

Summer Research Assignment 3

Handing-in-date August 20, 2021

Level 3 Sports Science

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

1. The cardio-respiratory system in relation to exercise and physical activity
 - a. The structure of the heart
 - b. Heart volumes
 - c. Blood vessels
 - d. Blood and its functions
 - e. The short term effects of exercise on the cardiovascular system
 - f. The long term cardiovascular adaptations of the due to sustained training
 - g. The structure and roles of the lungs
 - h. The mechanics of breathing
 - i. Lung volumes
 - j. The impact of exercise on the respiratory system
 - k. The long term respiratory adaptations of the due to sustained training

2. The energy system in relation to exercise and physical activity
 - a. The 3 energy systems
 - b. The energy continuum
 - c. The recovery process for each energy system

Unit 17 – Sports Injuries – CH

- What is the definition of a chronic sports injury?
- What is the definition of an acute sports injury?
- What are the common causes of chronic sports injuries? Provide sporting examples.
- What are the common causes of acute sports injuries? Provide sporting examples.

You need to create a table in a word document and fill out the following boxes:

Chronic Injury	Description (what is it)	Signs & Symptoms
Tennis Elbow		
Golfer's Elbow		
Shin Splints		
Stress Fractures		
Tendonitis		

Injury	Description (what is it)	Signs & Symptoms
Sprains		
Strains		
Broken Bones		
Dislocation		
Torn Ligament		