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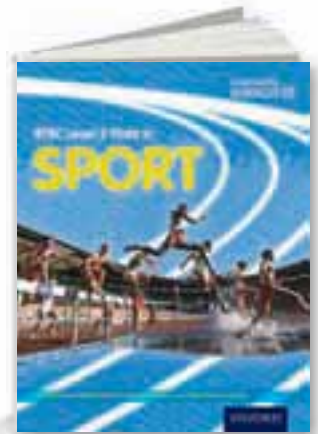
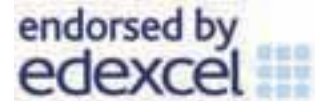
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Unit 4: Anatomy and Physiology for Sport

The skeletal system

The skeletal system is the framework of the body and gives strength, support and stability. It is made up of bones, cartilage and ligaments. The skeleton is divided into the axial skeleton (skull, spine and ribcage) and the appendicular skeleton (arms and legs).

The major bones of the body

In order to understand the skeletal system, it is important to understand the names of all the major bones of the body.

- Skull bones: The skull bones are the bones of the head. They are divided into the cranial bones (skull cap) and the facial bones (lower face).
- Vertebral column: The vertebral column is the backbone. It is made up of 26 vertebrae. The vertebrae are divided into the cervical vertebrae (neck), thoracic vertebrae (chest), lumbar vertebrae (lower back), and sacrum (base of the spine).
- Ribs: The ribs are the bones of the chest. They are attached to the vertebral column and the sternum. There are 12 pairs of ribs.
- Arm bones: The arm bones are the humerus (upper arm), radius and ulna (lower arm).
- Leg bones: The leg bones are the femur (thigh), tibia and fibula (lower leg).

Different types of bones

Bones are divided into four basic types, which depend on shape.

- **Long bones:** These are found in the arms and legs. They are longer than they are in width. They are hollow with some marrow inside them. They are lightweight but strong.
- **Short bones:** These are found in the wrist, feet, hands and fingers. They are small, rounded and are shaped like cubes.
- **Flat bones:** These are thin, flat bones which provide protection for major organs and are the bones that form the cranium. They also form the shoulder blades.
- **Irregular bones:** These bones don't fit into any other category. They include the pelvis and the bones of the hand and foot.

The vertebral column

The vertebral column, also known as the spine, consists of 26 vertebrae. The vertebrae form a hollow column called the vertebral column, which supports and protects the spinal cord. It is also flexible to allow the body to bend and twist. Each vertebra has a hole in the centre which allows the spinal cord to pass through. The vertebrae are arranged in four main regions: cervical vertebrae, thoracic vertebrae, lumbar vertebrae and sacrum. The vertebrae are connected by intervertebral discs.

BRONZE

1. Label the regions of the vertebral column: cervical vertebrae, thoracic vertebrae, lumbar vertebrae, sacrum. (10 marks)

2. Explain why the vertebrae are arranged in these four regions. (10 marks)

Bone	No.	Type
Cervical	7	Long
Thoracic	12	Short
Lumbar	5	Long
Sacrum	5	Irregular
Total	29	

3. What is the function of the intervertebral discs? (10 marks)

BTEC Level 2 Firsts in Sport Student Book

About the authors

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All three have extensive experience teaching BTEC Level 2 Firsts in Sport.

