**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 5**

To wrap up our work on the skeletal system there are a number of additional factors that affect this system that we need to cover.

Not only do we need to understand the impact of the skeletal system on exercise and sports performance but also the impact of exercise and sports performance on the skeletal system.

Therefore there are two additional factors you need to research before moving on to explore the muscular system and the effects of exercise on this system, they are;

***Age –*** *young children and resistance training issues stunting bone growth*

***Skeletal disease –*** *arthritis, osteoporosis and the effect of exercise in offsetting these conditions…*