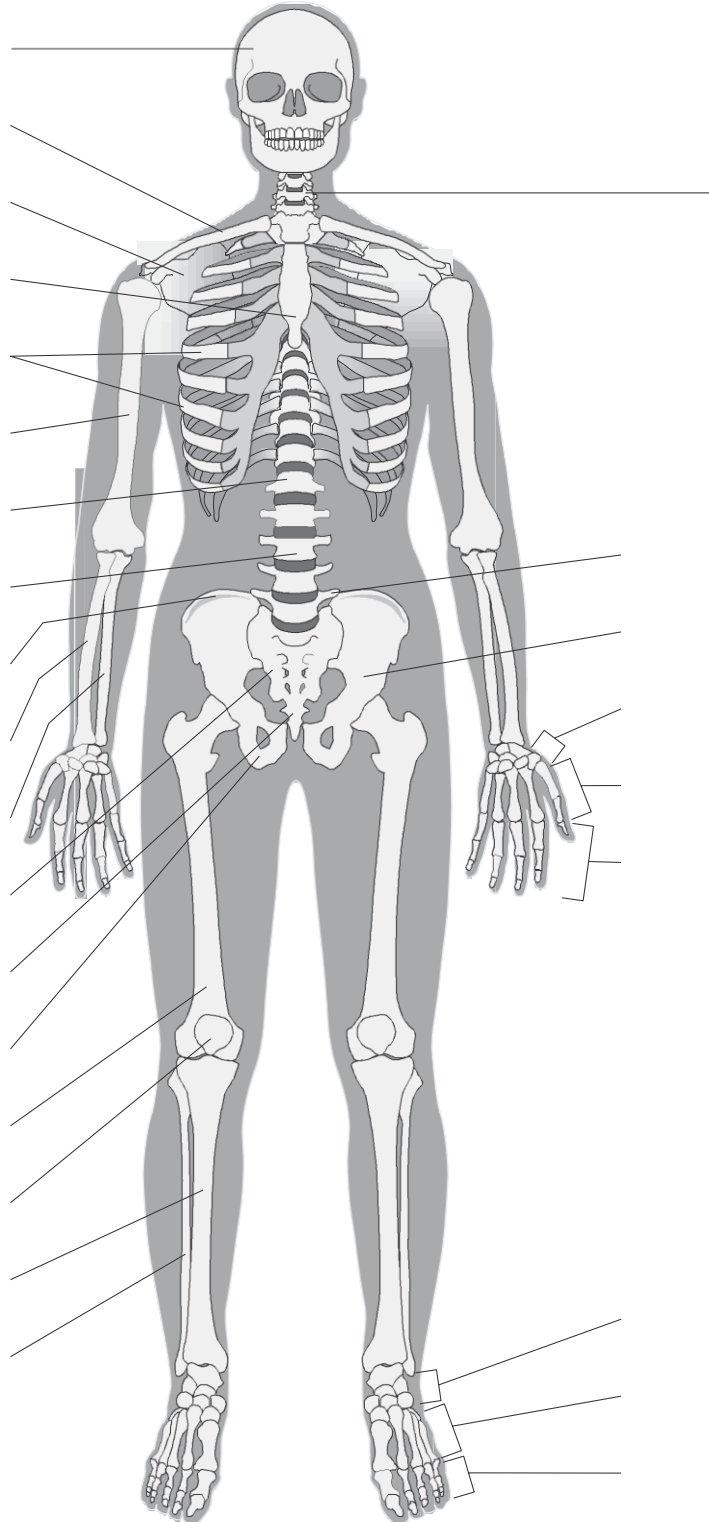


Task sheet 1.1

The main bones of the human body

P1 Describe the structure and function of the skeletal system

Label the diagram with the main **bones** of the body.

