

## **CTEC Sport Extended Certificate Summer task**

### **Unit 1 Body Systems and the effects of physical activity**

Using the resources given to you, 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 and the link to types of bone, i.e.

- functions, i.e.
  - o shape
  - o support
  - o protection
  - o movement
  - o blood cell production
  - o mineral storage

types of bone, i.e.

- 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

1.7 Structure and function of the vertebral column