



# Christopher Whitehead Sixth Form

## LEVEL 3 Sport Sixth Form – Summer Bridging Task 2018

THE PURPOSE OF GIVING YOU A SUMMER BRIDGING TASK:

- i. To provide a bridge from level 2 to level 3 study, and lead into the initial stages of the course.
- ii. To engage you in independent learning from the outset.
- iii. To encourage you to demonstrate your commitment and work-ethic.
- iv. To measure your suitability for the chosen course, and identify if you need support
- v. To assess your initial levels of achievement and set relevant targets for you to succeed in this subject.

**(All of your work must be typed and presented in the standard expected at this level)**

**NB – Please ensure each module is done on a separate sheet**

### Unit 1

#### Anatomy and Physiology

Learning Outcome:

- You will be able to demonstrate a clear understanding of the structure and function of the key systems in the human body.
- You will be able to explain the short and long term effects of sport and exercise on the body.

You are required as part of this course to develop your knowledge and understanding of the roles of the skeletal and muscular systems in the performance of movement skills in physical activities and sport.

**Task 1:** Label a skeleton naming the major bones and also identifying the appendicular skeleton and the axial skeleton. (10 minutes)

**Task 2:** There are eight functions of the skeleton, these are;

- Support the framework
- Protection
- Attachment for skeletal muscles
- Sources of blood cell production
- Store of minerals
- Leverage
- Weight bearing
- Reduce friction across a joint

Select six of the above, explain their function and explain how each function enables you to carry out your everyday needs and routines. (30 minute)

**Task 3:** We are quite clear of the long-term health benefits that regular exercise can bring to our various body systems, but that is not always the case. Research and report on the short and long term effects of sport and exercise on those body systems (Skeletal, Muscular, Cardiovascular and respiratory) that exercise can bring. (I advise you to take each system separately) (1 hour)

## Unit 2

### **Fitness Training and Programming for health, sport and well-being**

Learning Outcomes:

- You will be able to explain the positive and negative lifestyle factors and their effects on health and well-being
- You will be able to demonstrate a clear understanding of the factors that can lead to individual's adopting unhealthy lifestyle behaviours.
- You will be able to explain what a PAR-Q questionnaire is and describe its purpose.

**Task 1:** You need to research the positive and negative lifestyle factors and their effects on health and well-being. Your findings need to be presented as an A3 colourful poster. For positive factors consider; exercise / physical activity, balanced diet, positive risk taking activities, Government recommendations / guidelines. For the negative factors consider; smoking, alcohol, stress, sleep and sedentary lifestyle. (40 minutes)

**Task 2:** There are a number of factors that can lead to a person adopting unhealthy lifestyle behaviours. For this task you are required to produce a leaflet on the factors that can lead to individual's adopting unhealthy lifestyle behaviours and explain the consequences of each. (40 minutes)

**Task 3:** You need to research what a PAR-Q questionnaire is and explain its purpose. (10 minutes)

**Task 4:** Define the following key terms;

- Evaluate
- Explain
- Give
- Identify
- State / Name
- To what extent

**Hand-in Deadline  
Friday 08<sup>th</sup> September 2017**