

Our Lady's Catholic College
Pe Dept 2020
BTEC Level 3 Sport
YR11-12 Bridging Work

This bridging work is to help you bridge the gap between GCSE PE or BTEC Sport and your Level 3 BTEC Sport Course.

Why do bridging work?

Preparation is crucial for studying Sport. After completing these exercises you will need to highlight any areas that you really had trouble understanding. We are expecting you to put 100% into these tasks to show your commitment to the course.

Is the bridging work assessed?

You will be asked to bring your bridging work to your interview for sixth form and to your first lesson. To be prepared for the course, you should buy a lever arch folder and dividers to help organise your notes. Please keep all the work you complete in this folder until then.

BTEC Sport Course details

We study the BTEC Sport Extended Certificate which contains the following units:

Unit 1–Anatomy and Physiology – externally assessed

Unit 2–Fitness training and Programming – externally assessed

Unit 3–Professional Development in the sports industry - coursework

Unit 5–Fitness testing principles - coursework

If you would like to find out more about the course the specification can be found out the following website:

<https://qualifications.pearson.com/en/qualifications/btec-nationals/sport-2016.html>

Within this course there are parts that will be familiar from GCSE PE and BTEC courses that you have studied in year 10 and 11. As with all parts of sixth form, this will require you to be extremely organised with your notes and also with your coursework. You will be expected to make notes on your work outside of lesson, to ensure you have learned the exam content and to complete all your homework and research tasks on time and with your best effort. This bridging work focuses on Unit 1 work which is externally examined but is also intended to help you develop and practice some of the independent learning skills that are required to be successful on this course. It also links with other units and is the basis of the information you will need to relate to different sporting examples that crop up in assessments. If you have any questions on any of this work please contact me via email at

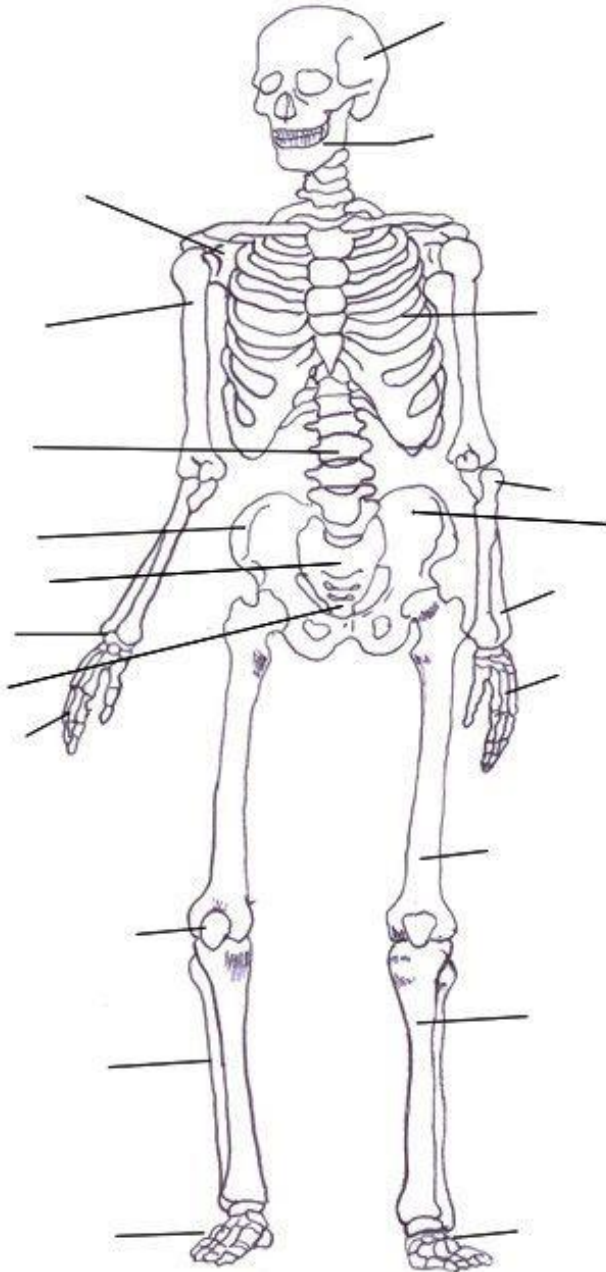
c.brench@olcc.lancs.sch.uk

Section A - The Skelton

Label the diagram of the skeleton below

Use the list of bones at the bottom of the page. Label the bones you already know in 1 colour then use the following website to help you label the rest in a different colour.

