

CTEC Sport Extended Certificate Summer task

Unit 1 Body Systems and the effects of physical activity

To support the KS4 GCSE and CNAT pupils at Nobel produce a booklet about the skeletal system. You need to include information and labelled diagrams on the following:

1.1 The axial and appendicular skeletons.

Axial skeleton, i.e.

- cranium
- sternum
- ribs
- vertebral column, i.e.
 - o cervical vertebrae
 - o thoracic vertebrae
 - o lumbar vertebrae
 - o sacrum
 - o coccyx

Appendicular skeleton, i.e.

- scapula
- clavicle
- humerus

radius

- ulna
- carpals
- metacarpals
- phalanges
- ilium
- ischium
- pubis
- femur
- patella
- tibia
- fibula
- tarsals
- talus
- metatarsals

1.2 The functions of the skeleton

- o shape
- o support
- o protection
- o movement
- o blood cell production
- o mineral storage

types of bone.

- o long
- o short
- o flat
- o irregular
- o sesamoid

1.3 Classifications of joints, i.e.

- fixed/fused
- slightly movable/cartilaginous
- freely movable/synovial

1.4 The types of synovial joint, i.e.

- hinge
- ball and socket
- pivot
- condyloid
- saddle
- gliding

1.5 Structures and functions (what they do) of synovial joints, i.e.

- structure, i.e.
 - o articular/hyaline cartilage
 - o ligaments
 - o synovial membrane
 - o synovial fluid
 - o menisci
 - o pads of fat
 - o bursae
 - o joint capsule

functions, i.e.

- o stability
- o mobility