

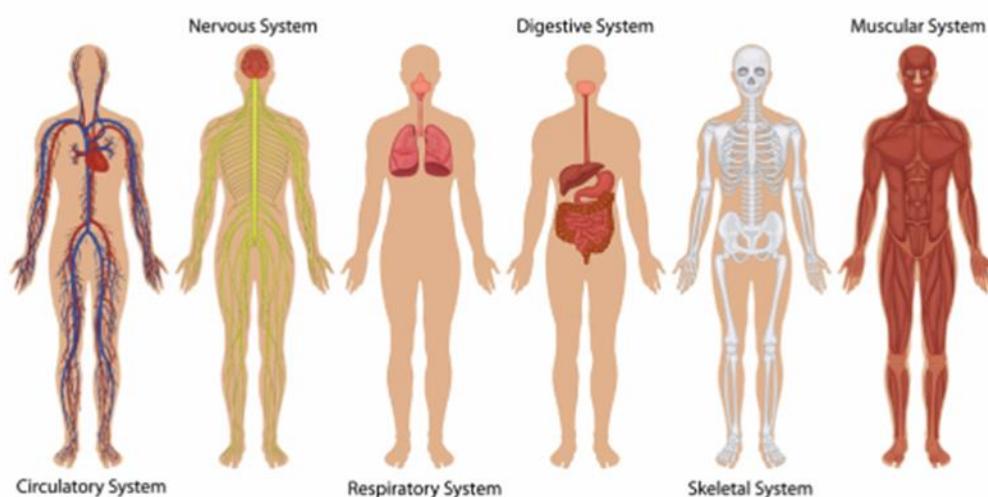


RIDGEWOOD  
SCHOOL

# CAMBRIDGE TECHNICAL LEVEL 3 SPORT

**Pre-Induction Task 