<https://www.bbc.co.uk/bitesize/guides/z2gyrdm/revision/1>



Sketch by Abhishake Sharma

DIAGRAM OF SKELETON

cranium, clavicle, ribs, sternum, scapula, humerus, radius, ulna, carpals, metacarpals, phalanges, pelvis, vertebral column (cervical, thoracic, lumbar, sacrum, coccyx), femur, patella, tibia, fibula, tarsals, metatarsals.

Complete the table below identifying where the bones are located in the body with a description.

Name of Bone	Description of location
Cranium	The upper and main part of the skeleton

Different Types of bone

The skeleton is made up of bones of varying sizes and shapes. They are like this because they have different functions and jobs. Use the link below to help you complete the table about the types of bones.

<https://www.visiblebody.com/learn/skeleton/types-of-bones>

Bone Types	Appearance (draw)	Function (job)	Examples
Long			
Short			
Flat			
Irregular			
Sesamoid			

Testing yourself – It's really important you can recall these bones quickly and accurately so practice learning their names and locations through the online games below

Online games

Type in to google 'Anatomy Arcade' and the website should pop up

<http://anatomyarcade.com/index.html>

This is a good website and offers lots of games and levels.

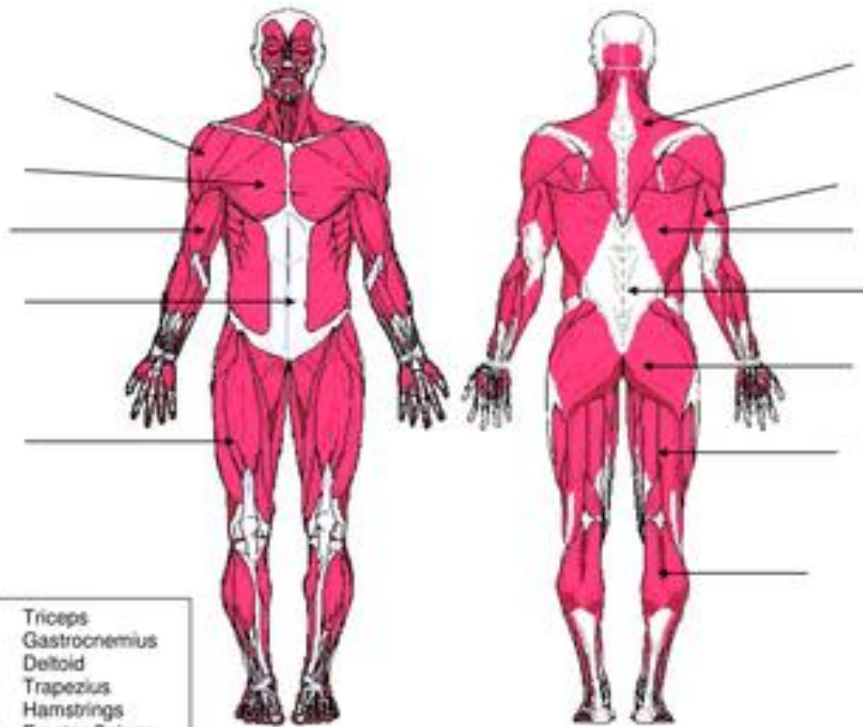
If this does not work try the link below as these are the best two games and try to get to level 3.

<http://www.anatomyarcade.com/games/WAB/WAB.html> Whack a bone

Section B – The Muscular system

Use the list of muscles at the bottom of the page. Label the muscles you already know in 1 colour then use the following website to help you label the rest in a different colour.

