****

**Name:**

**Unit 1: Principles of Anatomy and Physiology in Sport**

**2018/2019**

**BTEC 90 Credit Diploma in Sport**

|  |
| --- |
|  **ASSIGNMENT BRIEF -**  |
| **Introduction -** In this unit you will study Anatomy and Physiology in Sport. The human body is a very complex piece of machinery. It is made up of many different systems that work together to allow us to take part in a wide range of sports and everyday activities. It is important that anyone who might be working with clients in the sport and exercise industry develops a good understanding of how each of these systems work and copes with the stresses of exercise.This assignment will explore the structure and the functions of the skeletal system.  |

**Learning Outcomes -**

In this unit you will:

**A.** Know the structure and function of the skeletal system

**Scenario -**

You have been offered some work experience at a local sports centre working with young athletes. The head coach asks you to produce written information to explain the structure and function of the skeletal system, so that the young athletes understand the purpose of their training programmes more thoroughly.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **TASK** | **TASK DESCRIPTION** | **GRADING****CRITERIA** | **Submission date** | **ASSESSOR** |
| **1** | Produce a written document (with pictures) that **describes** the structure and function of the skeletal system.You should cover the following:* axial skeleton and appendicular skeleton
* types of bone (long bones, short bones, flat bones, irregular bones, sesamoid bones)
* function of skeletal system: support; protection; attachment for skeletal muscle; source of blood cell production; store of minerals

You should also include a detailed diagram of the skeleton covering the major bones and the vertebral column (spine). | **P1** | First BTEC Sport lesson | CLP |
| **Evidence you must produce for this task.** | A word document with pictures   |
| **Criteria covered by this task:** |
| Describe the structure and function of the skeletal system | **P1** |

If you experience any difficulties with this piece of work please email Vicky (vac@asfc.ac.uk)