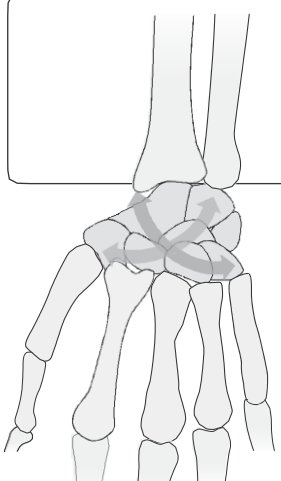


Task sheet 1.2

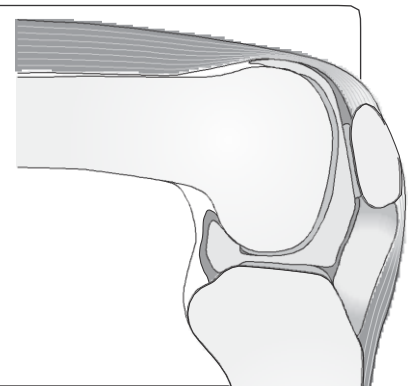
The joints of the human body

P2 Describe the different classifications of joints


Label the diagrams with the name of the joint, the type and the range of movement which can occur at each.



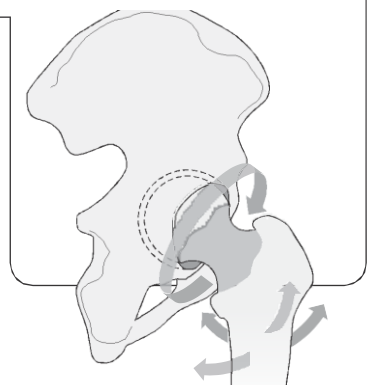
This is the joint which is an example of a joint. The movement that occurs at this particular joint is



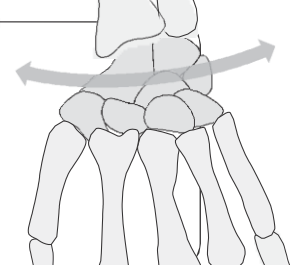
This is the joint which is an example of a joint. The movement that occurs at this particular joint is



This is the joint which is an example of a joint. The movement that occurs at this particular joint is



This is the joint which is an example of a joint. The movement that occurs at this particular joint is



