

## Level 3 BTEC summer transition project

# Sport

As part of your preparation for the Autumn Term unit in BTEC Sport, 'Anatomy & Physiology', you need to research the cardio-vascular system and the respiratory system

Use the questions below to guide your research. There are some suggested sources for you to look at for research, but feel free you use others. Make sure you reference any sources you use.

When you have gathered the information, collate it in an easy to read fact file. Double check that your sources are up to date as this is a fast changing area of law.

- What is the skeletal system?
  - List the main functions of the skeleton?
  - What are cartilaginous joints?
  - What are fibrous joints?
  - What are skeletal joints?
  
- What is the muscular system?
  - What are the 3 types of muscle?
  - What are the 3 types of muscle fibre?
  
- What is the cardiovascular system
  - What are the components of blood?
  - How does the heart pump blood around the body?
  
- What is the respiratory system?
  - What are the mechanisms of breathing?

What effect does an 8 week period of exercise have on the above body systems?

Write or type up your project and bring it with you to your first BTEC Sport lesson in Year 12. You should spend 6 to 8 hours on this task.

**Who to contact if you should require further assistance**

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