

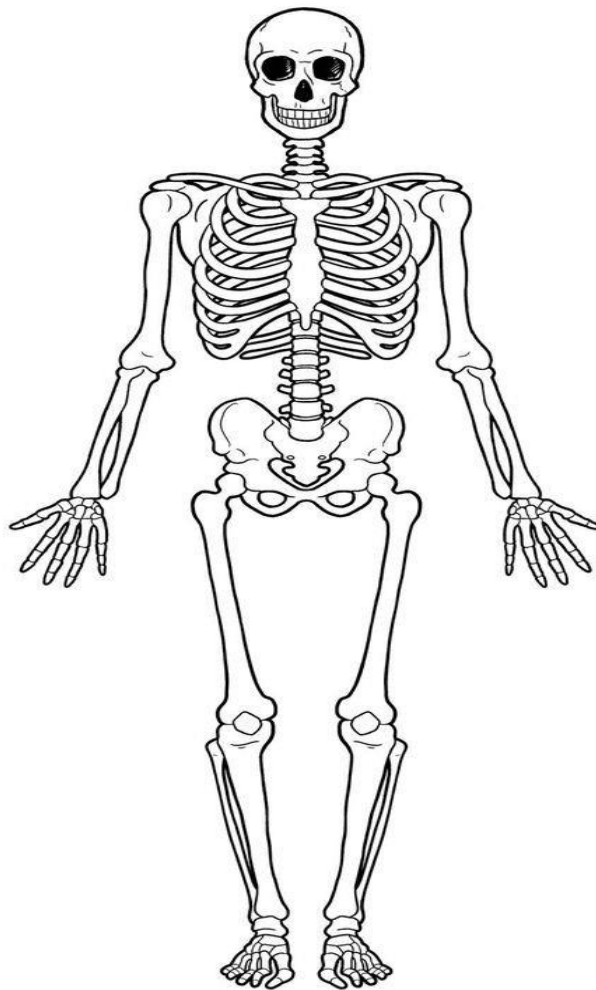
Name

Introduction to Anatomy and Physiology in Sport

Worksheet 1: The skeletal system

Using the link <https://www.bbc.co.uk/bitesize/guides/zq3sbk7/revision/1>
Read through the information on the skeletal system and then complete the following:

Label the diagram below with the major bones and identify the **axial** and **appendicular** structures by colouring in the different sections.

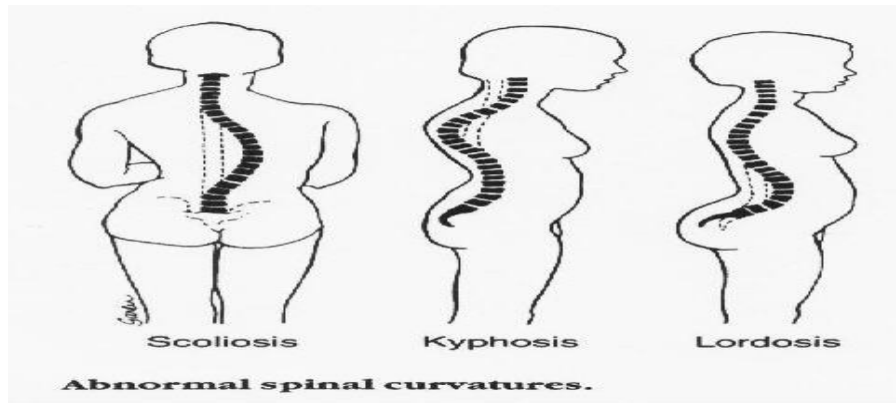


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Worksheet 2: Curvatures of the spine

There are three types of curvatures in the spine. Think of 3 sporting movement examples that could cause these curves. Be specific in your response for example – in a high jump movement going over the bar, it could cause hyper lordosis in the lower part of the back.



Curvature	Sporting movements
Scoliosis	
Kyphosis	
Lordosis	

Name

Worksheet 3: Joints

Watch the video -

<https://www.bing.com/videos/search?q=video+on+how+joints+move+in+sport&docid=607987353818958263&mid=32C91E68ED7A5FE4E20332C91E68ED7A5FE4E203&view=detail&FORM=VIRE>

Using the information gained, explore a sporting movement of your choice. Analyse what bones and joints are used within the movement and how the movement is created. Discuss this in as much detail as you can, looking at the different joints within the movement, such as the arm has the shoulder (ball and socket), elbow (hinge) and the wrist (ellipsoid) – so during a rugby throw all of these joints would be used in different ways to create the movement. Use movement types such as flexion and rotation for example, to further your explanation

Sporting movement:

Name

Worksheet 4: Now test yourself

Play whack a bone - <http://anatomyarcade.com/games/WAB/WAB.html>

Complete the cross word - <http://www.moomoomath.com/skeletal-system-crossword-puzzle.html>

Try the quiz - https://www.softschools.com/quizzes/science/skeletal_system/quiz854.html