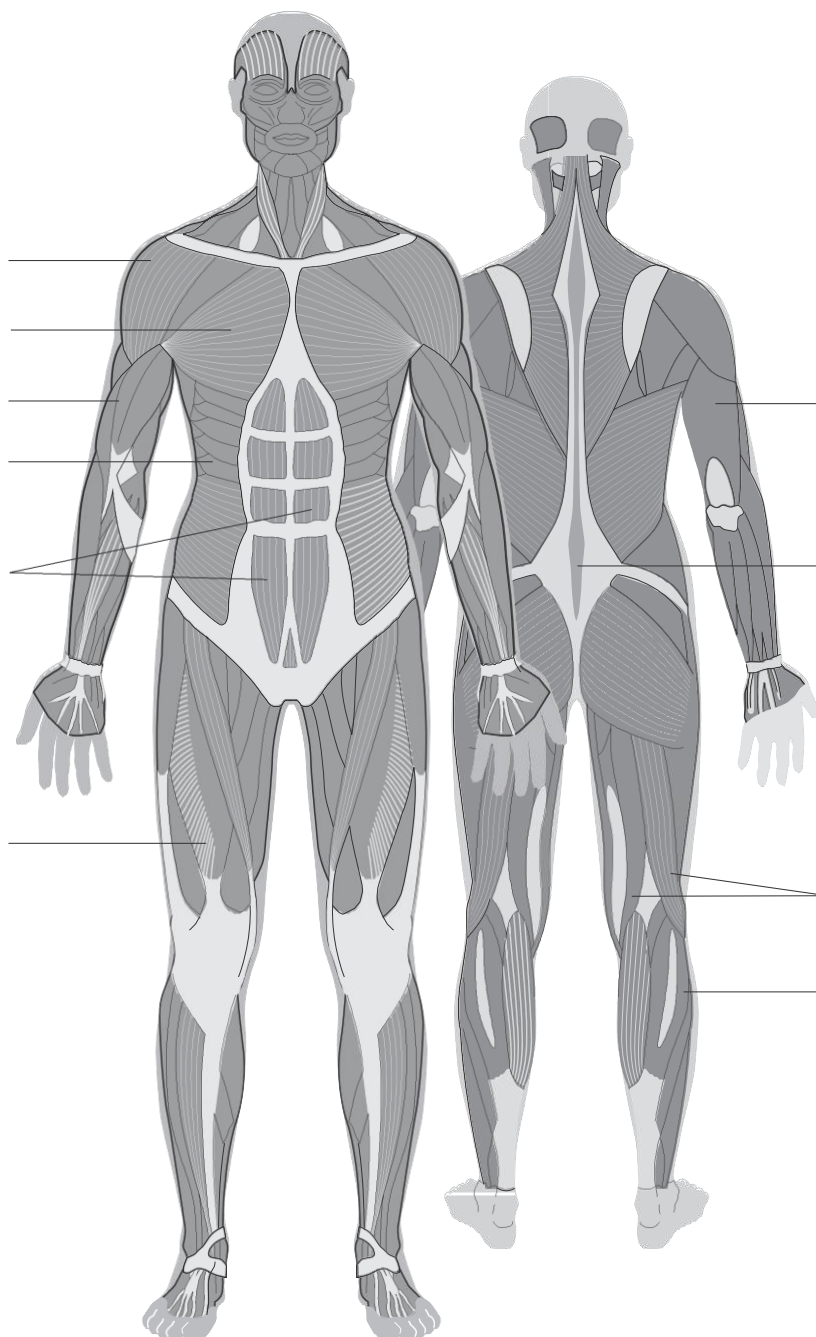
This is the joint which is an example of a joint. The movement that occurs at this particular joint is

Task sheet 1.3

The major muscles of the human body

P3 Identify the location of the major muscles in the human body

Label the major muscles of the human body.

