

BTEC Sport Summer Transition Activity – July 2021

Please complete 3 separate research based documents on the below topics:

- ▶ The **3 types of muscle** (Cardiac, Skeletal & Smooth)
- ▶ The **5 Short term responses** of the muscular system (Blood supply, Muscle temperature, Muscle pliability, Lactate build-up, Micro tears)
- ▶ The **7 Long term adaptations** of the muscular system (Hypertrophy, Tendon increases, Mitochondria increases, Lactate tolerance, Myoglobin stores, Glycogen storage, Fat storage)
- ▶ This can be via a poster, a mind map, a leaflet or any form of computer based or hand written / drawn style presentation

The work will be collected upon starting the course in August and used as a probation baseline assessment. Until then, please look into your revision documents and the BTEC Sport kit

Take care and see you all after the summer break!