2025**

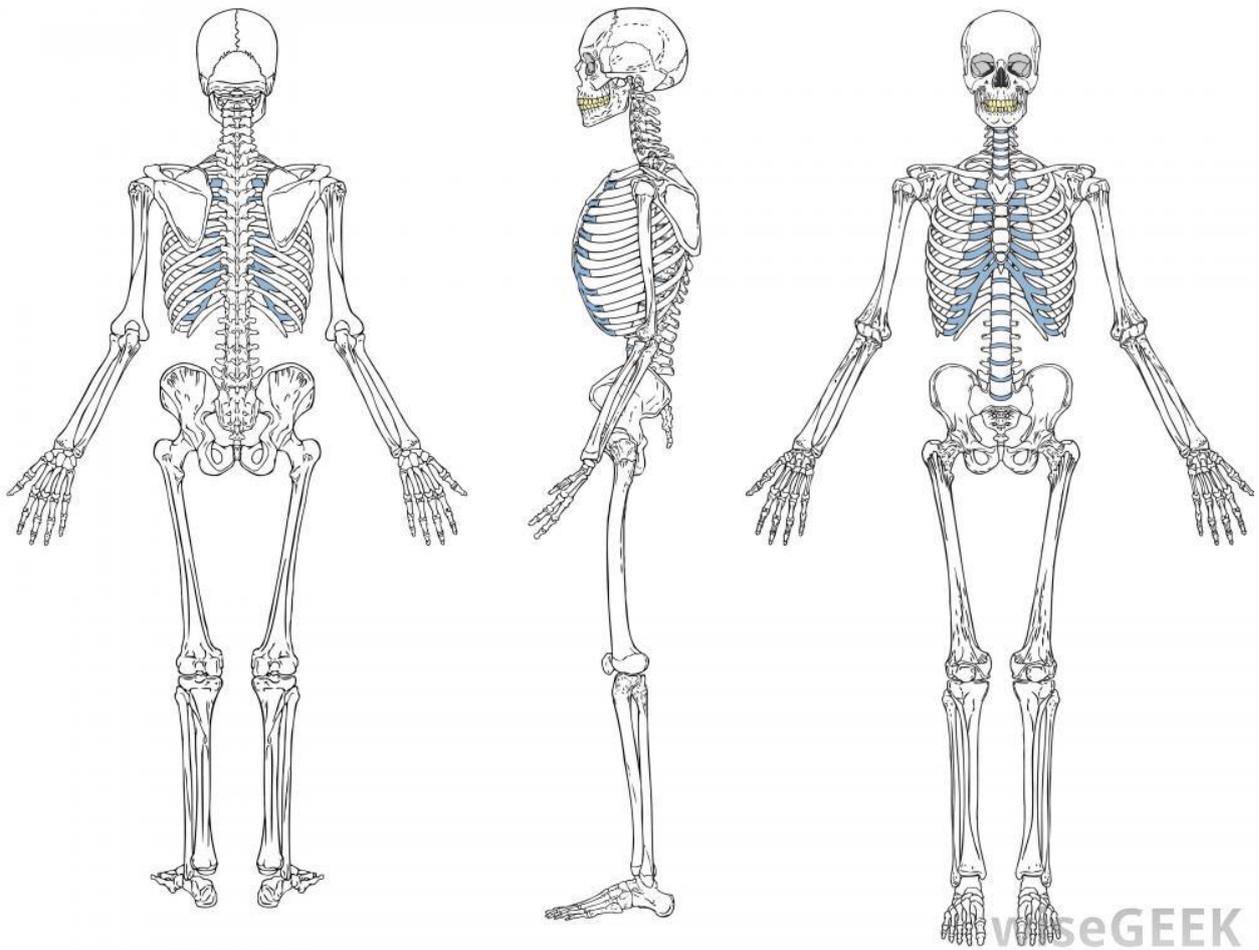
**Unit 1**



**Skeletal System**

Label the diagram using the table.