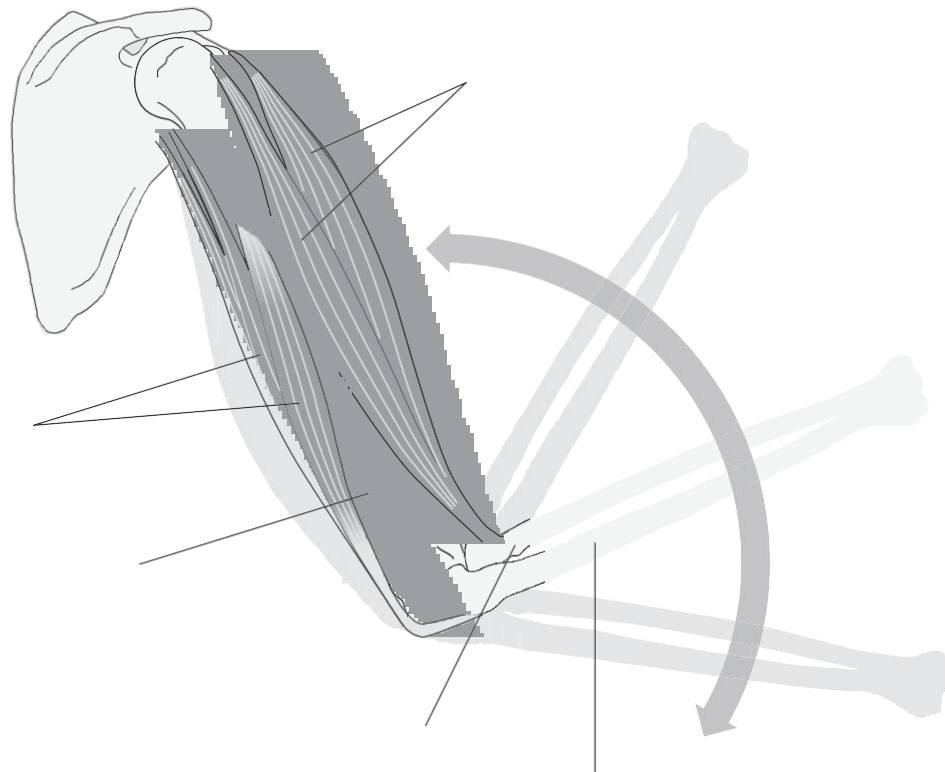


Task sheet 1.4

The action of a muscle movement

P4 Describe the function of the muscular system and the different types of fibres
M1 Explain the function of the muscular system and the different types of fibre

Label the diagram of the arm with bones and muscles that are shown.



For the movement of flexion which is shown in the diagram, identify the following muscles:

- the antagonist in the flexion movement
- the agonist in the flexion movement

What is meant by the following two terms?

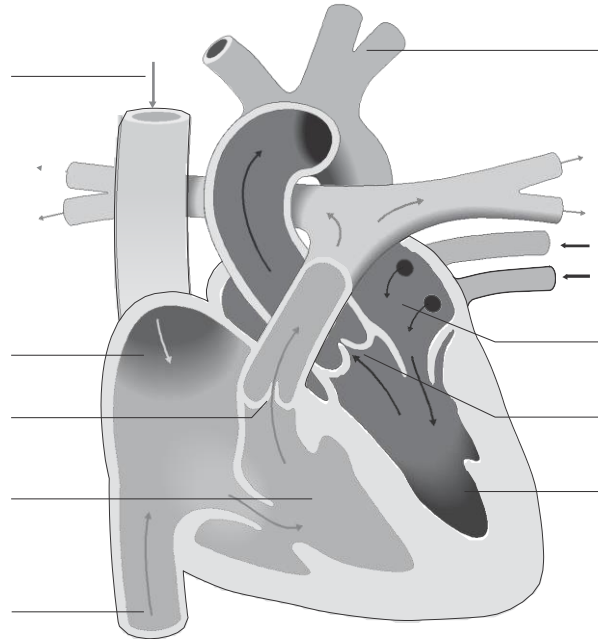
- synergist
- fixator

Task sheet 1.5

The heart

P5 Describe the structure and function of the cardiovascular system

Label the diagram of the heart.



Briefly describe the following blood vessels:

- arteries

.....
.....

- arterioles

.....
.....

- capillaries

.....
.....

- veins

.....
.....

- venuoles

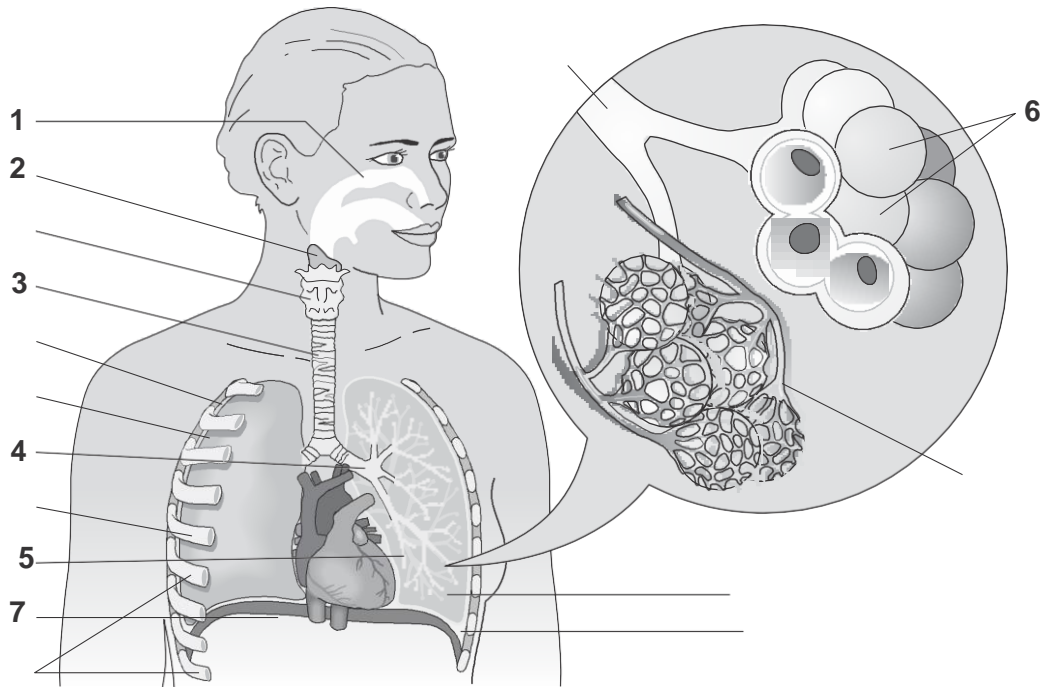
.....
.....

