|  |  |  |  |
| --- | --- | --- | --- |
| **Unit 1 - Principles of Anatomy & Physiology in Sport Assignment Sheets** | R | A | G |
| ***Assignment 1- The Skeletal System*** |  |  |  |
| Criteria |  |  |  |
| P1 Describe the structure and function of the skeletal system |  |  |  |
| P2 Describe the different classifications of joints |  |  |  |
|  |  |  |  |
| ***Assignment 2- The Muscular System*** |  |  |  |
| Criteria |  |  |  |
| P3 Identify the location of the major muscles in the human body |  |  |  |
| P4 Describe the function of the muscular system and the different fibre types |  |  |  |
| M1 Explain the function of the muscular system and the different fibre types |  |  |  |
| D1 Analyse the function of the muscular system and the different fibre types |  |  |  |
|  |  |  |  |
| ***Assignment 3- The Cardiorespiratory & Energy Systems*** |  |  |  |
| Criteria |  |  |  |
| P5 Describe the structure and function of the cardiovascular system |  |  |  |
| M2 Explain the function of the cardiovascular system |  |  |  |
| P6 Describe the structure and function of the respiratory system |  |  |  |
| M3 Explain the function of the respiratory system |  |  |  |
| P7 Describe the three different energy systems and their use in sport and exercise activities. |  |  |  |
| M4 Explain the three different energy systems and their use in sport and exercise activities. |  |  |  |
| D2 Analyse the three different energy systems and their use in sport and exercise activities. |  |  |  |
|  |  |  |  |
| **Unit 2 - Physiology of Fitness** | R | A | G |
| ***Assignment 1- The bodies reponse to acute exercise*** |  |  |  |
| Criteria |  |  |  |
| P1 Describe the musculoskeletal and energy systems response to acute exercise |  |  |  |
| M1 Explain the response of the musculoskeletal, cardiovascular and respiratory systems to acute exercise |  |  |  |
| P2 Describe the cardiovascular and respiratory systems responses to acute exercise |  |  |  |
|  |  |  |  |
| ***Assignment 2- The bodies response to chornic exercise*** |  |  |  |
| Criteria |  |  |  |
| P3 Describe the long-term effects of exercise on the musculoskeletal system and energy systems |  |  |  |
| M2 Explain the long-term effects of exercise on the musculoskeletal, cardiovascular, respiratory and energy systems |  |  |  |
| P4 Describe the long-term effects of exercise on the cardiovascular and respiratory systems |  |  |  |
|  |  |  |  |
| ***Assignment 3- The effects of exercise of the body*** |  |  |  |
| Criteria |  |  |  |
| P5 Collect physiological data to investigate the effects of exercise on the musculoskeletal, cardiovascular, respiratory and energy systems, with tutor support |  |  |  |
| M3 Collect physiological data to investigate the effects of exercise on the musculoskeletal, cardiovascular, respiratory and energy systems, with limited tutor support |  |  |  |
| D1 Independently investigate the physiological effects of exercise on the musculoskeletal, cardiovascular, respiratory and energy systems |  |  |  |
| P6 Review physiological data collected, describing the effects of exercise on the musculoskeletal, cardiovascular, respiratory and energy systems. |  |  |  |
| M4 Review physiological data collected, explaining the effects of exercise on the musculoskeletal, cardiovascular, respiratory and energy systems. |  |  |  |
| D2 Review physiological data collected, analysing the effects of exercise on the musculoskeletal, cardiovascular, respiratory and energy systems. |  |  |  |
|  |  |  |  |
| **Unit 3- Assessing Risk in Sport** | R | A | G |
| ***Assignment 1- The Legal System and Sport*** |  |  |  |
| **Criteria** |  |  |  |
| P1 DESCRIBE four legislative factors that influence health and safety in sport |  |  |  |
| M1 COMPARE and contrast the influences of legislation, legal factors and regulatory bodies on health and safety in sport |  |  |  |
| P2 DESCRIBE the legal factors and regulatory bodies that influence health and safety in sport |  |  |  |
|  |  |  |  |
| ***Assignment 2- Risk Assessment in Sport*** |  |  |  |
| Criteria |  |  |  |
| P3 Carry out risk assessments for two different sports activities, with tutor support |  |  |  |
| M2 Independently carry out risk assessments for two different sports activities |  |  |  |
| D1 Review the risk assessment controls and evaluate their effectiveness |  |  |  |
|  |  |  |  |
| ***Assignment 3- Health & Safety in Sport*** |  |  |  |
| Criteria |  |  |  |
| P4 Describe three procedures used to promote and maintain a healthy and safe sporting environment |  |  |  |
| M3 Explain three procedures used to promote and maintain a healthy and safe sporting environment |  |  |  |
| D2 Analyse three procedures used to promote and maintain a healthy and safe sporting environment. |  |  |  |
| P5 Produce a plan for the safe delivery of a selected sports activity and review the plan. |  |  |  |
| M4 Explain the plan for the safe delivery of a selected sports activity and review the plan. |  |  |  |
|  |  |  |  |
| **Unit 7- Fitness Testing for Sport and Exercise** | R | A | G |
| ***Assignment 1- Understanding Fitness Testing*** |  |  |  |
| Criteria |  |  |  |
| P1 Describe one test for each component of physical fitness, including advantages and disadvantages |  |  |  |
| M1 Explain the advantages and disadvantages of one fitness test for each component of physical fitness |  |  |  |
|  |  |  |  |
| ***Assignment 2- Health Screening*** |  |  |  |
| Criteria |  |  |  |
| P2 Prepare an appropriate health screening questionnaire |  |  |  |
| P3 Devise and use appropriate health screening procedures for two contrasting individuals |  |  |  |
| P4 Safely administer and interpret the results of four different health monitoring tests for two contrasting individuals |  |  |  |
| M2 Describe the strengths and areas for improvement for two contrasting individuals using information from health screening questionnaires and health monitoring tests |  |  |  |
| D1 Evaluate the health screening questionnaires and health monitoring test results and provide recommendations for lifestyle improvement |  |  |  |
|  |  |  |  |
| ***Assignment 3- Performing and Analysing Fitness Tests*** |  |  |  |
| Criteria |  |  |  |
| P5 Select and safely administer six different fitness tests for a selected individual recording the findings |  |  |  |
| M3 Justify the selection of fitness tests commenting on suitability, reliability, validity and practicality |  |  |  |
| P6 Give feedback to a selected individual, following fitness testing, describing the test results and interpreting their levels of fitness against normative data. |  |  |  |
| M4 Compare the fitness test results to normative data and identify strengths and areas for improvement. |  |  |  |
| D2 Analyse the fitness test results and provide recommendations for appropriate future activities or training |  |  |  |