Welcome to BTEC National Diploma in sport

To help you prepare for your new course we would like you to complete the attached sheets as part of your summer work.

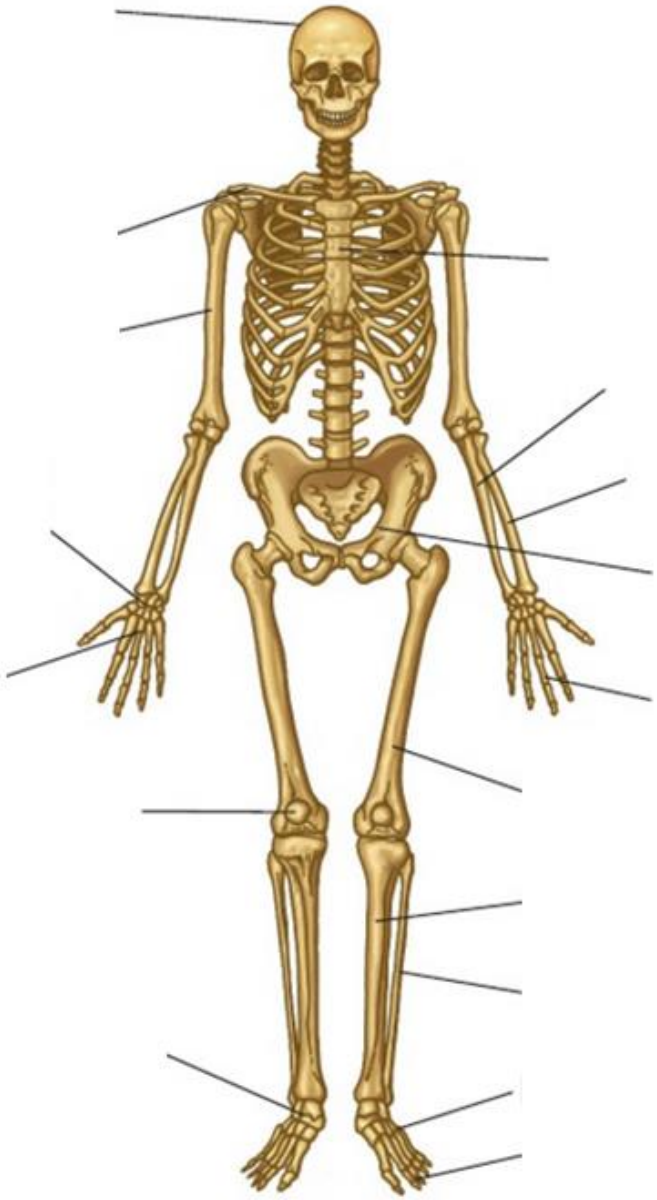
You can use the internet to help you.

You must bring your completed sheets to your first lesson in September.

The work will form part of your mandatory external assessment for Unit 1.

Skeletal System

Task 1: Label the major bones on the diagram below.



Major Bones:	Cranium
	Clavicle
	Ribs
	Sternum
	Scapula
	Humerus
	Radius
	Ulna

	Carpals
	Metacarpals
	Phalanges
	Pelvis
	Vertebral Column (cervical, thoracic, lumbar, sacrum, coccyx)
	Femur
	Patella
	Tibia
	Fibula
	Tarsals
	Metatarsals

Task 2: Explain the following terms used to describe the different locations of bones.

Term	Meaning
Anterior	
Posterior	
Medial	
Lateral	
Proximal	
Distal	
Superior	
Inferior	

Task 3: Complete the table below about the 5 different types of bones:

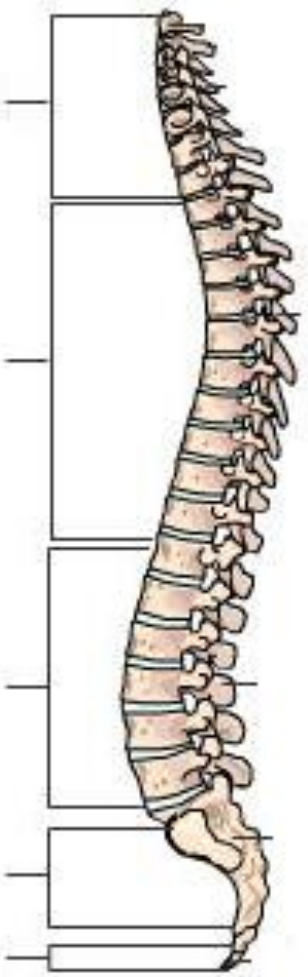
Type of bone	Characteristics	Examples
1.		
2.		
3.		

4.		
5.		

Task 4: Complete the table below about the 2 different types of Skeleton:

Type of skeleton	Function	Bones
1.		
2.		

Task 5: Label the different parts of the vertebral column on the diagram below.



Task 6: Complete the table below about the 5 different sections of the vertebral column.

Section	Characteristics
1.	
2.	
3.	

4.	
5.	

Task 7: What are the two different disorders associated with postural deviation? Identify how they differ from a "neutral" spine.

1. _____
   _____
   _____
   _____
2. _____
   _____
   _____
   _____

Task 8: Describe the location and the functions of the major bones in the body on the table below.

Name of bone	Location	Function/Characteristics
Cranium		
Clavicle		
Ribs		
Sternum		

Scapula		
Humerus		
Radius and Ulna		
Carpals		
Metacarpals		
Phalanges		
Pelvis		
Femur		
Patella		
Tibia and Fibula		
Tarsals		
Metatarsals		

Task 9: Explain the key terms below in relation to bone growth.

1. Ossification →

_____

_____

2. Osteoclasts →

_____

_____

3. Osteoblasts →

_____

_____

4. Epiphyseal plates →

_____

_____

5. Epiphyseal line →

_____

_____

Task 10: In the table below, identity and explain the 8 functions of the skeleton.

Function	Explanation/Example
1.	
2.	
3.	
4.	

5.	
6.	
7.	
8.	

Task 11: In the table below, provide examples and describe the main functions of the 5 different types of bones.

Type of bone	Examples	Function
1.		
2.		
3.		
4.		
5.		