Task sheet 1.6

The respiratory system

P6 Describe the structure and function of the respiratory system

Label the diagram of the respiratory system.



Briefly describe the seven parts of the respiratory system which are labelled above:

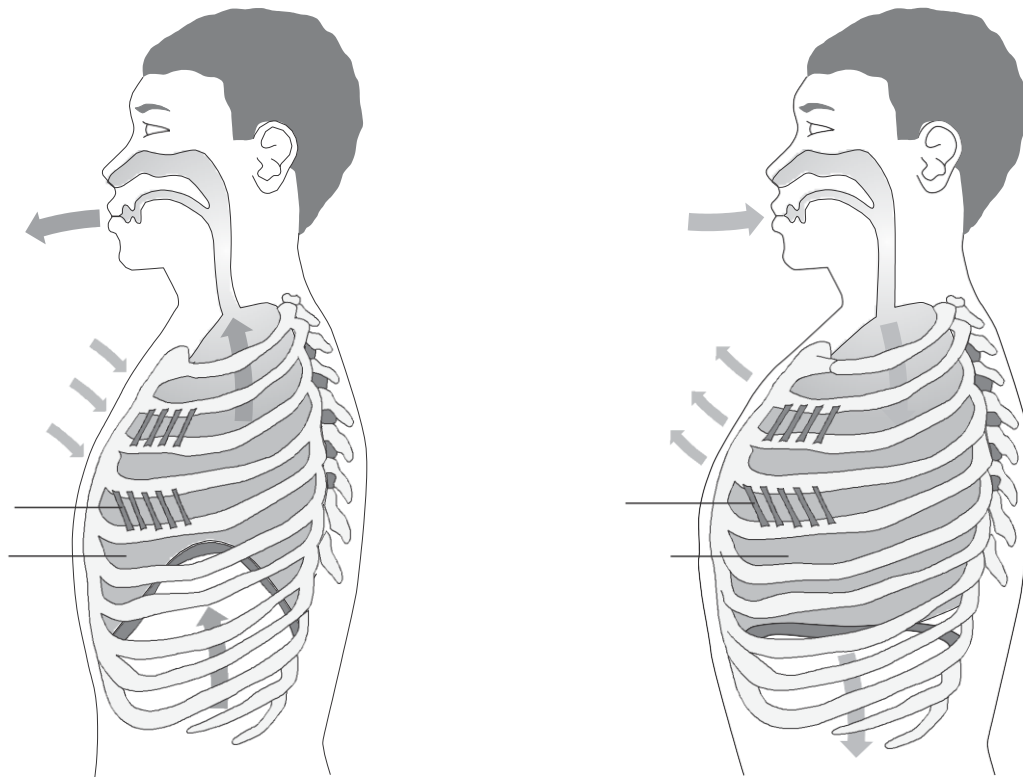
- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____

Task sheet 1.7

The mechanisms of breathing

P6 Describe the structure and function of the respiratory system

Label the diagram to show what happens during inhalation and exhalation.



