

Summer Task:

BTEC Level 3 Extended Certificate in Sport

Looking at the skeletal system we need to understand the process of bone growth.

Below are three key words that are required to describe the process of bone growth:

1. Osteoblasts
2. Osteoclasts
3. Epiphyseal plates

Describe what they are and explain their role in the process of bone growth.

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We also need to apply our knowledge to how the skeletal system is used in sport.

Analyse the role of one bone type during a game of badminton.

Hint #1: Types of bones; long, flat, short, irregular, sesamoid.

Hint #2: What is one function of that bone type.

Hint #3: How will it help in a game of badminton?