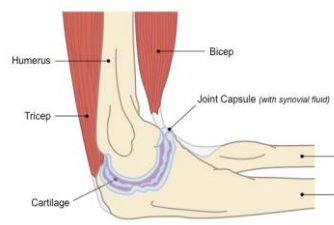
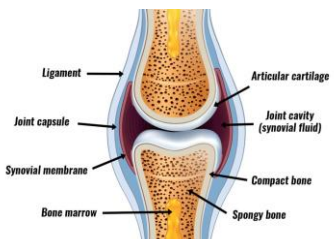
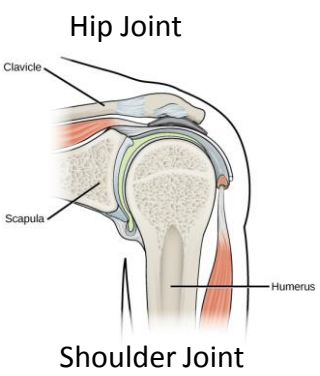
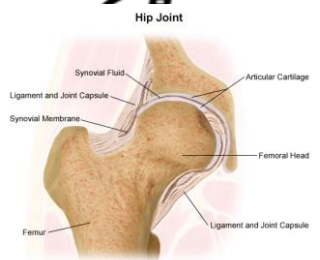
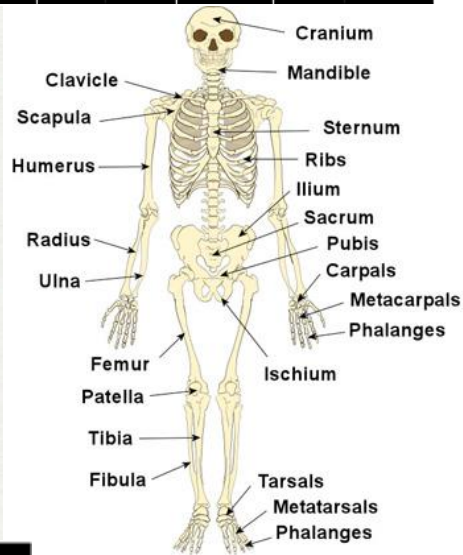
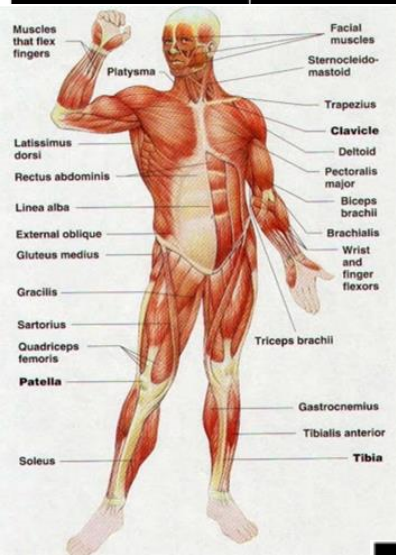
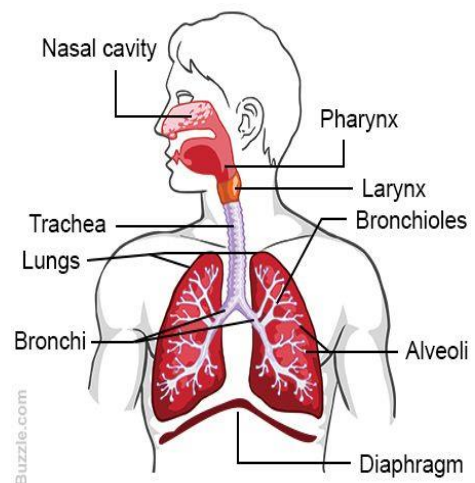
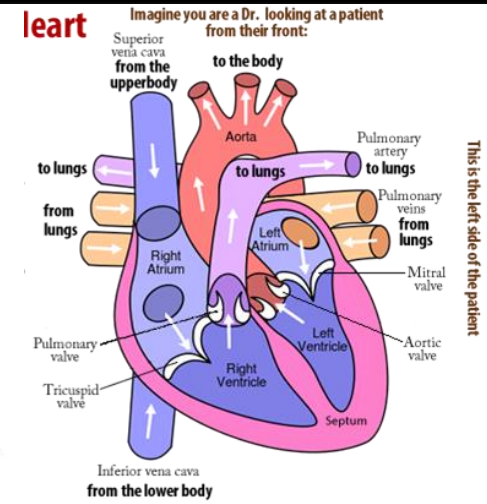


# Knowledge Organiser UNIT 3 TRAINING FOR PERSONAL FITNESS

## MUSCULOSKELETAL SYSTEM



## CARDIORESPIRATORY SYSTEM



## CAN YOU...?

## CAN YOU...?

- Locate the major muscles and bones?
- Recall the structure and function of the synovial joints at the hip, shoulder, knee and elbow? Images above.

**Hip** - Femur and Ilium (pelvis)  
**Shoulder** - Humerus, Clavicle, Scapula  
**Knee** - Femur, Patella, Tibia  
**Elbow** - Humerus, Radius and Ulna

Refer to the short term effects of exercise on the musculoskeletal system?

- Flexibility and range of movement at joints.
- Using progressive overload to encourage micro tears in muscle fibres.

- Locate the structures of both the heart and lungs? (Images above)

Refer to the short term effects of exercise on the cardiorespiratory system?

- An increased heart rate and breathing rate during fitness training activities to supply oxygen to the working muscles, also exhaling carbon dioxide as a waste product.
- Increased build up of lactic acid as a result of increased intensity in the main component.