

# Open Awards Qualification Unit



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## 1 Unit Details

Unit Title:	Principles of Anatomy and Physiology in Sport
Unique Reference Number:	J/506/7783
Level:	Level 3
Credit Value:	5
Minimum GLH:	30

## 2 Learning Outcomes and Criteria

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Know the structure and function of the skeletal system	1.1 Describe the structure and function of the skeletal system
	1.2 Describe the different classifications of joints
	1.3 Identify the location of the major muscles in the human body
2. Know the structure and function of the muscular system	2.1 Describe the function of the muscular system and the different fibre types
3. Know the structure and function of the cardiovascular system	3.1 Describe the structure and function of the cardiovascular system
4. Know the structure and function of the respiratory system	4.1 Describe the structure and function of the respiratory system
5. Know the different types of energy systems	5.1 Describe the three different energy systems and their use in sport and exercise activities