Major muscles of the human body



Abdominals	Triceps
Biceps	Gastrocnemius
Quadriceps	Deltoid
Pectoralis major	Trapezius
Latissimus Dorsi	Hamstrings
Gluteus Maximus	Erector Spinae

Muscle movement

Use the link below to help you find out about the following key terminology concerned with muscle movement. Try to complete what you know in one colour. Then using the link complete the rest in another colour. You are mainly looking for definitions of the words. In other words what they mean. Add a little diagram if it helps

<https://studylib.net/doc/8206983/muscle-movement--types-and-names>

Key terms of muscle movement	Description definition	Diagram
Origin		
Insertion		
Flexion		
Extension		
Hyperextension		
Adduction		
Abduction		
Rotation		
Circumduction		

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<http://www.anatomyarcade.com/games/PAM/PAM.html> Poke a muscle

Poke-A-Muscle - Anatomy Arcade

POKE-A-MUSCLE Description: Poke-A-Muscle is designed to help the learning of the major superficial muscles of the body. Hunt for muscles with an x-ray scanner and poke the right muscles with your finger. There are 10 stages in all that will challenge most students of anatomy.

www.anatomyarcade.com

Extension tasks, further reading and research

In order to develop your knowledge outside of lessons we will often set tasks that involve you researching information. It is important you get used to finding and evaluating the information you discover.

The following websites contain videos and information that will help to reinforce your understanding of the work you have completed.

VISIBLEBOBY.COM

Innerbody.com

Specific searches of YouTube videos are very useful to look back over topics and have someone else explain to you. Different approaches involving the same information can really help you to remember things.

You may also like to broaden your knowledge of other topics we cover which may be of interest to you. Below are some topics to explore.

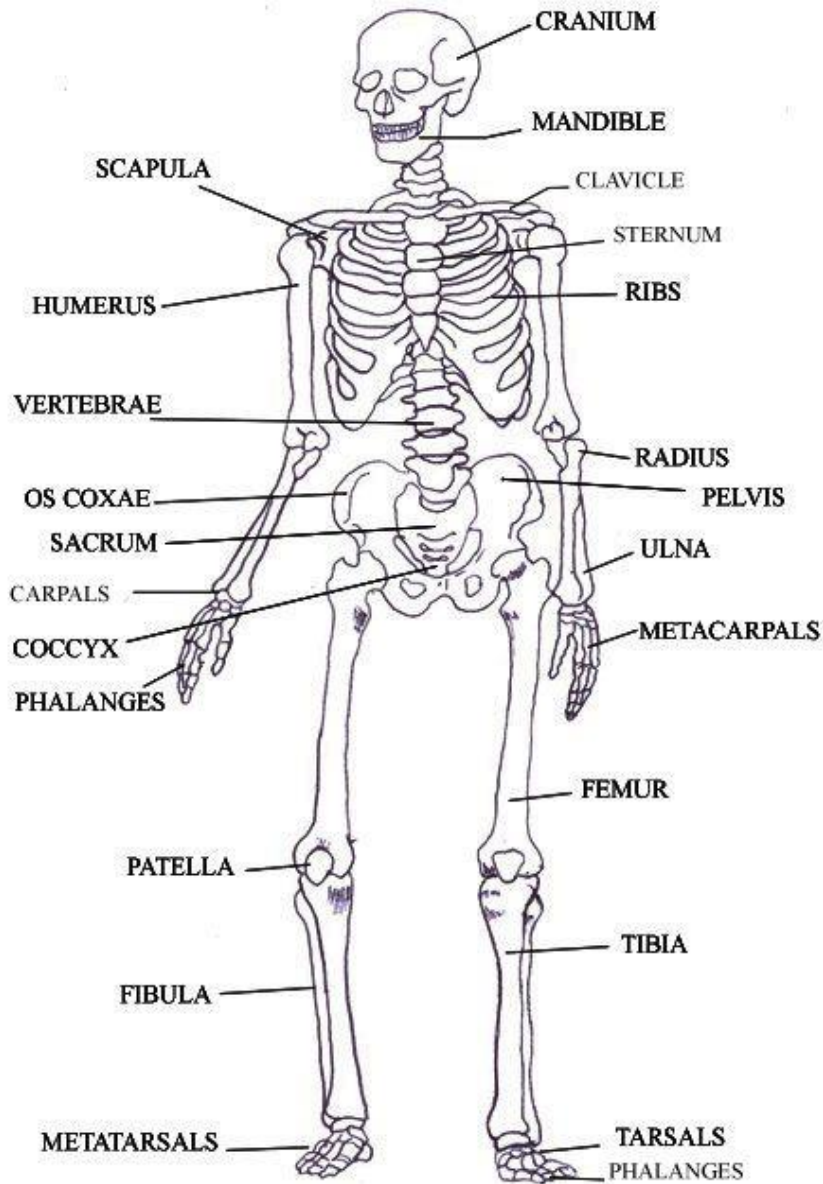
How does a bone repair itself?

