

NON-NEGOITIABLES

Create folders in your student drive for each Unit 1, 2, 3.

Document called: YOURNAME-U3LABv1

Unit details and student detail included.

Page numbers.

Titles for each main section.

Subtitles for each subsection.

The same font throughout.

Referencing for all information/pictures diagrams that you get from the internet.

U3 LAB

To gain a LEVEL 1 PASS you would be making a LIST

To gain a LEVEL 2 PASS you would be DESCRIBING the things in the list

To gain a LEVEL 2 MERIT you would then explain why they happened

To gain a LEVEL 2 DISTINCTION you would then ANALYSE the effect they have

BRIEF SUMMARY

You are designing a personal training programme for a leisure centre.

Describe the structure and function of the Musculoskeletal and Cardiorespiratory system.

Explain how training effects these systems.

The Musculoskeletal system for your sport

How does it work in your sport particularly at hip, shoulder, knee, elbow joints

The Cardiorespiratory system for your sport

How will the effects of training improve these systems and you performance?

STRUCTURE

Musculoskeletal system

MUSCLES BONES

Structure and function of the synovial joints at the hip, shoulder, knee, elbow

Cardiorespiratory system

Structures of the cardiovascular system.

Structures of the respiratory system:

Increased heart rate and breathing rate during fitness training activities to supply oxygen to working muscles.

Increased build-up of lactic acid as a result of increased intensity in the main component.

UNIT CONTENT