$2.1 \, \underline{\text{Analyse}}$ how different types of bones help a rugby player to perform.



The state of the s
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?
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?
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2.2. <u>Describe</u> 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	
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Conclusion	
Can you give other examples of antagonistic muscle pairs?	

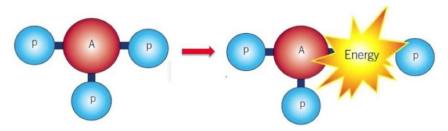
2.3. Explain the role of differen	nt blood vessels in the transportation of blood to and from the heart.
Introduction	
Explain why the structure of blood vessels are important to allow the blood to travel from the heart to the working muscles and back again	
What are the various blood vessels?	
Point 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.	
Conclusion	
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

2.4. Explain how the mechanisms of breathing sustains performance for a marathon runner? **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 expiration needs to increase? Conclusion Summarise the importance of the mechanisms of breathing when running a marathon

What happens when intensity increases

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)
2114
Point 1
Explain the structure of ATP?
Explain how energy is released
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?