What you will study:

You will learn about the structure and function of the cardiovascular system, looking at the main components such as; the heart, blood vessels and blood.

You will learn about the structure and function of the respiratory system, looking at the main components such as; the lungs, trachea and diaphragm.

You will also learn about aerobic and anaerobic exercise, and the processes involved in energy release.

How you will be assessed:

1. You will complete a number of short answer questions.
2. You will sit a 45-minute exam via Skype.