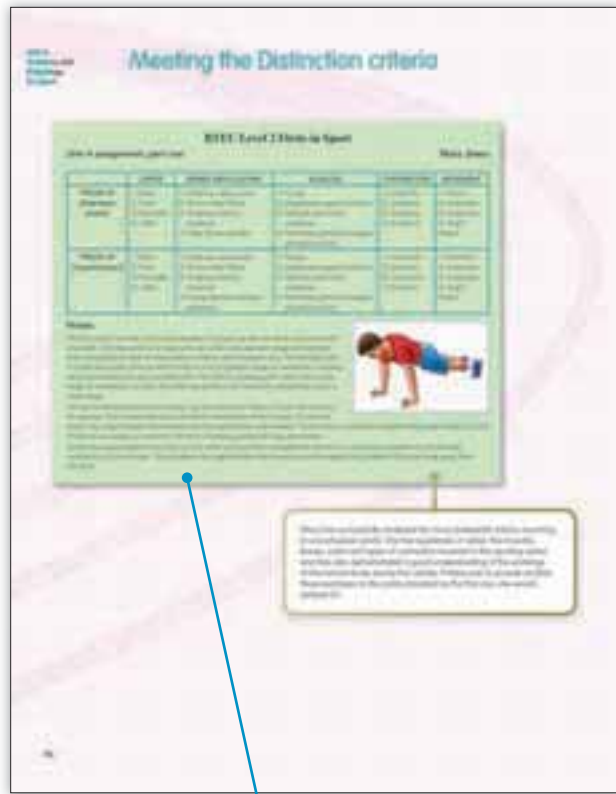
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- Unit 4: Anatomy and physiology for sport
- Unit 5: Injury in sport
- Unit 6: Sports development
- Unit 7: Planning and leading sports activities
- Unit 8: Technical skills and tactical awareness for sport
- Unit 9: Psychology for sports performance
- Unit 10: Nutrition for sports performance
- Unit 11: Development of personal fitness
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- Unit 13: Work experience in the sports industry
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- Pike jump
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- Jump full turn
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- Stag leap
- Split leap
- Switch leap
- Teddy bear roll
- Back shoulder roll
- Forward roll
- Backward roll
- Back walkover
- Back handspring
- Front walkover
- Front handspring (two foot landing)
- V sit
- Shoulder stand
- Scale
- Needle
- Y scale
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- Cartwheel

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Active challenges engage students and help them practically apply their knowledge

3.1.2 ~ Linking physical activity with diet, work and rest for personal health and a balanced healthy lifestyle

3.1.2a Health, fitness and a healthy active lifestyle

What you will learn about in this topic:

- 1— Fitness as one aspect of general health
- 2— The adoption of a healthy active lifestyle
- 3— Fitness components serving the body

1— Fitness as one aspect of general health

The World Health Organisation (WHO) gives the following definition for **health**: 'a state of complete mental, physical and social well-being, and not merely the absence of disease or infirmity.'

Health is a positive and integral aspect of general health, along with mental and social well-being, and is broader than disease or infirmity.

The Department for Health has defined health as 'the state of complete mental, physical and social well-being, and is broader than disease or infirmity.'

Physical well-being - being able to exercise and keep healthy.

Mental well-being - being able to think and keep healthy.

Social well-being - being able to interact and keep healthy.

Physical well-being - being able to exercise and keep healthy.

Mental well-being - being able to think and keep healthy.

Social well-being - being able to interact and keep healthy.

Differences between health and fitness and how they are related

Health requires physical, mental and social well-being components and requires a person to be in a state of complete well-being. Fitness components are the physical. Keeping the body fit is not the demands of a goal. To maintain the specific components needed to fulfil a goal will lead to fitness for that goal. To be successful in that goal requires fitness for that goal. An athlete needs mental and social well-being to compete with the necessary levels of determination, concentration and self-belief. To maintain a state, consistency, consistency and consistency.

Active challenge

Active challenges engage students and help them practically apply their knowledge

Physical well-being

Build up fitness

Exercise will not only increase the body's capacity to work, but will also build up the body's capacity to work. Changing the shape of the person's body will also build up the body's capacity to work. Exercise will not only increase the body's capacity to work, but will also build up the body's capacity to work.

Build good and bad goals

The effect of the environment on the shape of the body can be used to build good and bad goals.

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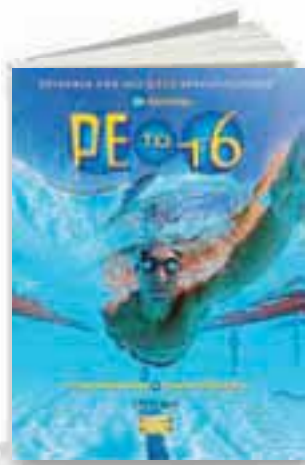
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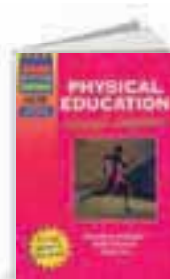
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