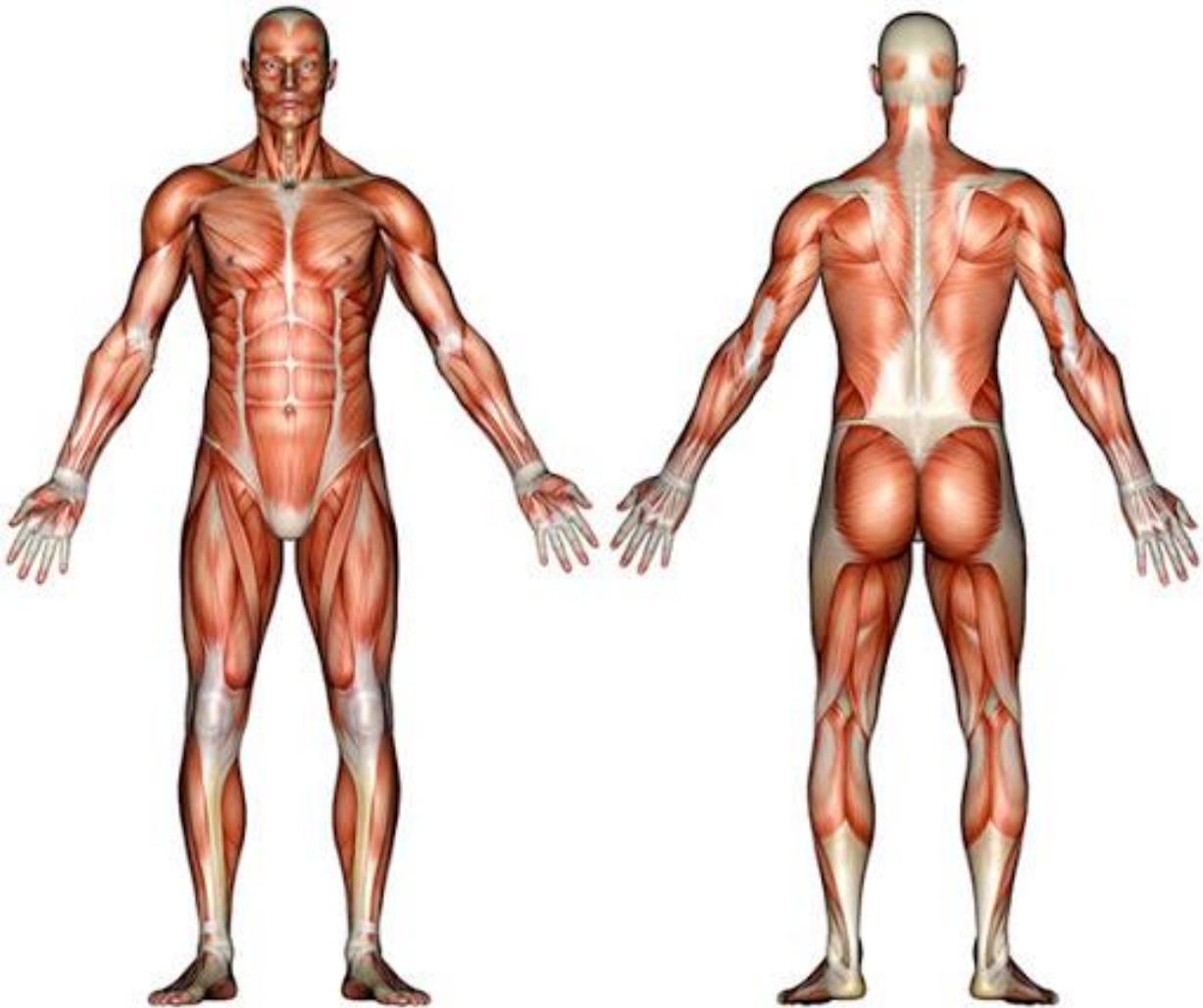
humerus	tibia	ribs
sternum	pubis	cranium
ulna	coccyx	carpals
phalanges	lumbar vertebrae	ilium
talus	femur	patella
clavicle	scapula	fibula
tarsals	thoracic vertebrae	metatarsals
metacarpals	radius	ischium
cervical vertebrae	sacrum	



### Muscular System

Label the diagram using the table.

