

## Cambridge Technical for Sport Unit 1

Whether you are aiming to become a coach, nutritionist, personal trainer or leisure centre manager, knowledge of the human body, its systems and how they function will help you to ensure that your clients gain the benefits of an active, healthy lifestyle. By understanding the effects that physical activity, training and lifestyle can have on the body systems you can ensure that sports and activities are properly focused and do not risk a client's health or wellbeing and will help you to persuade others to pursue and maintain a balanced, active, healthy lifestyle.

In this unit you will gain an understanding of the structures and functions of the key body systems, how these support and impact performance in sport and physical activity and the effects that physical activity, training and lifestyle can have on them.

### Tasks:

1. Hand draw and label a picture of the cardiovascular system.
2. Hand draw and label a picture of the respiratory system.
3. Create a booklet to explain how these two systems work together.

### Things to include;

- Flow of blood around the heart
- Cardiac output, stroke volume and heart rate
- Venous return and control of blood flow
- Gaseous exchange
- Lung volumes
- Mechanics of breathing