

LEVEL 3 SPORT

Unit 1

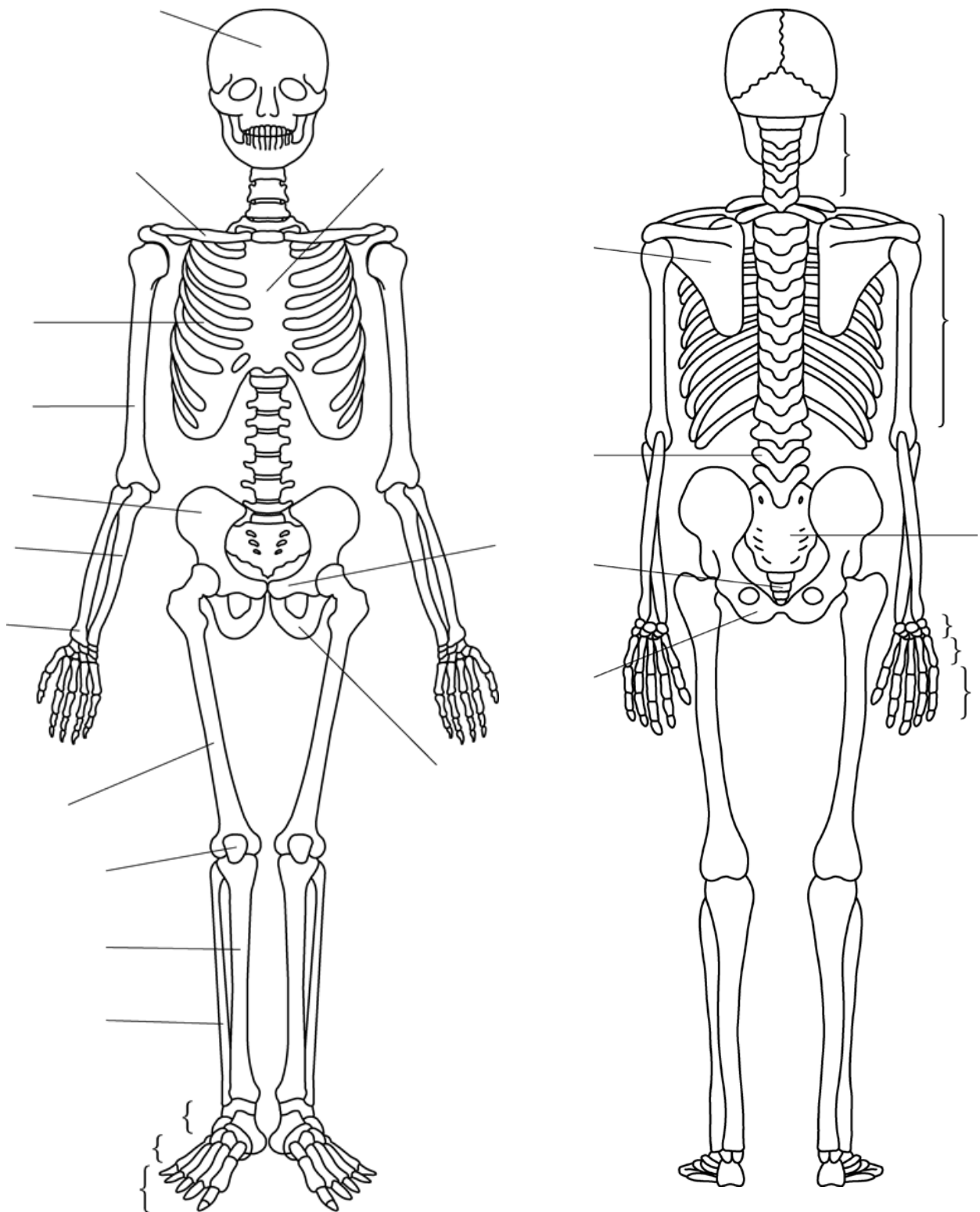
Anatomy



Skeletal System

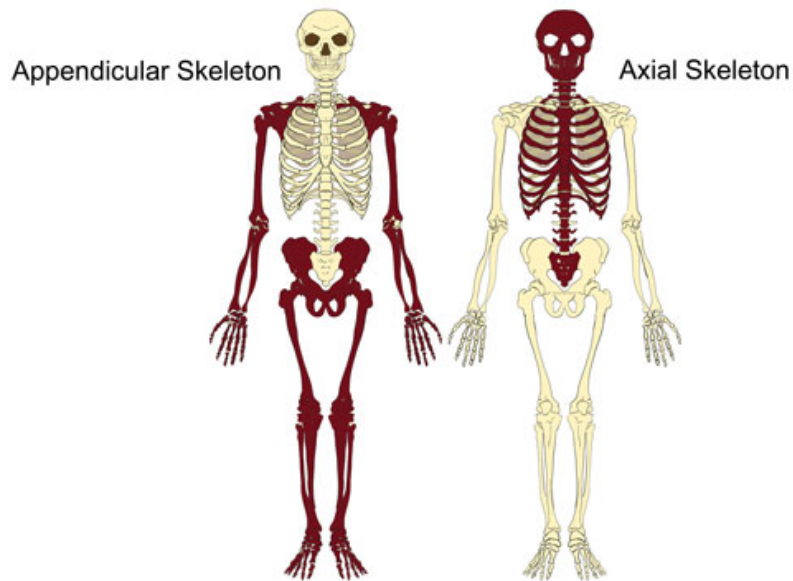
Name.....

Group.....



Using the diagram above, label the skeleton correctly: Cranium, clavicle, ribs, sternum, humerus, radius, ulna, scapula, ilium, pubis, ischium, carpals, metacarpals, phalanges, femur, patella, tibia, fibula, tarsals, metatarsals, vertebral column – cervical, thoracic, and lumbar vertebrae, sacrum, coccyx

The human skeleton can be divided into two parts – **Axial** and **Appendicular** skeleton. Looking at the diagram below, can you describe the main function of each skeleton?



Appendicular Skeleton	
Axial Skeleton	

Functions of the skeletal system

There are 5 main functions to the skeletal system. Can you explain each point?

Support –

Protect –

Attachment –

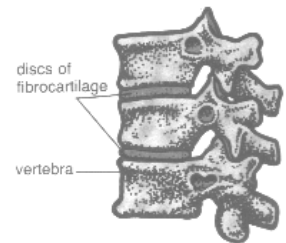
Blood Cell Production –

Store of Minerals -

Types of bones

There are five different types of bones, can you name each one, give a description of the structure and an example.

