

BTEC Sport (Single Y11-Y12)

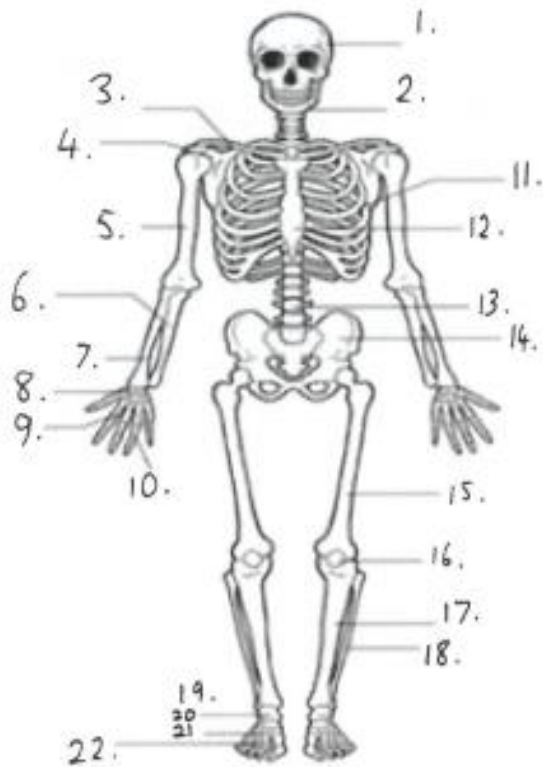
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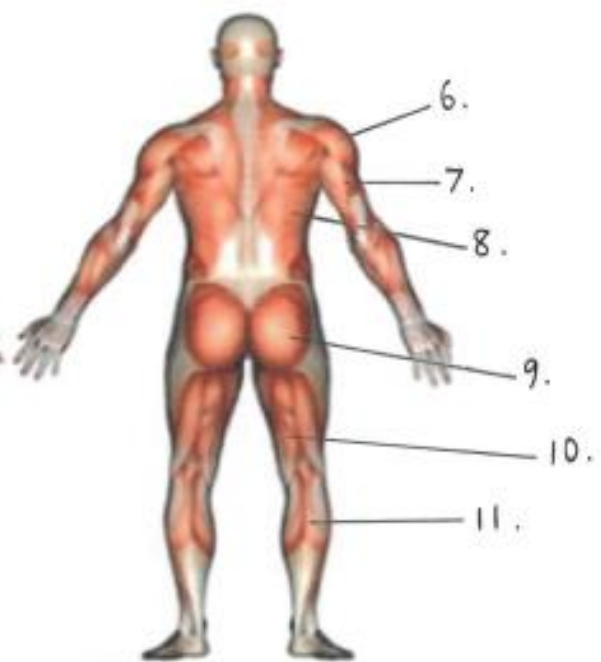
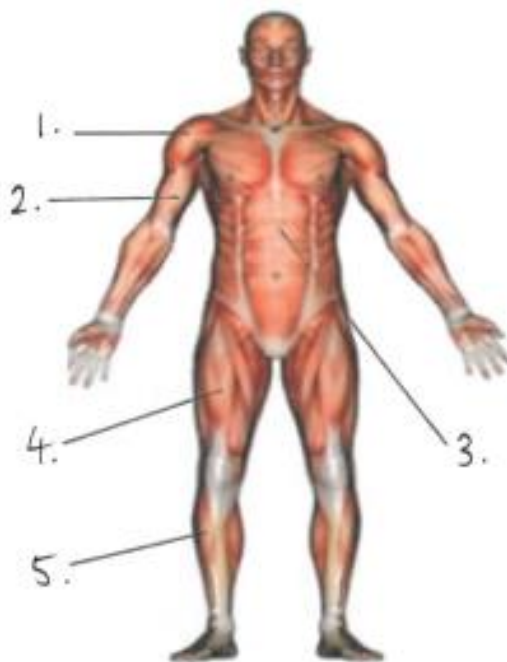
Click On the following playlist to help you complete these tasks:

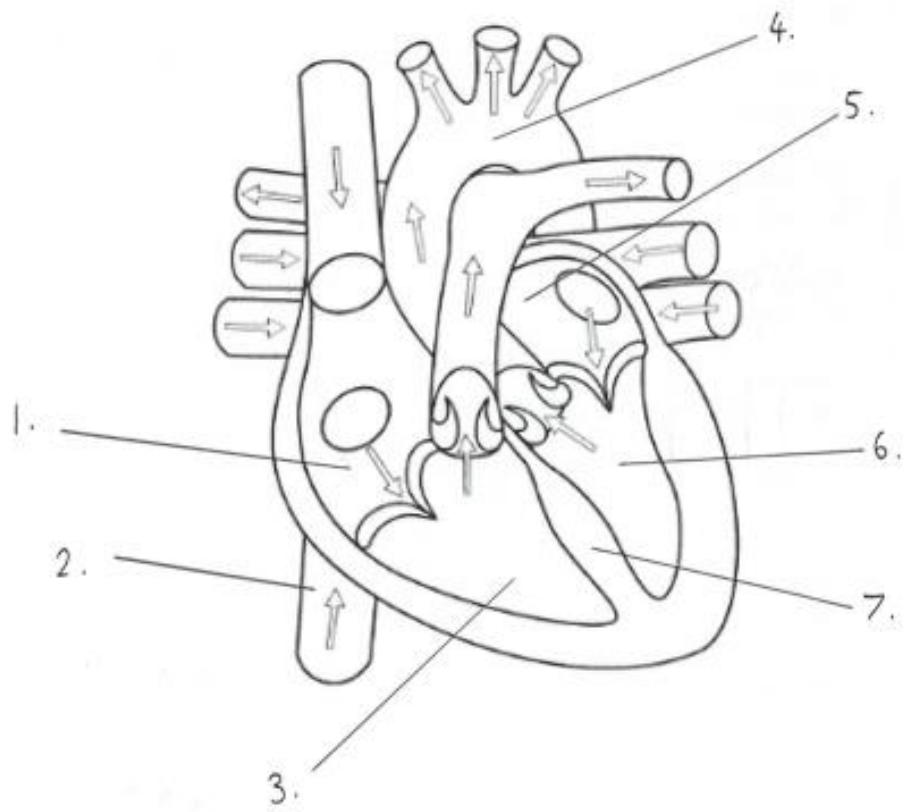
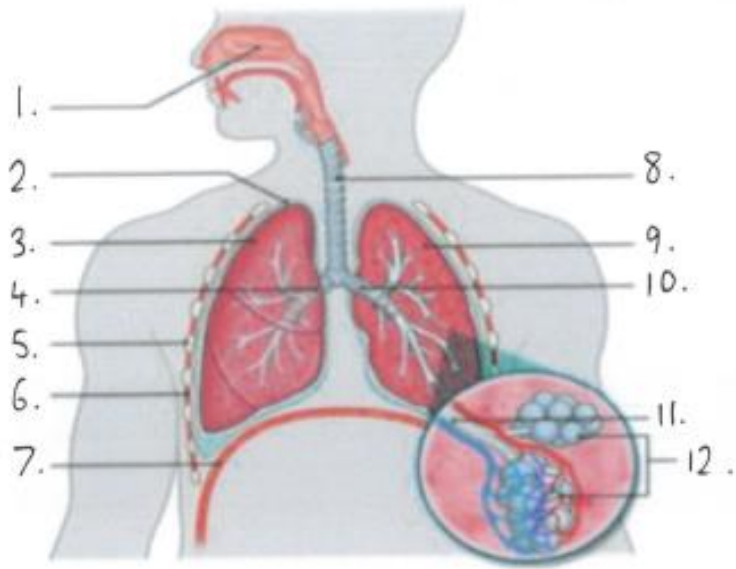
[James Morris PE](#)

Task 1: Research the answers to label the components for the 4 body systems on the following diagrams.



Can you label the 5 regions of the spine...?





Sesamoid Bone		
Ball & Socket Joint		
Hinge Joint		
Long Bone		
Patella		
Rib Cage		
Ossification		
Epiphyseal Plate		
Cartilage		
Synovial Fluid		
Tidal Volume		
Mechanics of Breathing		
Breathing Rate		
Residual Volume		
Gas Exchange		
Diffusion		

Partial Pressure		
Medulla		
Phrenic Nerve		
Diaphragm		
Heart Rate		
Stroke Volume		
Chemoreceptors		
Cardiac Control Centre		
Vascular Shunt		
Venous Return		
Systole		
Cardiac Cycle		
Sudden Arrhythmic Death Syndrome		

Task 3: Research short- and long-term effects of exercise on the following 4 body systems;

- Muscular
- Skeletal
- Respiratory
- Cardiovascular

Short Term Effects: Means what happens to this system as soon as we start exercising.

Long Term Effects: Means what happens to this system after long term exercise.

Muscular		Skeletal	
Short Term Effects	Long Term Effects	Short Term Effects	Long Term Effects
<ul style="list-style-type: none"> • E.g. Increased muscle pliability. 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • E.g. Increased bone density.
Respiratory		Cardiovascular	
Short Term Effects	Long Term Effects	Short Term Effects	Long Term Effects
<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • E.g. Increased lung volume. 	<ul style="list-style-type: none"> • E.g. Increased stroke volume. 	<ul style="list-style-type: none"> •

Task 4: In a spider diagram format, explain the following conditions below. You will need to know all of these for your new course.

Asthma

Arthritis

Diabetes

Hypothermia

Hyperthermia

Altitude Sickness

Hypoxia