Different types of muscles fibres and their uses.

What is happening when muscles contract?






What different types of muscle movement are there?

Answers



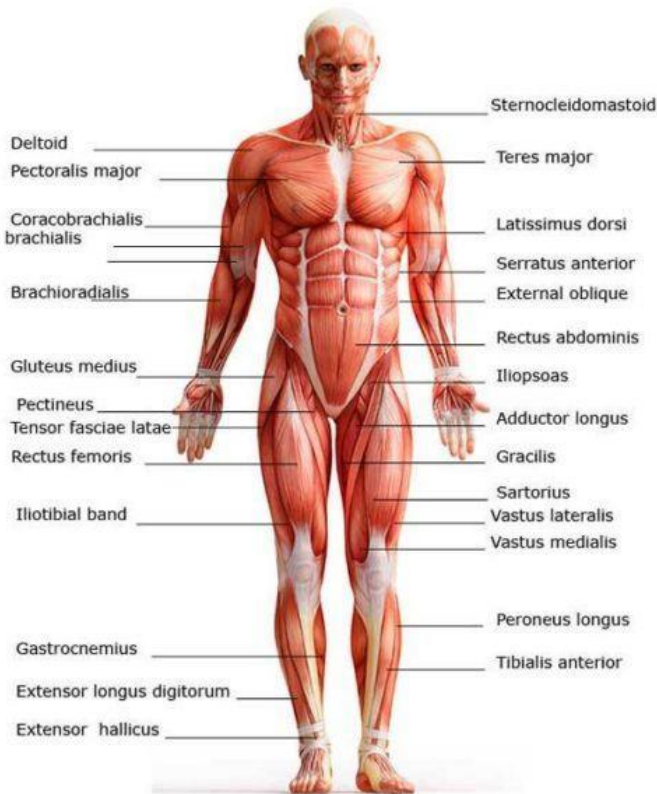
Sketch by Abhishake Sharma

LABELED DIAGRAM OF SKELETON

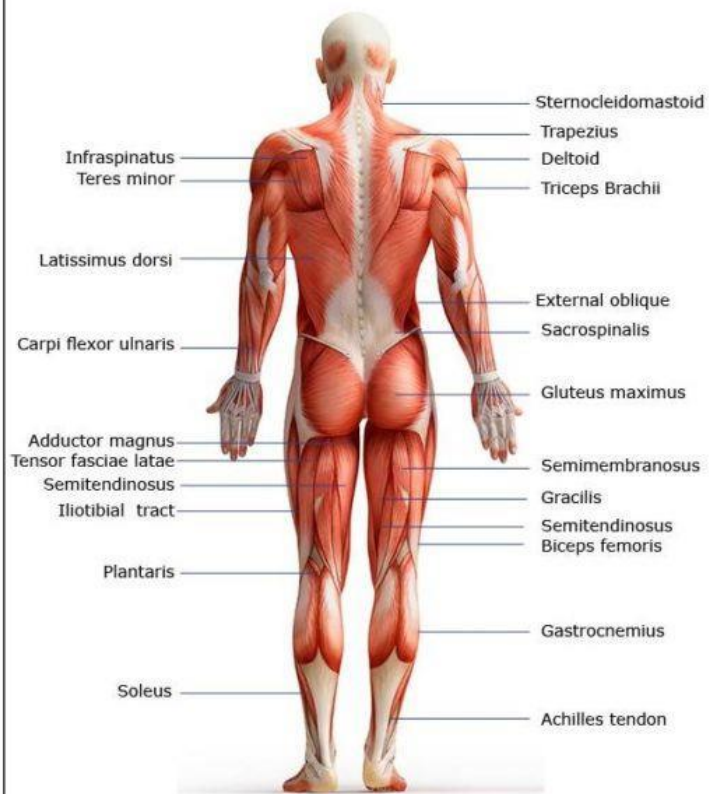
Bone Types	Appearance	Function	Picture	Example(s)
Long Bones	Longer Than They Are Wide	Mechanical Strength		Femur Tibia Fibula Humerus Ulna Radius
Short Bones	Cube-shaped	Multi-directional Motion		Carpal Bones (Of The Hands/Wrists) And The Tarsal Bones (Of The Feet/Ankles).
Flat Bones	Thin And Flat Has Large Surfaces For Muscle Attachments	Mechanical Protection to Soft Tissues Beneath		-Cranial Bones -Sternum -Ribs -Scapulae
Irregular Bones	Complicated Shapes that cannot be Classified as "Long", "Short" or "Flat".	Provides Major Mechanical Support for the Body Vertebra Protects the Spinal Cord		-Vertebrae -Hyoid Bone -Sphenoid Bone -Facial Bones.
Sesamoid Bones	Most Sesamoid Bones Are Un-named.	Protects From Additional Friction And Use - can form in Palms And Soles		Only One Type Of Sesamoid Bone Is Present In All Normal Human Skeletons So It Has A Name; The Patella.

