**NQF BTEC LEVEL 3 - SPORT**

**Unit 1: Anatomy and Physiology**

**Learning aim A – The effects of exercise and sports performance on the skeletal system**

**Activity 2**

You should now be confident with the structure of the skeletal system but what about the functions of the skeletal system and how the different bone types are used in sporting actions and exercise?

As we discuss each function of the skeletal system it would be good to note down any points you aren’t sure about, and remember – shout up if there is anything you don’t understand…

***Function – supporting framework & protection***

***Function – source of blood cell production***

***Function – store of minerals***

***Function – attachment for skeletal muscle***

***Function – leverage***

***Function – reduce friction across a joint***

***Function – weight bearing***

What about the main functions of the different bone types when performing sporting techniques and actions? First of all you will need to remind yourselves of the different bone types and then using the functions listed below try and match these up with the various different bone types…

*Hint. You don’t need to list any main functions of irregular types of bones!*

***Provides Leverage Red blood cell production Weight bearing***

***Protection Reduce friction across a joint***