Describe how the action of breathing in and out occurs through the movement of the intercostal muscles and the diaphragm.

.....

.....

.....

.....

.....

.....

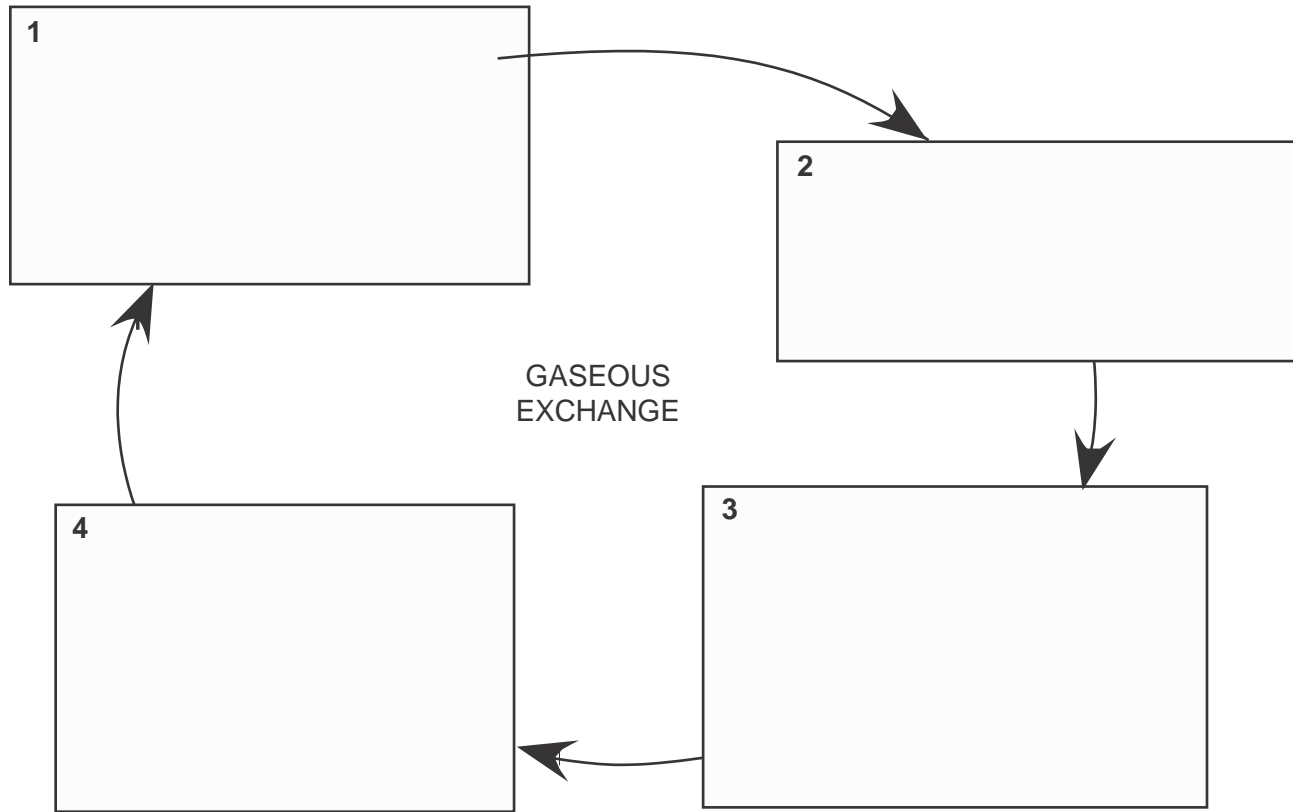
.....

.....

.....

Task sheet 1.7 Continued

Describe the process of gaseous exchange shown in the diagram by adding your own words in boxes 1 to 4.



Define the terms listed below:

- respiratory volume
- vital capacity
- tidal volume
- inspiratory reserve volume
- expiratory reserve volume
- residual volume
- total lung capacity