

Sport and Fitness – Health and Safety

Task 1: In the table below, identify the appropriate workplace for the following types of work.

Type of work	Workplace
Sport and leisure industry	
Healthcare services	
Retail	
Administration	

Task 2: In the table below, identify and explain the health requirements for a range of places of work.

Place of work	Health Requirement	Why
Fitness club		
Outdoor activity instructor		
Hospital		
Building site		

Task 3: Write a short paragraph in the space below that describes why it is important to meet the health requirements of your workplace.

Task 4: Choose a job in the sports sector, and identify 3 risks associated with that role.

Job – _____

- *Risk 1* –
- *Risk 2* –
- *Risk 3* -

Task 5: What personal health requirements would the following jobs have?

- Ski instructor –
- Lifeguard –
- Gym instructor -

Task 6: Identify the types of workers who may be exposed to the following health risks in their chosen areas of work.

Health Risk	Worker
Physical/verbal abuse	
Transporting chemicals	
Back injury	
Manual handling	
Slips/trips/falls	
Spread of infection	
Stress	

Extended Tasks:

1. **Describe** the structures of both the Axial and Appendicular skeleton
2. **Describe** 5 different types of bone in the skeleton
3. Using a diagram from google, **locate** all of the major bones of the skeleton
4. **Describe** the 5 functions of the skeletal system