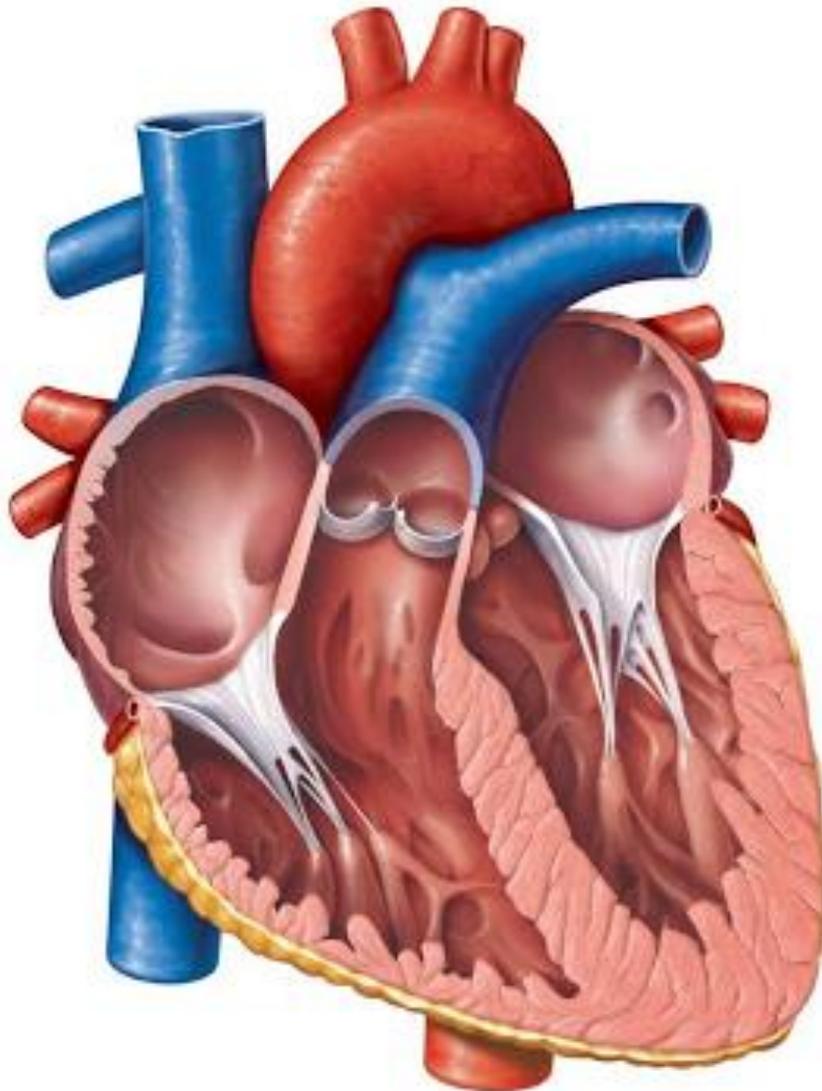
<u>Quadriceps</u> Rectus femoris Vastus medialis Vastus intermedius Vastus lateralis	<u>Hamstrings</u> Biceps femoris Semimembranosus Semitendinosus	<u>Glute Muscles</u> Gluteus maximus Gluteus medius Gluteus minimus	<u>Adductor Muscles</u> Adductor longus Adductor brevis Adductor magnus
Latissimus dorsi	Wrist flexors	Pronator teres	Iliopsoas
Pectoralis major	Wrist extensors	Supinator muscle	Triceps brachii
Trapezius	Rectus abdominus	Deltoid	External obliques
Teres major	Erector spinae group	Tibialis anterior	Soleus
Biceps brachii	Internal obliques	Gastrocnemius	



### Cardiovascular System

Label the diagram using the table.

Left Atrium	Right Atrium	Left Ventricle
Right Ventricle	Bicuspid/Mitral Valve	Tricuspid Valve
Pulmonary Valve	Aortic Valve	Aorta
Venae Cava	Pulmonary Artery	Pulmonary Vein

