

# Stage 5 PASS

## UNIT- Body Systems

### SKELETAL SYSTEM

- Read attached information and complete questions
- Research hard tissue injuries
- Define dislocation and identify the joints most commonly at risk (use diagrams)
- Explain with diagrams the 3 different types of fractures (pdhpe.net- sports medicine)
- Use youtube to research “finger splinting” (practise on family members)

### MUSCULAR SYSTEM

- Read attached information and complete questions.
- Research soft tissue injury and define different types (pdhpe.net- sports medicine)
- Explain when to use ice or heat to treat injury

### CARDIOVASCULAR SYSTEM

- Read attached information and complete questions
- Determine and graph pulse rate pre and post exercise
- Record standing heart rate. Find your pulse in your wrist, count how many beats over 15 seconds and multiply by 4 to determine heart rate per minute. Eg 18 beats per 15 seconds  $\times 4 = 72$  beats per minute (72/min)
- Undertake 5 minutes of vigorous exercise eg run, skip or burpees and record heart rate again
- Follow this procedure and undertake 10 minutes of moderate exercise eg swimming, cycling, dancing. Measure heart rate again
- Undertake 30 minutes of mild exercise, eg walking, yoga, playing with the dog. Measure heart rate again
- Graph the 3 pre and post exercise results.