

Body Builders

1. **DESCRIPTION:** Teams will demonstrate knowledge of the major systems of the human body in terms of their functions necessary for human life.
2. **ESSENTIAL STANDARDS ALIGNMENT:** 3.L.1, 4.L.2, 5.L.1
3. **TEAM OF UP TO:** 2
4. **MAXIMUM TIME:** 60 min.
5. **TEAMS:** Must bring a writing instrument.
6. **EVENT LEADERS:** Will provide a hands-on event with all necessary items, objects, materials, questions, and response sheets for participants to complete stations. Examples include but are not limited to: models, slides, and pictures.
7. **SAFETY REQUIREMENTS:** None
8. **IMPOUND:** No
9. **THE COMPETITION:** This event will be run in a station format. Teams will rotate through stations that assess any or all of the following topics:
 - a. The major organs and body parts involved in each of the following systems including the important job each body part has:
 - i. The Circulatory System: heart, blood vessels, blood
 - ii. The Digestive System: mouth, esophagus, stomach, small intestine, large intestine
 - iii. The Endocrine System: (function only)
 - iv. The Immune System: (function only)
 - v. The Muscular System: cardiac, skeletal, smooth muscles (functions, not individual muscles)
 - vi. The Respiratory System: nose, trachea, lungs
 - vii. The Skeletal System: (functions, not individual bones)
 - viii. The Nervous System: brain, spinal cord, nerves
 - b. How the systems work together to maintain health and fitness.
 - c. How to care for each system.
 - d. The role vitamins and minerals play in keeping a body healthy.
10. **SCORING:** Points will be awarded for the accuracy of responses. Ties will be broken by the accuracy or quality of responses to pre-selected questions chosen by the event leader.
11. **EVENT RESOURCES:**
See the Event Resources tab on our website at www.sciencenc.com for instructions, videos and more.