Access to Higher Education Unit

This unit forms part of an Access to HE Diploma. If delivering the graded version of this unit, please refer to the Provider Handbook for details on grading descriptors and the application of these across units within your programme.

Unit Title: Anatomy and Physiology of Movement

Graded Unit Reference Number: GA33SPO01

Ungraded Unit Reference Number: UA33SPO01

Module: Sport and Exercise

Level: Three (3)

Credit Value: Three (3)

Minimum Guided Learning Hours: 30

Learning Outcome (The Learner will):	Assessment Criterion (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
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 Analyse the coordination of muscle groups involved in complex activities, for example running.

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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

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