

Unit 3: Applying the Principles of Personal

Learning aim B: Know about the musculoskeletal and cardiorespiratory system and the effects on the body

Assignment 2

<u>Success criteria</u>	<u>Unit 3 assignment 2 checklist</u>	<u>Included</u>
2B.P2	1 x hand written labelled diagram of the skeletal muscles.	
2B.P2	1 x hand written labelled diagram which includes the main bones of body.	
2B.P2	Define the term joint.	
2B.P2	Describe the movement that occurs at a hinge joint (Flexion and extension)	
2B.P2	1 x picture of the hinge joint found at the Elbow.	
2B.P2	A sporting example explaining the movement that occurs at the elbow during a skill.	
2B.P2	1 x picture of the hinge joint found at the knee.	
2B.P2	A sporting example explaining the movement that occurs at the knee during a skill.	
2B.P2	Describe the movement that occurs at the ball and socket joint (Abduction, adduction, circumduction, rotation and horizontal Abduction and adduction)	
2B.P2	1 x picture of the ball and socket joint found at the shoulder.	
2B.P2	A sporting example explaining the movement that occurs at the ball and socket joint found at the shoulder during a skill.	
2B.P2	1 x picture of the ball and socket joint found at the hip.	
2B.P2	A sporting example of the movement that occurs at the ball and socket joint found at the hip during a skill.	
2B.P2	1 x labelled diagram of the heart	
2B.P2	1 x labelled diagram of the respiratory system	
2B.P2/M2	Explain the Function of the respiratory system.	
2B.P2/M2	Explain the function of the heart.	

Task 2

<u>Success criteria</u>	<u>Unit 3 assignment 2 checklist</u>	<u>Included</u>
	Produce a poster which includes the following:	
2B.P3/M2	The effects of warm up on the range of movement at a joint.	
2B.P3/M2	The effect of progressive overload on the muscles and how it can encourage micro tears	
2B.P3/M2	The increased build-up of lactic acid when the main component of fitness session is intense	
2B.P3/M2	The effect of fitness training on the heart rate and breathing rate and why this happens.	