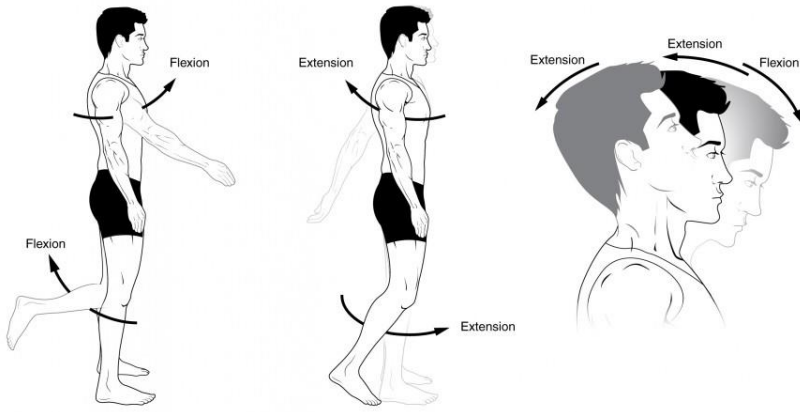
Section B

Major Anterior Muscles



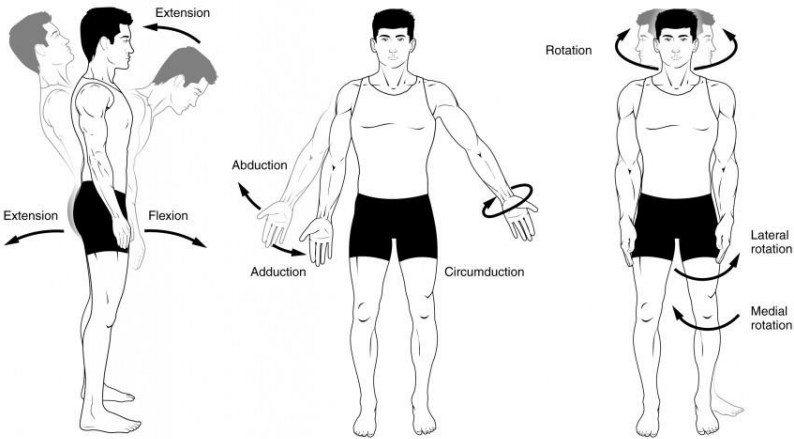
Major Posterior Muscles





(a) and (b) Angular movements: flexion and extension at the shoulder and knees

(c) Angular movements: flexion and extension of the neck



(d) Angular movements: flexion and extension of the vertebral column

(e) Angular movements: abduction, adduction, and circumduction of the upper limb at the shoulder

(f) Rotation of the head, neck, and lower limb