

SPORT PROJECT

EXTENDED CERTIFICATE



INTRODUCTION



- **OVER THE NEXT FEW WEEKS YOU ARE BEING ASKED TO COMPLETE TWO TASKS BASED AROUND A PROFESSIONAL/HIGH LEVEL SPORTS TEAM OF YOUR CHOOSING E.G. MANCHESTER UNITED, THE BRITISH CYCLING TEAM OR AN INDIVIDUAL PERFORMER THAT WILL HAVE A SUPPORTING TEAM AROUND THEM.**
- **THE PROJECT WILL LOOK AT 'ANATOMY AND PHYSIOLOGY', WHICH IS THE TOPIC FOR YOUR FIRST UNIT AND EXAM.**
- **YOU WILL NEED TO DO SOME RESEARCH TO COMPLETE THE TASKS. USE THE LINK ON EACH PAGE AS A STARTING POINT.**



DEADLINES

ONCE YOU HAVE COMPLETED THE TASKS YOU NEED TO SEND THEM TO:

- **MR MEPHAM— JAMES.MEPHAM@TDA.EDUCATION**

BY FRIDAY 7TH JUNE

ANATOMY AND PHYSIOLOGY

TASK 1 – MOVEMENT ANALYSIS

FOR THE SPORT YOU HAVE CHOSEN IDENTIFY 3 SIMPLE SKILLS THAT ARE PERFORMED. FOR THE EXECUTION PHASE COMPLETE A TABLE THAT INCLUDES THE FOLLOWING INFORMATION:

SKILL	BONES INVOLVED	MUSCLES INVOLVED	JOINT/S INVOLVED

DESCRIBE THE MOVEMENT THAT IS TAKING PLACE DURING EACH SKILL USING SOME OF THE FOLLOWING WORDS: FLEXION, EXTENSION, ABDUCTION, ADDUCTION, ROTATION AND CIRCUMDUCTION. (YOU CAN ADD THIS AS A COLUMN ON THE END OF YOUR TABLE OR IN A SEPARATE PIECE OF WORK.)

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ANATOMY AND PHYSIOLOGY

TASK 2 – CIRCULATORY AND RESPIRATORY SYSTEMS

PICK A PERFORMER ON YOUR TEAM AND COMPLETE ONE OF THE FOLLOWING TASKS

OPTION 1 – DISCUSS HOW THEIR HEART RATE AND BREATHING RATE WOULD CHANGE AT DIFFERENT POINTS IN THEIR PERFORMANCE.

OPTION 2 –DISCUSS HOW THEIR HEART RATE AND BREATHING RATE WOULD DIFFER DURING A PERFORMANCE IN COMPARISON TO SOMEONE PERFORMING IN A DIFFERENT POSITION. E.G. CENTRE VS GOALKEEPER IN NETBALL

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