**BTEC Level Three Certificate in Sport**

Welcome to BTEC Sport! In September you will be starting four different units of coursework. These will include:

* Unit 1 – Principles of Anatomy and Physiology
* Unit 2 – The Physiology of Fitness
* Unit 3 – Assessing Risk in Sport
* Unit 7 – Fitness Testing for Sport and Exercise

The work listed below will help you with the start of your assignments for each unit. This work must be handed in on **Monday 9th September**.

**Unit 1 – Principles of Anatomy and Physiology**

* Find a diagram of the skeleton with labels.
* Find a diagram of the muscles with labels.
* Find a diagram of the cardiovascular system with labels.
* Find a diagram of the respiratory system with labels.

**Unit 2 – The Physiology of Fitness**

* Write down five effects of exercise on the body.

**Unit 7 – Assessing Risk in Sport**

* Find an example of a risk assessment in sport.

**Unit 7 – Fitness Testing for Sport and Exercise**

* Write down one fitness test for each component of fitness listed below:
	+ Flexibility
	+ Strength
	+ Aerobic Endurance
	+ Speed
	+ Power
	+ Muscular Endurance
	+ Body Composition

 