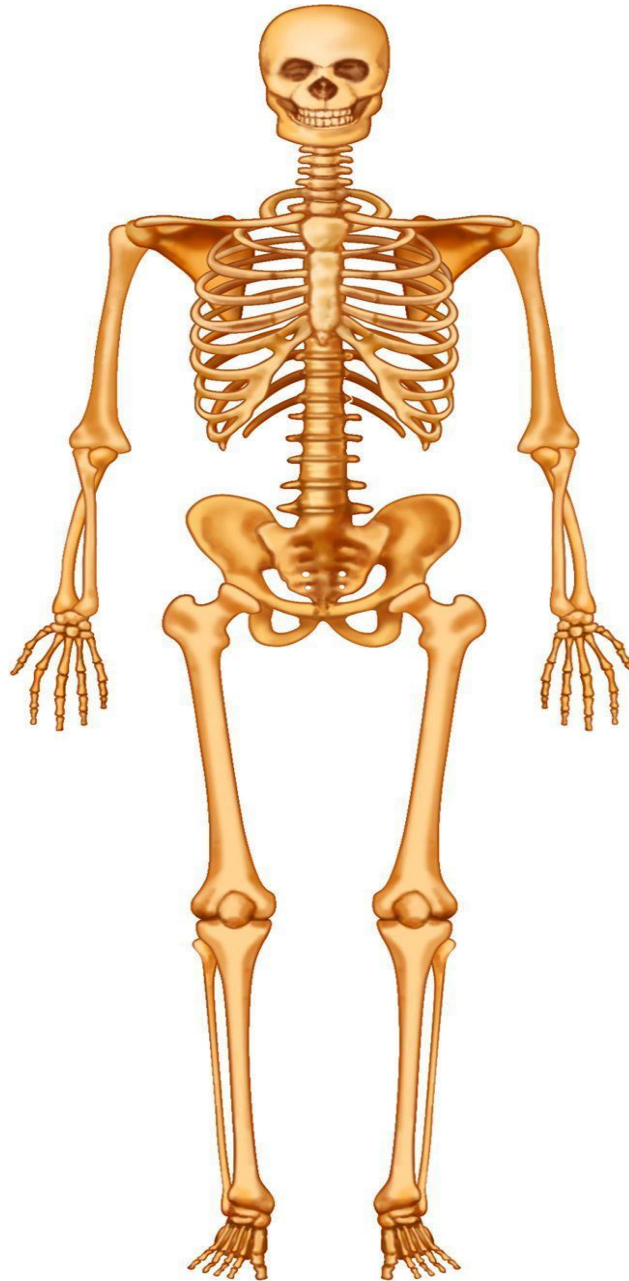


Name:

