

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

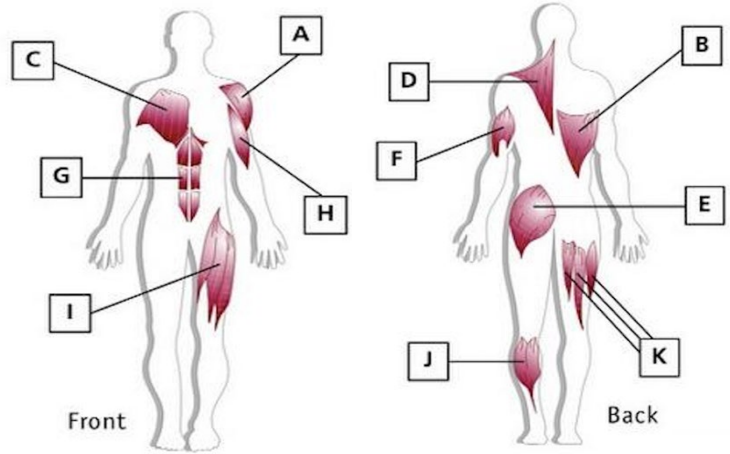
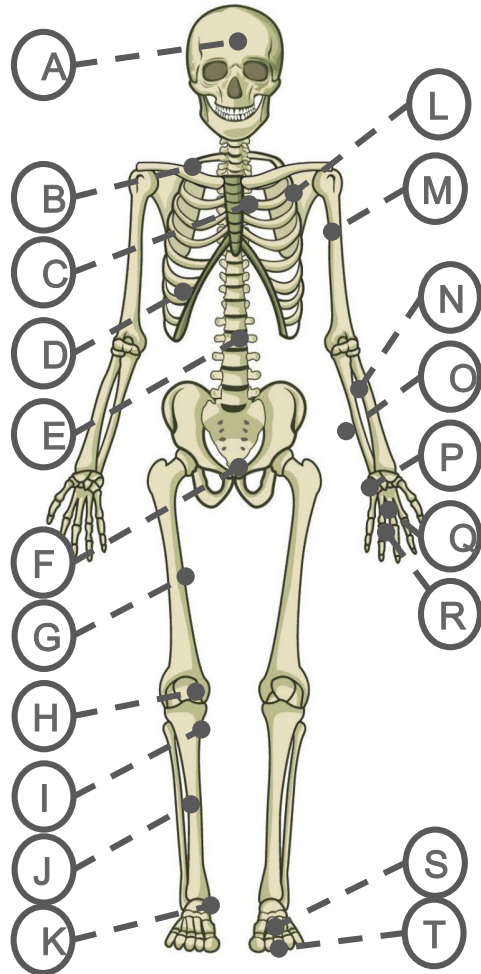
Year 13:

Unit 3
Sports
Organisati
on

Unit 8
Organising
a Sports
Event

Unit 12:
Sport
Nutrition

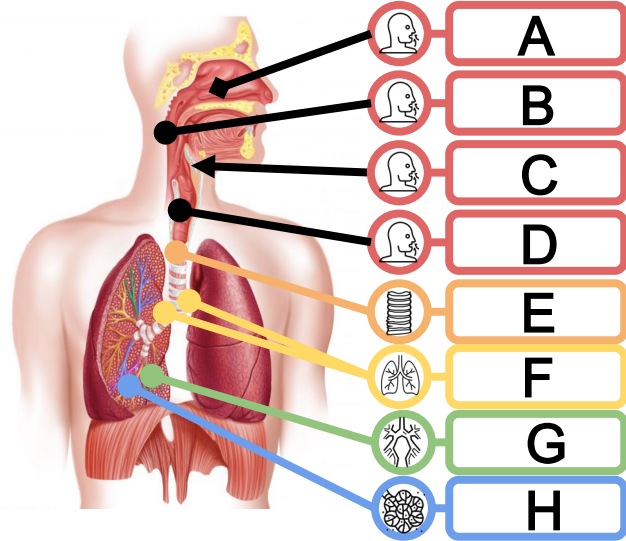
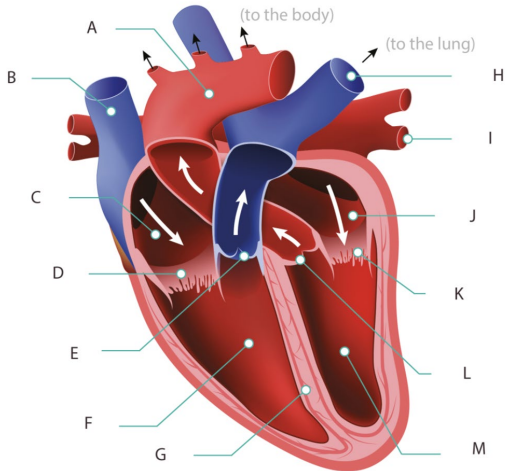
Unit 1 Body Systems: The Structure of the Skeletal, Muscular, Cardiovascular and Respiratory Systems



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 <u>three</u> 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 <u>six</u> lung volumes found a spirometry graph.	6. Identify the <u>three</u> energy systems.
5. Describe the <u>six</u> functions of the skeleton.	7. Describe the <u>three</u> 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

LO5: Energy system

Identify the three energy systems:

- 1.
- 2.

Identify the two factors that dictate the energy system used:

- 1.
- 2.

Identify the three stages of the Aerobic System:







- 1.

Define Oxygen Debt

Define EPOC

Identify the two parts of EPOC

- 1.

	ATP/PC System	Lactic Acid System	Aerobic System
	Creatine Phosphate	Glycogen and Glucose	Carbohydrates: Glycogen / Glucose Fats: Triglycerides
	Sarcoplasm [muscle fluid]		
	Creatine Kinase		
	1:1		
	No harmful byproducts Anaerobic = immediate energy Fewer reactions		
	Short Duration [10 sec] Small resynthesis ratio [1:1] Limited stores of PC		