

A Level Physical Education

Essential Bridging Work

If you intend to enrol on this course you must complete the following bridging work ahead of your first lesson and bring it with you. It should take you about 4 hours to complete the work.

Topic / Context	You are going to investigate the structure and function of the respiratory system.
Task	<p>The following tasks help to break down the report you are required to produce on the respiratory system into manageable sections. All the information you need can be found on the first web-site that is listed below. Watch the videos and use these to help you address each task.</p> <ol style="list-style-type: none"> 1. Produce a diagram showing the main features of the lungs/respiratory system and then for each feature describe its main characteristics AND functions. Focus on role of the nose, trachea, bronchus, bronchioles, alveoli and pulmonary capillaries. 2. Describe the mechanics of breathing ie how the body breaths in and out. Focus here on the changes in lung volumes and pressures due to the contraction and relaxation of the different breathing muscles. Compare and contrast the process between rest and exercise. 3. Draw 2 labelled diagrams to show gaseous exchange at a) The lungs b) Working muscles. Use these diagrams to EXPLAIN in detail how gaseous exchange (movement of carbon dioxide and oxygen) takes place.
Resources	<ul style="list-style-type: none"> • https://padlet.com/franklinsport/nq9e40h8dkdu • Use password active888 for access to padlet site shown above • www.brianmac.co.uk • www.teachpe.com • www.livestrong.com • www.changeforlife.org.uk • American College of Sports Medicine www.acsm.org • www.bases.org.uk • Coachwise www.1st4sport.com • Human Kinetics www.humankinetics.com • Sport Science www.sportsci.org.uk

Presentation

Present your findings using a written report and a variety of annotated diagrams that help to describe and explain each process.

Your report should be a minimum of 500 words and should be **handwritten using key terminology that is spelt correctly**. Make sure this is presented as neatly as possible.