2.1 <u>Analyse</u> how different types of bones help a rugby player to perform.



	A. A
Introduction	
Describe the main functions	
(job) of the skeleton.	
Describe the different types	
of bones in the body.	
Point 1	
Name a type of bone and give an example	
Where is this bone found and	
what is its main function?	
Explain how this bone is used in	
rugby and give a specific	
example	
Point 2	
Name another type of bone and	
give an example	
Where is this bone found and	
what is its main function?	
Explain how this bone is used in	
rugby and give a specific	
example	
Point 3	
Name another type of bone and	
give an example	
Where is this bone found and	
what its main function?	
Explain how this bone is used in	
rugby and give a specific	
example	
Conclusion	
Summarise how different types of bones have different	
functions and their importance	
to rugby	
How can the size and shape of a	
bones be linked to different	
sports?	

2.2. Describe how the quadriceps and hamstrings work antagonistically when performing a squat?		
Introduction		
State where the muscles are located		
What is the difference between the origin and the insertion?		
Describe what concentric and eccentric contraction mean.		
Describe what antagonistic means.		
Point 1		
Describe the downward phase of the squat		
Which muscle is contracting concentrically/eccentrically to allow this to happen?		
Point 2		
Describe the upward phase of the squat		
Which muscle is contracting concentrically/eccentrically to allow this to happen?		
Point 3		
Describe the role of synergists and fixator muscles when		
performing a squat		
Conclusion		
Can you give other examples of antagonistic muscle pairs?		
amagonione masero pari se		

2.3. Explain the role of different	blood vessels in the transportation	of blood to and from the heart.

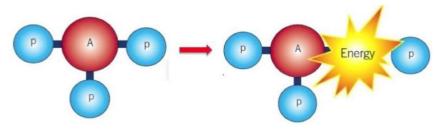


Introduction
Explain why the structure of
blood vessels are important to allow the blood to travel from the heart to the working
What are the various blood
vessels?
Point 1 What is the function of
arteries?
Describe the structure of
arteries and explain how it is important to allow blood to
travel to the working muscles
Point 2
What is the function of veins?
Describe the structure of Veins
and explain how it is important to allow blood to travel back to
the heart
Point 3
What is the function of capillaries?
Describe the structure of
capillaries and explain how it is important to allow blood to travel.
Summarise the importance of
the structure the different
blood vessels.
Explain the importance of
healthy blood vessels and what
affect it would have on performance if there was a
blockage

Introduction	
Explain what is meant by the term mechanisms of breathing	
What is pulmonary ventilation?	
Point 1 Describe what happens	
when we inspire (breath in)	
Point 2	
Describe what happens when we expire (breath out)	
Point 3	
Explain how the mechanisms	
of breathing are needed	
during a marathon race	
What happens to the demand	
for oxygen?  Explain why inspiration and	
Explain why inspiration and expiration needs to	
increase?	
Conclusion	
Summarise the importance	
of the mechanisms of breathing when running a	
marathon	
What happens when intensity increases	

2.4.  $\underline{\text{Explain}}$  how the mechanisms of breathing sustains performance for a marathon runner?

2.5. When we take part in sport or physical activity, we get tired. How long we take to recover will depend on the intensity of exercise. Explain the role of ATP in sport and physical activity and how it is resynthesized?



<u>Introduction</u>
Explain that role of ATP in
exercise and sport
State where is energy is obtained (diet)
Point 1
Explain the structure of
ATP?
Evaloin how ananay is
Explain how energy is released
Point 2
Explain the structure of ADP?
Explain how ATP is
resynthesized
Can you give a sporting
example
Conclusion
Summarise the importance
of ATP in sport and exercise
Explain how ATP works like a
rechargeable battery
How long will ATP last if it is not resynthesized?
not resymmesized?