

BTEC Sport (Double)

Please complete the below work in preparation for your start at Franklin this September.

This work should be brought with you to enrolment and your first day at Franklin.

If you aren't attending enrolment on site please just bring this when you first come to the college in September.

This should be completed in time for enrolment, work can be in a written or electronic format.

Any questions please contact our admissions department – admissions@franklin.ac.uk

TASK 1

1. Produce a hand drawn diagram showing the main features of the lungs/respiratory system and then for each feature describe its main characteristics AND functions. Focus on role of the following nose, trachea, larynx, bronchus, bronchioles, alveoli, pulmonary capillaries, lobes, diaphragm, intercostal muscles
2. Describe the mechanics of breathing ie how the body breaths in and out. Focus here on the changes in lung volumes and pressures due to the contraction and relaxation of the different breathing muscles involved. Compare the process between rest and exercise.
3. Draw 2 labelled diagrams to show gaseous exchange at a) The lungs b) Working muscles. Use these diagrams to EXPLAIN in detail how gaseous exchange (movement of carbon dioxide and oxygen) takes place.

TASK 2 Impact of Lifestyle Factors on Health

1. Exercise and physical activity

Research the positive physical impacts that exercise can have on the human body and explain why it has this impact (This can include, but not limited to, aspects such as strengthens bones, improves posture, alters body shape). Explain/discuss how exercise helps with the above aspects and research other physical impacts (try and not just list).

2. Reduces risk of disease

Research and then explain how exercise can reduce the risk of chronic diseases, e.g. chronic heart disease, diabetes type 2, cancer. Think about the physiological impacts of exercise and therefore how it helps reduce the disease risk.

3. Psychological, social and economic impacts

- a) Research and then explain the positive psychological impacts of exercise e.g. relieves stress
- b) Research and explain the positive social impacts of exercise
- c) Research and explain the positive economic impacts on the economy (e.g. link to NHS, sick days etc)

