

Summer Research Assignment 1

Handing-in-date June 26, 2021

Level 3 Sports Science

Please research and make electronically generated Cornell notes, on the following theme:

1. The skeletal system in relation to exercise and physical activity
 - a. The axial and appendicular skeleton
 - b. The names of the bones
 - c. The functions and how they relate to different types of bones
 - d. Classification of joints
 - e. Types, structure and function of synovial joints
 - f. Joint movement
 - g. The vertebral column
 - h. The impact of exercise on the skeleton
 - i. The long term adaptations due to sustained weight-bearing exercise