**BTEC L3 TRANSITION ACTIVITY:**

**FOUNDATION DIPLOMA SPORT AND EXERCISE SCIENCE.**

**Functional Anatomy** is the study of the body systems and how they produce movement. The focus of this unit is mainly on the skeletal and muscular systems. However, the cardiovascular system, respiratory and energy systems will also be considered.

**Anatomical language.** The terminology used in Anatomy stems from Greek and Latin origins. It is important for you to have an understanding of what some of these key terms mean so you are able to locate and describe different parts of the body in reference to their correct location.

Because this unit is externally assessed by exam, it is very important that you learn and remember a significant number of key terms. As the course progresses these terms will form a large glossary of terms.

Ideally, using the course textbook or other sources complete the following tasks:

**Task 1:**

Draw a diagram of the Anatomical position, define and describe what it is. (Pg. 55)

**Task 2:**

**Define the following 12/13 terms (from pg. 56), draw diagrams where necessary.**

**Anterior**

**Posterior**

**Lateral**

**Medial**

**Proximal**

**Distal**

**Supine**

**Prone**

**Superior**

**Inferior**

**Peripheral/Superficial**

**Deep**

**Task 3:**

**Label the two following diagrams of the Skeleton, you should know which is an Anterior and a Posterior view hopefully, this will expand your knowledge to the 27 bones on the BTEC syllabus.**





**Task 4:**

**Complete the following questions to check your understanding**

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**COMPLETE ALL TASKS AND BRING INTO COLLEGE ON YOUR FIRST DAY PLEASE.**