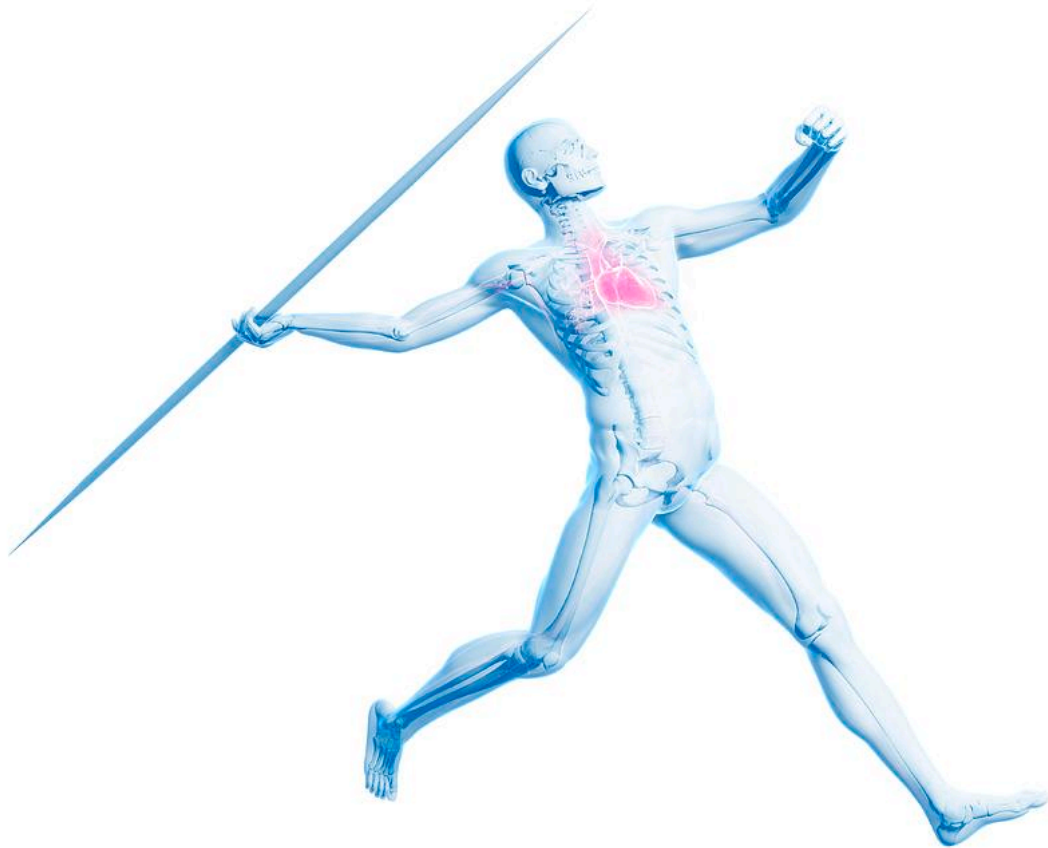


Unit 1: Anatomy and Physiology

Transition work – week 1



Name: _____

Section A – The effects of exercise and sports performance on the skeletal system

A1 - Structure of the Skeletal System

Location of Bones: You need to be able to locate all the major bones in the body.

TASK: Label the bones below on the skeleton.



WORD BANK

<i>Cranium</i>	<i>Clavicle</i>	<i>Ulna</i>	<i>Fibula</i>	<i>Sternum</i>
<i>Scapula</i>	<i>Pelvis</i>	<i>Patella</i>	<i>Ribs</i>	<i>Humerus</i>
<i>Femur</i>	<i>Vertebral column</i>	<i>Carpals</i>	<i>Radius</i>	<i>Tibia</i>
<i>Metacarpals</i>	<i>Phlanges</i>	<i>Tarsals</i>	<i>Metatarsals</i>	

Sections of the Skeleton:

TASK: On the skeleton picture, colour the parts of the body that are the axial skeleton, and in a different colour, highlight the appendicular skeleton

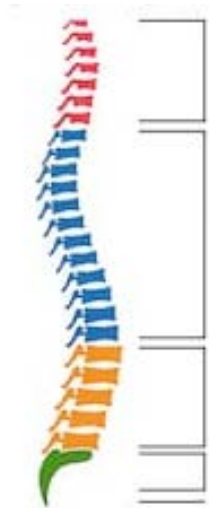
TASK:

Give 3 bones in the axial skeleton:

Give 3 bones in the appendicular skeleton:

Sections of the Vertebral Column:

TASK: Identify the; *sections of the vertebral column* on the diagram



Types of Bone

The different types of bone that make up the skeleton can be categorised into 5 categories, **describe** each one and give an **example**.

- **Long bones**

- **Short bones**

- **Flat bones**

- **Irregular bones**

- **Sesamoid bones**

A2 – Functions of skeletal system

TASK: Complete the table below with a description of each of the functions of the skeletal system.

Function	Description
Support	
Protection	
Source of blood cell production	
Store of Minerals	
Attachment for skeletal muscle	
Leverage	
Weight Bearing	
Reduce Friction across a joint	