

HSFC –BTEC Sport Summer transition

- This pack covers all key content from Unit 1: Anatomy and Physiology.
- then complete the accompanying worksheets.
- Bring your completed work with you on your first day.
- We're excited to welcome you to BTEC Sport!



Sporting Profile

Create a personal sporting profile that includes:

Your name and current school.

Sports you currently play (school/club/individual).

Positions/events you compete in.

Role models or athletes you admire and why.

What are you most looking forward to studying in BTEC Sport?

Are you more interested in practical performance, fitness training, or the science

behind sport?

Do you have any career aspirations in sport (e.g., coaching, physiotherapy,

teaching, sports science)?

What support do you think will help you succeed in this course?

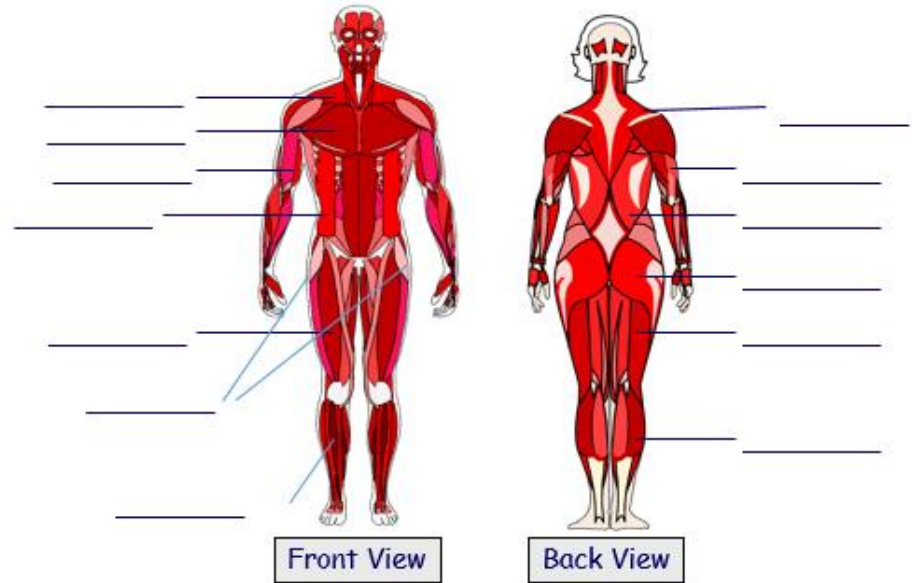
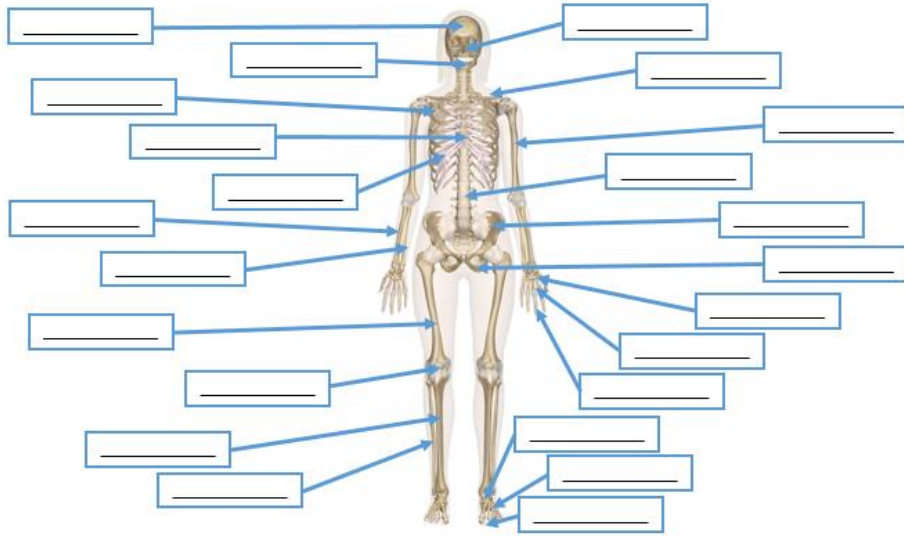
BTEC SPORT Unit 1: Anatomy & Physiology

Functions of the skeletal system:

- 1) _____
- 2) _____
- 3) _____

Ligaments:

Tendons:



Antagonistic pairs: _____

Agonist: _____
 Antagonist: _____
 Example: _____

Muscle fibres _____

Type 1: _____
 Type 2a: _____
 Type 2x: _____

Highlight:

- Long bones
- Short bones
- Irregular bones

Types of joints:

- 1) _____
- 2) _____
- 3) _____
- 4) _____

Flat bones

EXAM QUESTION: Explain how the muscular and skeletal systems work together to kick a football: (6 marks)

- **Flexion** - _____
- **Extension** - _____
- **Abduction** - _____
- **Adduction** - _____
- **Rotation** - _____
- **Circumduction** - _____
- **Plantar-flexion** - _____
- **Dorsi-flexion** - _____

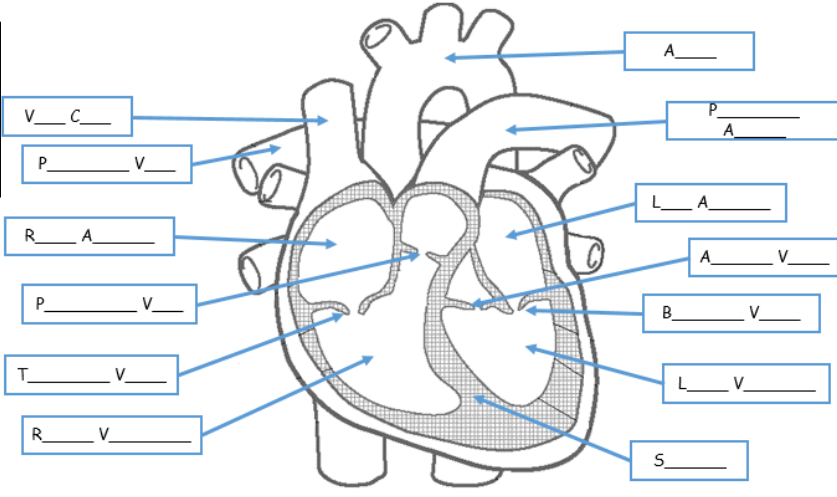
Functions of the cardiovascular system:
 1) _____
 2) _____
 3) _____

Blood vessels:
 Arteries: _____
 Veins: _____
 Capillaries: _____

Vasodilation: _____
 Vasoconstriction: _____

Components of blood:
 Red blood cells: _____
 White blood cells: _____
 Platelets: _____
 Plasma: _____

Blood pressure: _____
 _____ 'H
 ealthy' BP: _____



Your heart beats in two phases:
 Phase 1 – Systole: _____

 Phase 2 – Diastole: _____

Short term effects of exercise:
 Muscles? _____
 Breathing? _____
 Heart? _____

Aerobic respiration: _____
 Sporting example: _____
 Anaerobic respiration: _____
 Sporting example: _____

Oxygen debt: _____

Gaseous exchange: _____

Vital capacity: _____
 Tidal volume: _____

EXAM QUESTION: Explain how deoxygenated blood gets oxygenated again. (6 marks)