BTEC Sport Unit 1 - Induction Task 1

Task: Label the bones of the skeleton

To label diagrams on a computer please create text boxes



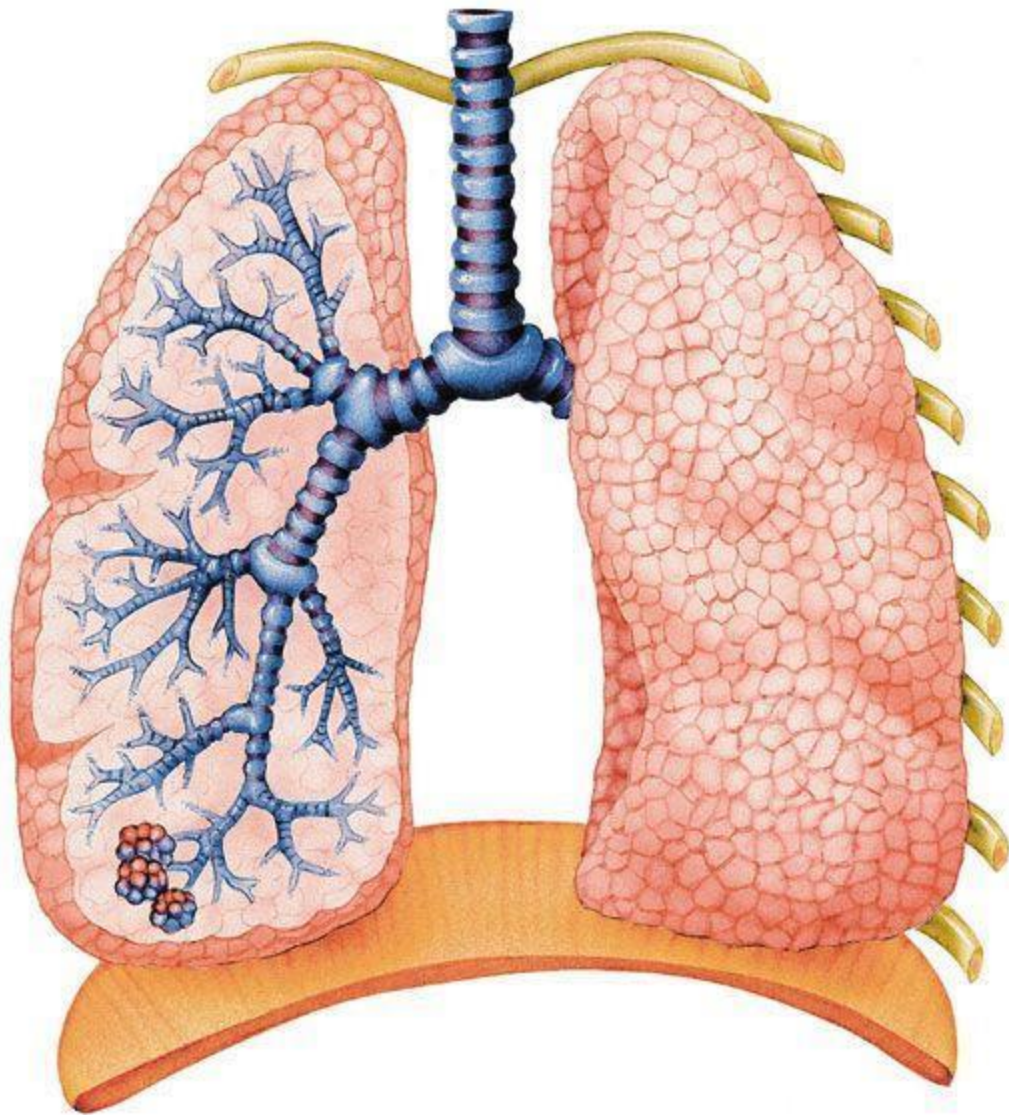
Phalanges	Sternum	Ulna	Radius	Pelvic Bones
Femur	Tibia	Fibula	Metatarsals	Phalanges
Tarsals	Patella	Carpels	Metacarpals	Humerus
Clavicle	Cranium	Ribs	Mandible	Scapula

Task: Label the Major Skeletal Muscles



Tricep	Deltoid	Pectoral	Bicep
Wrist Flexor	Wrist Extensor	Supinator	Pronator
Abdominal	Hip Flexor	Quadricep	Hamstring
Gastrocnemius	Soleus	Tibialis anterior	Trapezius
Erector spinae	Teres Major	Oblique	Gluteals
Latissimus Dorsi			

