

Sixth Form Sport and Physical Activity

One of the key areas you will be assessed upon is the 'Body Systems' unit, for each of the topics below you should research what they are, you could then record your research as notes, diagrams, spider diagrams or bullet points.

Skeletal System

Axial Skeleton

Appendicular Skeleton

Function of the Skeleton

Types of bone in the Skeleton

Classifications of joints

Types of synovial Joints

Structure and function of synovial joints

Joint movements

Structure of vertebral column

Impact of physical activity on the skeletal system

Muscular System

Main muscles acting at synovial joints

Types of muscle function

Types of muscle contraction

Structure and function of muscle fibre types

Link between fibre types and performance

Impact of physical activity on muscular system

Cardiovascular System

Structure of the heart

Stroke volume, heart rate and cardiac output

Structure of blood vessels

Components and functions of blood

Vascular shunt mechanism

Impact of physical activity on the cardiovascular system

Respiratory system

Structure of roles of the lungs

Respiratory muscles during exercise

Mechanics of breathing

Gaseous exchange at the alveoli

Tidal volume, breathing frequency and minute ventilation

Impact of physical activity on the respiratory system

Energy Systems

ATP-PC

Lactic acid system

Aerobic System

Energy continuum

Recovery process for energy systems