

STUDENT NAME:

SPORT

Whilst studying Sport at Knowsley Community College you will have the opportunity to develop your knowledge of the body, different body systems and how they assist us in sport and exercise. You will learn all about this through theory and practical lessons.

We have prepared an activity below that will help give you an insight into the type of things you will study when you learn about the body with us; this is called Anatomy and Physiology.

Please send your completed activity to applicants@knowsleycollege.ac.uk with the subject line, 'Completed Sport Applicant Activity'.

We look forward to meeting you soon.
Kind regards, Sport Tutors



ANATOMY & PHYSIOLOGY QUIZ

Have a go at our quick quiz

1. How many bones are there in the human body?

2. You have more bones as a child than you do as an adult, true/false

3. What is the longest and strongest bone in the body?

4. Name the bone in your knee

5. Name the muscle that allows you to sit up

6. Name the muscle in the front of the upper arm

7. Is the heart a muscle?

8. How many chambers are there in the heart?

9. What does BPM stand for?

10. What are the main parts of your respiratory system?