and function of the axial and appendicular skeleton and an explanation of the major bones in each.
8. A description and explanation of the range of movement allowed at each joint.

Please ensure you hand in this work to Miss Gleadow in your first lesson of BTEC Sport after the summer break.