

Unit Title: Anatomy And Physiology For Sport
Unit Level: Level 2
Unit Credit Value: 6
GLH: 48
LASER Unit Code: WJE819
Ofqual Unit Code: H/507/1453

This unit has 6 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Understand why knowledge of anatomy and physiology is important when working in sport.	1.1	Explain why professionals working in sport need to know about anatomy and physiology.
2.	Understand the structure and function of the skeletal system.	2.1	Describe the structure of the skeletal system to include: a) the axial skeleton b) the appendicular skeleton.
		2.2	Describe the main functions of the skeletal system.
		2.3	Describe the different types of joints and their movements to include: a) immovable (fused/fibrous) b) slightly movable (cartilaginous) c) freely movable (synovial).
3.	Understand the structure and function of the muscular system.	3.1	Identify the major muscles of the body to include: a) anterior skeletal muscles b) posterior skeletal muscles.
		3.2	Describe the different types of muscle to include: a) voluntary b) involuntary c) cardiac.
		3.3	Describe the different types of muscle action to include: a) isometric b) isotonic (concentric and eccentric).
4.	Understand the structure and function of the circulatory system.	4.1	Describe the function of the heart.
		4.2	Describe the structure of the heart and how blood moves through the four chambers.
		4.3	Describe the systemic and pulmonary circulation.
5.	Understand the structure and function of the respiratory system.	5.1	Describe the function of the lungs.
		5.2	Describe the structure of the lungs.
		5.3	Describe the process of gaseous exchange of oxygen and carbon dioxide in the lungs.
6	Understand the different energy systems in	6.1	Describe the three energy systems.

Unit Title: Anatomy And Physiology For Sport
Unit Level: Level 2
Unit Credit Value: 6
GLH: 48
LASER Unit Code: WJE819
Ofqual Unit Code: H/507/1453

	relation to sport.	6.2	Identify sports that use each energy system.
--	--------------------	-----	--

Assessment Guidance:
NA

Additional Information:
NA