

Welcome to the future of sport at Southfields Academy!

Course Structure

What will you learn?

You will learn a variety of topics that will help prepare you for a career in any sector of sport.

Year 12:

Unit 1
Body
Systems

Unit 2
Sports
Coaching

Unit 11
Physical
Activity

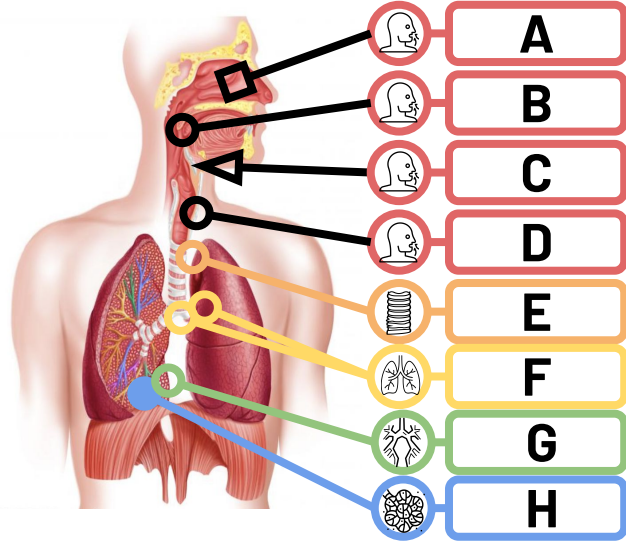
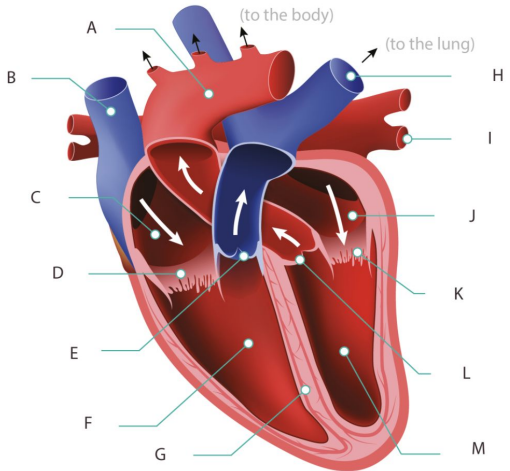
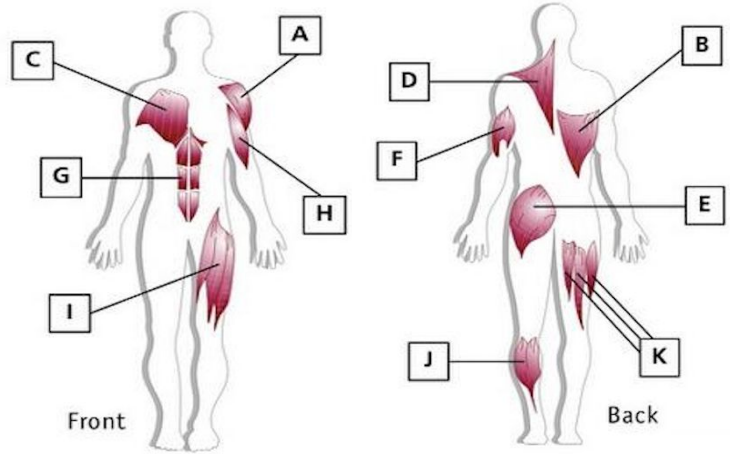
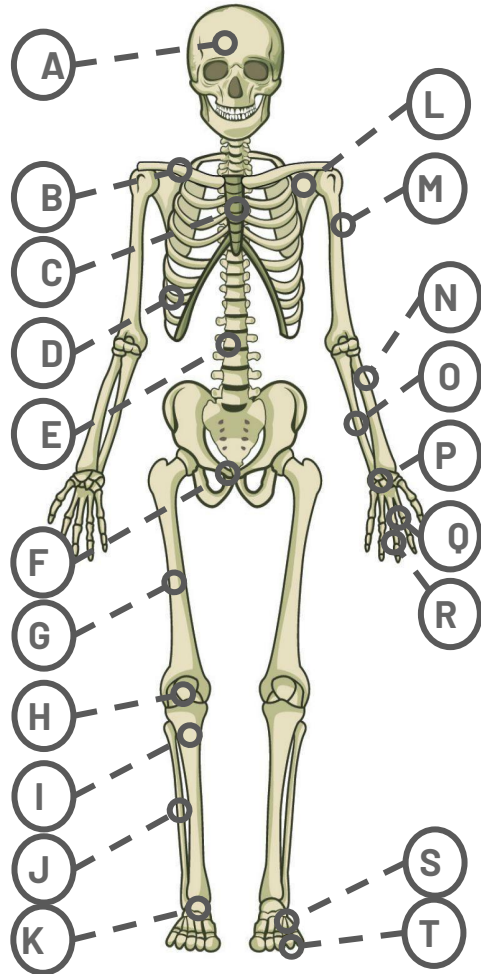
Year 13:

Unit 3
Sports
Organisation

Unit 8
Organising a
Sports Event

Unit 12:
Sport
Nutrition

Unit 1 Body Systems: The Structure of the Skeletal, Muscular, Cardiovascular and Respiratory Systems



You will need to know the structure of the four body systems.

Task 1: Identify the structures of each body systems on this page.

Hint: Use the key terms for OCR CTEC Sport from the specification found on their website.



Unit 1 Body Systems: The Structure of the Skeletal, Muscular, Cardiovascular and Respiratory Systems

You need to have a strong knowledge of the body systems for the Unit 1 exam. Here are some of the main topic areas.

Task 2: Try and earn as many points as you can by answering the questions.

1 Point

2 Points

5 Points

Studied GCSE PE?

There are many links to Paper 1 and what you may have learnt before.

1. **Identify** the bones that form the following joints: shoulder; hip; elbow and knee.

2. **Identify** the three muscle fibre types.

3. **Identify** the five different types of blood vessels in the cardiovascular system.

4. **Define** the following key terms: cardiac output; heart rate and stroke volume.

5. **Identify** the six lung volumes found a spirometry graph.

6. **Identify** the three energy systems.

5. **Describe** the six functions of the skeleton.

7. **Describe** the three types of muscle contraction: isometric; concentric and eccentric.

9. **Describe** the function of red blood cells; white blood cells; platelets and plasma.

10. **Describe** the pathway of blood around the body starting at the right atrium.

11. **Identify** the immediate and short term effects of exercise on the skeletal, muscular, cardiovascular and respiratory systems.

12. **Identify** the long term effects (adaptations) of exercise on the skeletal, muscular, cardiovascular and respiratory systems.

Please bring all your work to your first CTEC Sport Lesson in September. We can't wait to have you on the course - PE Department