

## BTEC Sport

Pre-Course Task

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### Task and Resources Required

#### Tasks

Unit 1 of the BTEC course is a physiology and anatomy exam. The questions below will help you start to understand some of this content needed for the January exam.

- 1) Rose is a road runner. Two of the functions of the skeleton are to provide leverage and weight bearing. Explain how the skeletal functions of leverage and weight bearing are used when Rose runs. (4 marks)
- 2) The skeletal system has a number of functions other than leverage and weight bearing. State **two other** functions of the skeletal system. (2 marks)
- 3) Describe how the mechanism of breathing for **inspiration** changes during **exercise**. (4 marks)
- 4) Asthma is a condition that affects the respiratory system. Explain **one** way in which asthma affects breathing. (3 marks)
- 5) Describe the flow of blood from the right atrium through the heart to the pulmonary artery. (3 marks)
- 6) Describe the 3 main Energy Systems: **ATP-PC system**, **Lactic Acid System** and the **Aerobic System**.
  - Additionally, provide examples of when these energy systems are used in different sports.

#### Additional Information

This task should be completed in order for you to be able to present in the first week back.

If you have any questions or need additional support with the pre-course task then please contact me via email: [spl@rws.uk.net](mailto:spl@rws.uk.net)

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