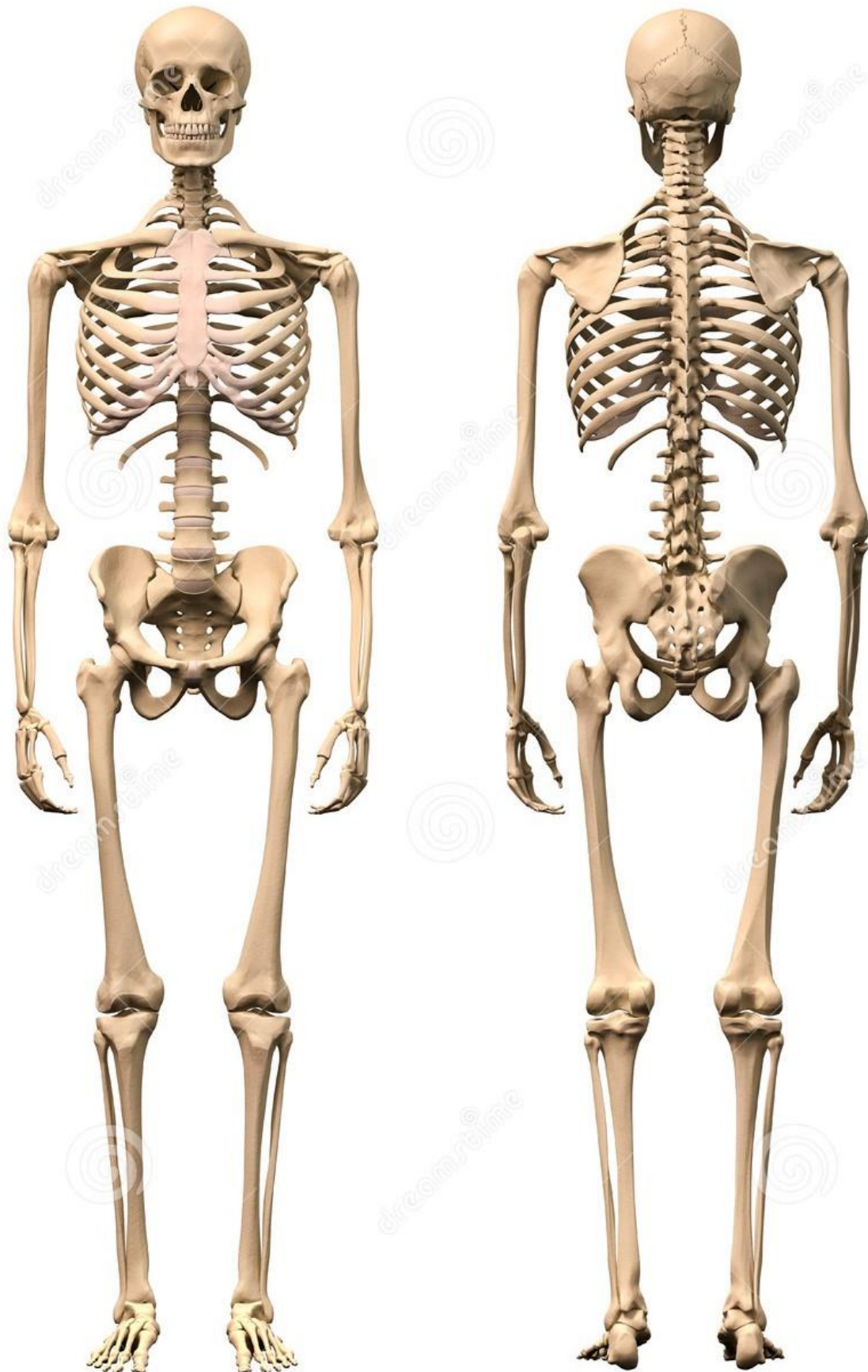


Unit 1 – Anatomy & Physiology

Task 1: The Skeletal System – Label the skeleton with the bones listed.



Unit 2: Fitness Training and Programming for Health, Sport and Well-being.

Task 2

- Using one of the 5 athletes as an example, create a mind map of all the information you think you would need to know about the athlete to ensure you could create an appropriate training programme for them – e.g. age, lifestyle, sport etc.
- Include different aspects of their training that you think you would need to consider and why – what might be some of the specific requirements of their sport?
- Also include things that may affect their ability to train (for example – recovery from injury).