

Access to H.E. National Programme Unit



Unit Title:	Anatomy and Physiology of Movement		
Graded Unit Code:	GA33SPO01	Ungraded Unit Code:	UA33SPO01
Pathway(s):	Health Hospitality, Leisure and Tourism		
Module(s):	Sport and Exercise		
Level:	3	Credit Value:	3
Valid from:	1 st August 2014	Valid to:	31 st July 2024

The following QAA grade descriptors must be applied if you are delivering the graded version of this unit:

1	Understanding of the subject
2	Application of knowledge
3	Application of skills
7	Quality

LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
1. Understand the relationship between bones, muscles and ligaments in freely-movable joints	1.1 Identify the bones and muscles involved at a range of freely movable joints, e.g. knee, hip, ankle, shoulder, elbow, wrist
	1.2 Describe the function of ligaments and tendons in freely movable joints
	1.3 Classify movement at specific joints and explain the terms flexion, extension, adduction, abduction, rotation and circumduction
	1.4 Describe the principle of muscle antagonism and explain the difference in size between the flexor and extensor muscles at the elbow or knee

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LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
2. Understand the physiology of muscle contraction and its relationship to strength and power	2.1 Use the principle of levers to estimate the force generated by a muscle at a joint
	2.2 Distinguish between strength and power and explain how these qualities relate to muscle physiology
	2.3 Use the principle of levers to estimate the force generated by a muscle at a joint
3. Understand the potential for injury in sporting activity	3.1 Identify potential injuries for a range of sporting activities, including power lifting, a racquet sport and a team field sport
	3.2 Evaluate strategies for avoiding injury in sport