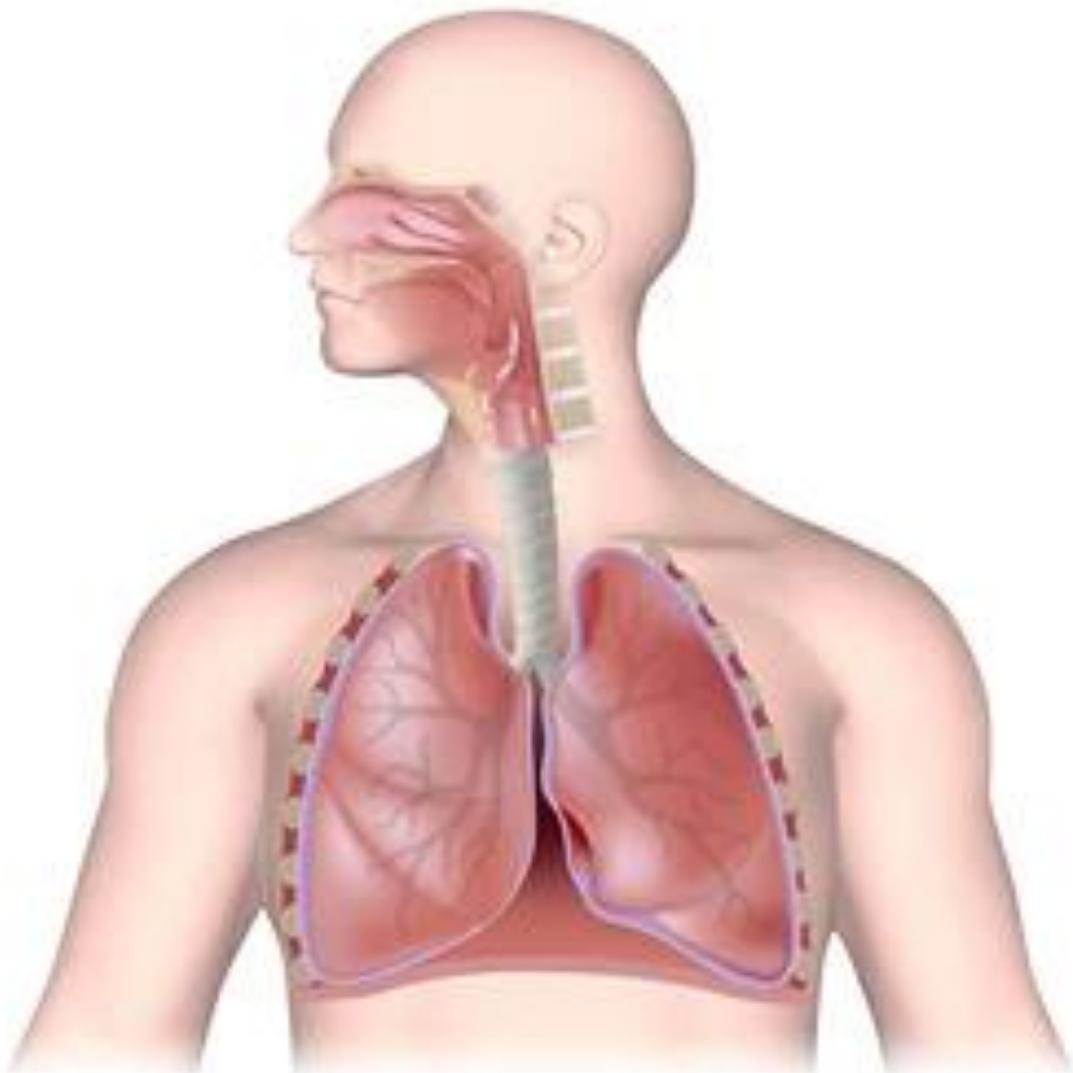


**Respiratory System**

Label the diagram using the table.

nasal cavity	epiglottis
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pharynx	larynx
trachea	bronchi
bronchioles	alveoli



**Glossary**

	<b>Define/Explain</b>
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ATP	
ADP	
Agonist	
Antagonist	
Appendicular Skeleton	
Arteries	
Arterioles	
Atrium	
Axial Skeleton	
Bronchi	
Bronchioles	
Capillaries	
Cardiac Output	
Citric Acid Cycle	
Cristae	
DOMS	
Electron Transport Chain (ETC)	

Epiglottis	
Expiratory Reserve Volume (ERV)	
Fixator	
Frequency	
Glucose	
Glycogen	
Glycogen Phosphorylase (GPP)	
Glycolysis	
Haemoglobin	
Heart Rate	
Hyperplasia	
Hypertrophy	
Inspiratory Reserve Volume	
Intima	
Lactate Dehydrogenase (LDH)	
Lactic Acid	
Larynx	

Lumen	
Minute Ventilation (MV)	
Mitochondria	
Motor Neuron	
Nasal Cavity	
Nicotinamide Adenine Dinucleotide (NAD)	
Oxygen	
Oxyhaemoglobin	
Pharynx	
Phosphocreatine	
Phosphofructokinase (PFK)	
Plasma	
Platelets	
Pyruvic Acid	
Residual Volume (RV)	
Sarcoplasm	
Sternocleidomastoid	

Stroke Volume (SV)	
Tidal Volume (TV)	
Total Lung Capacity (TLC)	
Trachea	
Triglycerides	
Valves	
Veins	
Ventricle	
Venules	
Vital Capacity	
White Blood Cells	