Task: Label the Respiratory System



Trachea

Lungs

Ribs

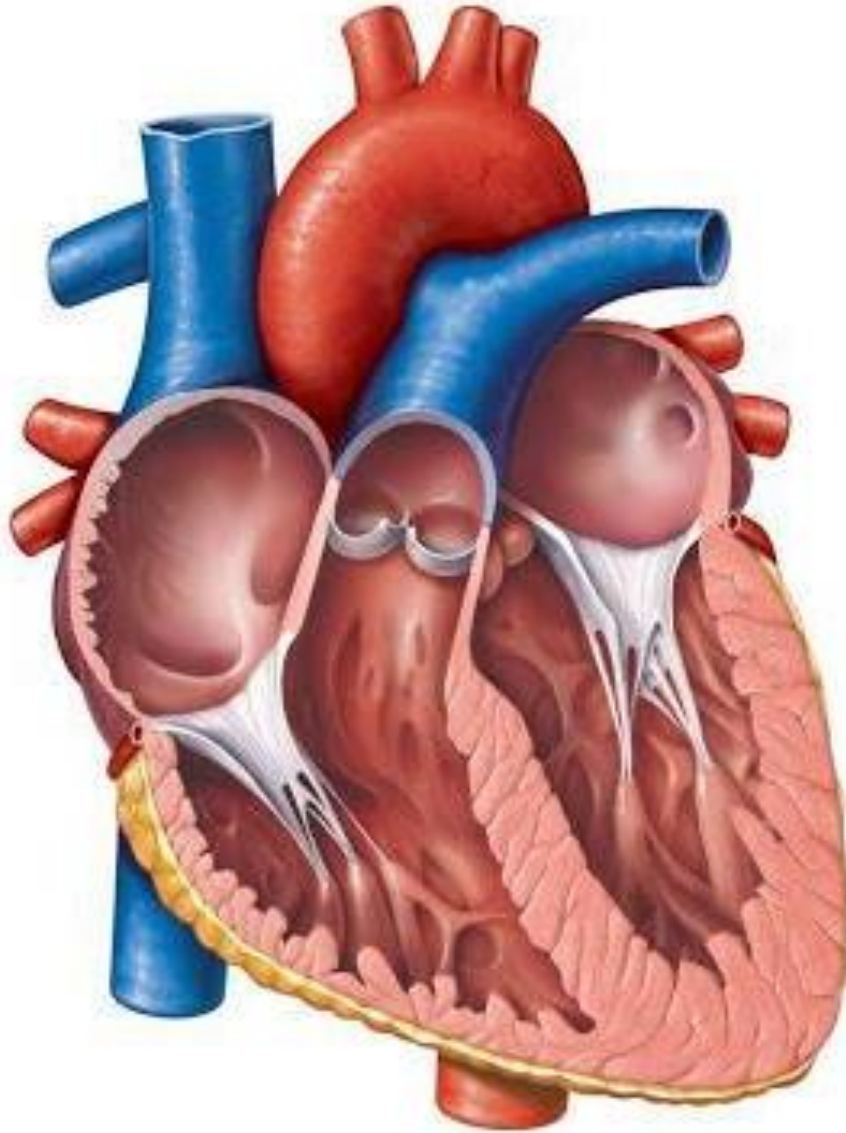
Bronchus

Bronchiole

Alveoli

Diaphragm

Task: Label the Components of the Heart



Vena Cava	Right Atrium	Left Atrium	Aorta
Pulmonary Artery	Pulmonary Valve	Tricuspid Valve	
Bicuspid Valve	Pulmonary Vein	Aortic Valve	Septum
Right Ventricle	Left Ventricle		

BTEC Sport Unit 2 - Induction Task 2

Unit 2 - Fitness Training & Programming for Health, Sport & Wellbeing

Exam Question - Expected length of answer 1 page

Analyse your own or a family member's lifestyle factors.

- What is good about their/your own lifestyle choices?
- What is bad about their/your own lifestyle choices?
- What changes should they/you make? Why?

Positive lifestyle factors:

Exercise/physical activity levels <https://www.youtube.com/watch?v=C92dVS8Nlw4>

Balanced diet: the components of a balanced diet, eat-well food plate, the benefits of a healthy diet, fluid intake requirements

Positive risk taking activities - outdoor and adventurous activities (endorphin release, improved confidence)

Government recommendations/guidelines: What are the UK Government recommendations for physical activity, alcohol and healthy eating?

<http://www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-adults.aspx>

Negative lifestyle factors

- Smoking: what are the health risks associated with smoking? (E.G. CHD and...)
- Alcohol: what are the health risks associated with excessive alcohol consumption? (E.G. stroke and...)
- Stress: what are the health risks associated with excessive stress? (E.G. hypertension and...)
- Sleep: what are the problems associated with lack of sleep? (E.G. depression and...)
- Sedentary lifestyle: what are the health risks associated with inactivity?

<https://getrevising.co.uk/diagrams/unit-2-fitness-training-and-programming-for>

<https://www.youtube.com/watch?v=IwbedY2ygfw>

Now use the following lifestyle modification techniques to choose what you think should be implemented to make positive lifestyle changes:

- Remove barriers to change: time, cost, transport, location.
- **Strategies to increase physical activity levels: at home, at work, during leisure time, method of transport.**
- Smoking cessation strategies: acupuncture, NHS smoking helpline, NHS smoking services, nicotine replacement therapy, Quit Kit support packs.
- **Strategies to reduce alcohol consumption: counselling, self-help groups, alternative treatments.**
- Stress management techniques: assertiveness training, goal setting, time management, physical activity, positive self-talk, relaxation, breathing techniques, meditation, alternative therapies, changes to work-life balance