

BTEC First Diploma in Sport

Unit 1 The Body in Sport

Unit 1

The Body in Sport

Learning Outcomes

On completion of this unit a learner should:

1 Understand the skeleton and how it is affected by exercise

2 Understand the muscular system and how it is affected by exercise

3 Understand the cardiovascular system and how it is affected by exercise

4 Understand the respiratory system and how it is affected by exercise

5 Know the fundamentals of the energy systems.

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Unit 1- Front Cover Sheet

The Body in Sport Assessment Part 1

P1 P2 P3 P4 M1 M2 M3 D1 D2

Student Name _____

Tutor Name _____

Assignment Start Date _____

Assignment Deadline Date _____

Verification Date _____

Assignment Background

You are completing a work experience placement with the PE Department in your School. The PE Department have asked you to produce a set of teaching aids for students, which will develop students knowledge and understanding of the body in sport.

Setting

You are completing a work experience placement with the PE Department at your school. The PE Department have asked you to produce a teaching aid for students, which will develop their knowledge and understanding of the muscular and skeletal systems and their roles in sporting activity.

Unit 1 Body in Sport – Assessment Part 1
Assessment decision and internal verification

Unit criteria Achieved?	Yes / No	Assessors comments
P1		
P2		
P3		
P4		
M1		
M2		
M3		
D1		
D2		

Internal verifier comments

Assessors signature: _____

Date: _____

IV assessors signature: _____

Date: _____

The Body in Sport

Unit 1 – Part 1

Learning Outcomes

Outcome 1 – Understand the skeleton and how it is affected by exercise

Outcome 2 – Understand the muscular system and how it is affected by exercise

Tasks:

Produce a teaching resource using relevant diagrams and pictures, which describes and explains the structure and functions of the muscular and skeletal systems.

To achieve a **PASS** grade:

- 1. Describe the structure and function of the skeleton, and how bones grow (ossification)**
(P1)
- 2. Describe the different types of muscle, the major muscles in the body, and how muscles move**
(P3)
- 3. Identify the effects of exercise on skeletal muscles and on bones & joints**
(P2 / P4)

In order to achieve a **Merit** Grade, you must: -

- 1. Identify the movement types occurring at the major synovial joints during three different types of physical activity e.g. Over-arm cricket bowl; Hockey Push Pass; Breast-stroke arm pull (M1)**
- 2. Explain the effects of exercise on bones and joints**
(M2)
- 3. Give examples of different types of muscular contraction from 4 different physical activities**
(M3)

In order to achieve a **DISTINCTION** grade, you must ALSO: -

- 1. Analyse the 4 sporting movements, detailing the muscular and skeletal actions and contractions necessary**
(D1)
- 2. Analyse the effects of exercise on the muscular and skeletal systems**
(D2)