

Open Awards Qualification Unit



This unit forms part of a regulated qualification. Click [here](#) to view qualifications.

1 Unit Details

Unit Title:	Physiology and Exercise
Unit Reference Number:	R/507/6731
Level:	Level 2
Credit Value:	6
Minimum GLH:	48

2 Learning Outcomes and Criteria

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Understand the structure and function of the skeleton and muscle tissue	1.1 Describe the structure of the human skeleton
	1.2 Describe the role of different types of joints in movement
	1.3 Describe different types of muscle tissue
	1.4 List their properties
	1.5 Identify key muscles of the human body
	1.6 Describe the importance of the muscles identified in effective movement of the body
	1.7 Outline how skeletal muscles contract
	1.8 Describe how energy is produced in skeletal muscle
	1.9 List the joints and muscles used in different sporting movements
2. Understand the structure and function of the respiratory system	2.1 Describe the structure of the respiratory system
	2.2 Explain how the lungs are ventilated
	2.3 List the conditions necessary for effective gaseous exchange

	2.4	Measure lung volumes.
	2.5	Explain the importance of lung volume
	2.6	Describe the short term responses of the respiratory system to exercise
3. Understand the structure and function of the cardiovascular system	3.1	Describe the structure of the heart
	3.2	Describe the cardiac cycle
	3.3	Outline the structure of arteries, veins and capillaries
	3.4	Describe the function of arteries, veins and capillaries
	3.5	Describe the short term responses of the cardiovascular system to exercise
4. Understand the long term adaptations of the body to exercise	4.1	List the effects of different types of training on: <ul style="list-style-type: none"> a) The respiratory system b) The cardiovascular system c) The muscular/skeletal system