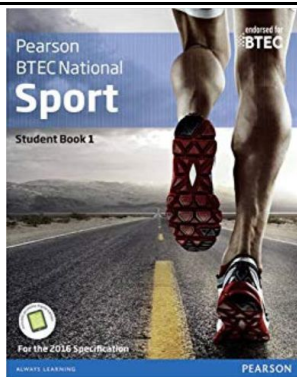


**BTEC Extended Diploma Level 3 Induction Task:**  
*Effects of exercise on the body systems*



**Key Skills**

1. Explain how exercise affects the body systems; short and long term
2. Analyse the benefits of exercise on the body systems and link to athletes and how it helps their performance

<p><b>Your Task:</b></p>	<ul style="list-style-type: none"> <li>● Create a leaflet/booklet which explains how exercise affects the body, both long term and short term</li> <li>● You should cover all body systems; skeletal system, muscular system, cardiovascular system, respiratory system and energy systems</li> <li>● You should pick one athlete from your chosen sport and link the adaptations/short term effects to their performance</li> </ul> <p>Images/video links are welcomed          This will be used as a revision resource closer to the exam</p>
<p><b>Your starting point:</b></p>	<p>Find the specification for BTEC Sport on the Pearson website. This will guide you as to what details you are required to know for the exam.</p> <p><a href="https://qualifications.pearson.com/en/qualifications/btec-nationals/sport-2016.html#tab-ExtendedDiploma">https://qualifications.pearson.com/en/qualifications/btec-nationals/sport-2016.html#tab-ExtendedDiploma</a></p>
<p><b>How you will be assessed:</b></p>	<p>This will be assessed against the specification for Unit 1: Anatomy &amp; Physiology according to <b>Pass, Merit and Distinction</b></p> <p><b>Level 3 Pass</b></p> <p>Learners are able to demonstrate knowledge of anatomy and physiology and apply it to exercise and sports performance. They have a sound understanding of anatomical and physiological systems, structures, functions and characteristics and are able to apply this to familiar and unfamiliar situations/contexts. They are able to interpret information about the short-term and long-term effects of sport and exercise, rationalising cause and effect.</p> <p><b>Level 3 Distinction</b></p> <p>Learners demonstrate thorough knowledge and understanding of the body systems in the context of exercise and sports performance, applying this to a range of familiar and unfamiliar situations. Learners are able to analyse how the body carries out exercise and sporting movements and how the body systems respond to short-term and long-term exercise.</p> <p>Learners will be able to interpret information on exercise and sports performance and make reasoned judgements on how body systems carry out exercise and sporting movements in a range of different contexts, demonstrating understanding of the interrelationships between the body systems.</p> <p>Ensure you use the specification to help you create the leaflet/booklet.</p> <p align="center"><b>Please note plagiarised work will not be assessed.</b></p>