Type of bone	Structure of the bone	Example of bone



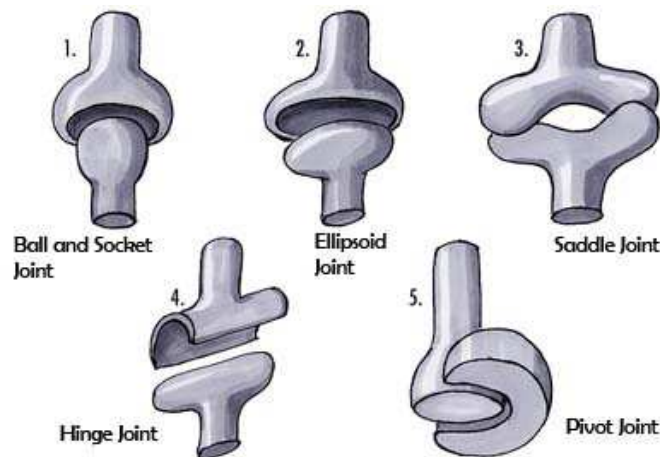
Joints

There are three types of joints, classified according to the degree of movement they allow - **Fixed, Slightly Moveable and Synovial**. Can you find out the structure of each joint (how it is made up) and give a relevant example of where it would be found in the body?

Joint Type	Structure of the joint	Example
Fixed		

Slightly Moveable

Synovial



*****Extended Task*****

If you want to test yourself, can you name the 6 different synovial joints and give an example of each?

This is your summer homework; please do as much as you can as it gives us an idea of the level of your knowledge before we start in September. We will be starting with anatomy and this will give you an idea of what to expect on the course. We will go through this booklet on the first lesson back so please ensure it is completed to the best of your ability. This can either be completed online or on this hard copy.