

Pre-C6th Home Study

UNIVERSAL PROJECT FOR YEAR 11 HOME LEARNING -
CTEC SPORTS SCIENCE

THE BRIEF

CONDUCT FURTHER RESEARCH INTO AN AREA OF APPLIED ANATOMY AND PHYSIOLOGY THAT INTERESTS YOU.

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CREATE A QUESTION

WHAT ARE THE FUNCTIONS OF THE CARDIOVASCULAR SYSTEM?
DESCRIBE THE MECHANICS OF BREATHING?
HOW MIGHT THIS BE AFFECTED BY EXERCISE?
DESCRIBE HOW A MUSCLE CONTRACTS.

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CREATE YOUR PRODUCT

A POWERPOINT OR USE CANVA TO PRODUCE A POSTER OR MAGAZINE.
DRAW A PICTURE TO REPRESENT GASEOUS EXCHANGE AT THE ALVEOLI AND MUSCLES. CREATE A QUIZ FOR YOUR FAMILY. USE POST IT NOTES TO PIN THE MUSCLE/BONE ON THE PERSON!

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[HTTPS://WWW.YOUTUBE.COM/WATCH?V=YCMZ8Q4BUYM](https://www.youtube.com/watch?v=YCMZ8Q4BUYM)

(CARDIOVASCULAR SYSTEM)

[HTTPS://WWW.YOUTUBE.COM/WATCH?](https://www.youtube.com/watch?v=OTHNMOAXSNS&list=PLZH4KOIN3WAQKL76NPIWUROLRJDG65K16)

[V=OTHNMOAXSNS&LIST=PLZH4KOIN3WAQKL76NPIWUROLRJDG65K16](https://www.youtube.com/watch?v=OTHNMOAXSNS&list=PLZH4KOIN3WAQKL76NPIWUROLRJDG65K16)

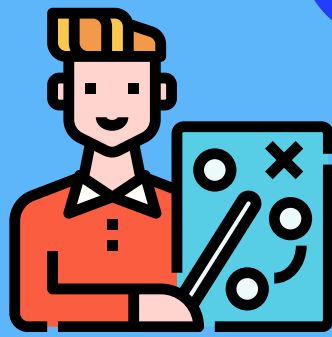
(MUSCLES AND MOVEMENT)

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=LPMI49WR6PG](https://www.youtube.com/watch?v=LPMI49WR6PG) (MUSCLE CONTRACTION)

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=VWEHWYRX2QS](https://www.youtube.com/watch?v=VWEHWYRX2QS) (RESPIRATORY MECHANICS)

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=1R9YZ8HTNI8](https://www.youtube.com/watch?v=1R9YZ8HTNI8) (GASEOUS EXCHANGE)

STEP
01



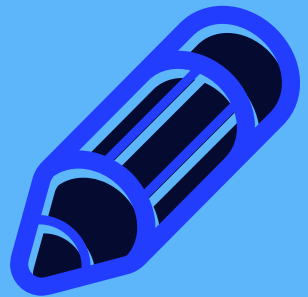
WHAT TO INCLUDE

YOU SHOULD INCLUDE ACCURATELY LABELLED DIAGRAMS. EG BONES ON THE SKELETON OR MUSCLES IN THE MUSCULAR SYSTEM
WHAT ABOUT THE STRUCTURE OF THE HEART?
CONSIDER THE LONG TERM EFFECTS OF EXERCISE ON EACH OF THE BODY SYSTEMS LISTED ABOVE.

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STEP
02

STEP
03



DO YOUR RESEARCH

CREATE TABLES TO MAKE YOUR NOTES.

E.G. FOR JOINTS USE THE FOLLOWING HEADINGS:

- JOINT NAME
 - JOINT TYPE
 - ARTICULATING BONES
 - MOVEMENTS POSSIBLE
-

STEP
04

STEP
05

