



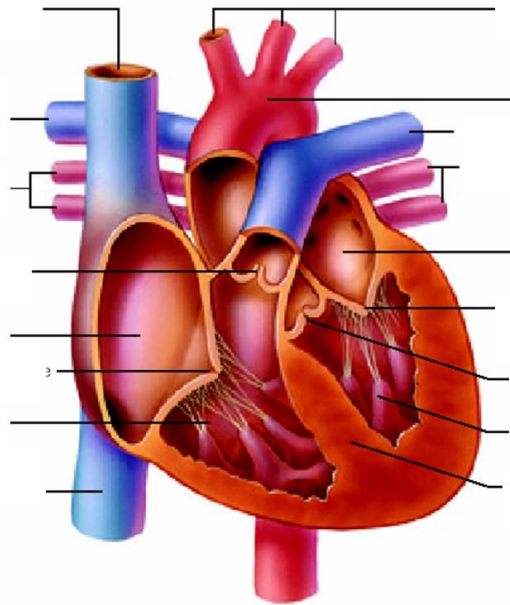
# Cotswold Edge Sixth Form



<b>Subject:</b>	A level PE @ CS (AQA)	<b>Assessment Point 1 - Coursework</b>
<b>Title of the project:</b>	Personal performance	
<b>Due date:</b>	First lesson back September 2020	
<b>Learning skills and their place in the specification</b>	To learn about the different bodily systems To learn about the adaptations that occur with training. To learn about Skill acquisition and the different factors effecting this	
<b>Specification link</b>	<a href="https://www.aqa.org.uk/subjects/physical-education/as-and-a-level/physical-education-7582">https://www.aqa.org.uk/subjects/physical-education/as-and-a-level/physical-education-7582</a>	
<b>Tasks set</b>	To complete research to answer questions within the booklet.	
<b>How this links to the exam specification</b>	Linked to the requirements of factors affecting participation in physical activity and sport; and skill acquisition	
<b>How to complete the task:</b>	Work your way through the attached sheet and research any aspects that require extra knowledge. This will be handed in on the first day back in September.	
<b>Resources or links</b>	See attached sheet.	
<b>Staff contact and email address:</b>	<a href="mailto:James.allen@chippingsodburyschool.com">James.allen@chippingsodburyschool.com</a> <a href="mailto:Lauren.ellis@chippingsodburyschool.com">Lauren.ellis@chippingsodburyschool.com</a>	
<b>Number of learning hours it will take to complete</b>	Minimum 10 hours	

Name:

Label the anatomy of the heart



How does the blood travel around the heart?

Define the following:

Cardiac output-

Stroke volume-

Venous return-

End diastolic volume-

End systolic volume-

Bradycardia-

Explain the adaptations that occur in the cardiovascular system through sustained aerobic training.

Define the following:

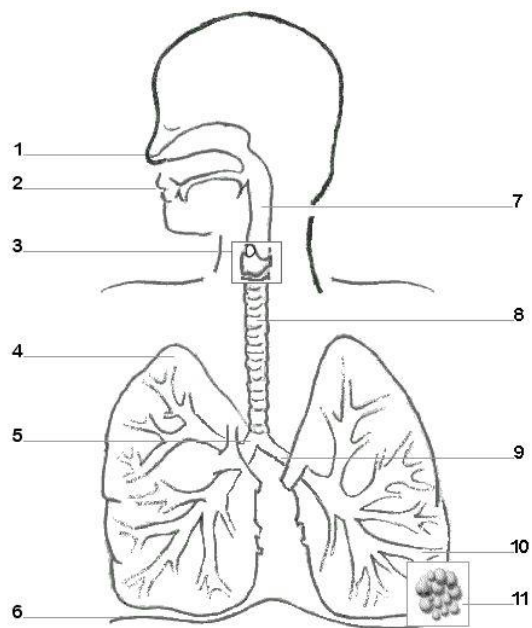
Capillary-

Haemoglobin-

Myoglobin-

Glycogen-

**Label the anatomy  
of the lungs**



Define partial pressure-

Define pressure gradient-

Lung Volume	Definition	Change during exercise
Tidal volume		
Vital capacity		
<u>Inspiratory</u> reserve volume		
Expiratory reserve volume		
Residual volume		
Minute ventilation		
Total lung capacity		

Research the mechanics of breathing.

Research the adaptations that occur in the respiratory system through sustained aerobic training.

Define the following:

Chemoreceptor

Proprioceptor

Baroreceptor

Research the three muscle fibre types and fill in the table below

	<b>Type I slow oxidative</b>	<b>Type IIa fast oxidative glycolytic</b>	<b>Type IIb fast glycolytic</b>
Contraction time			
Resistance to fatigue			
Activity used for			
Power produced			
Mitochondrial density			
Capillary density			
Myoglobin levels			
Glycogen stores			
Oxidative capacity			

Define health-

What four aspects constitute as an 'unhealthy lifestyle.'

Explain what body system is likely to be most affected by an unhealthy lifestyle.

Discuss the likely effects of an unhealthy lifestyle on the body.

## **Determinants of movement:**

Define the following:

Submaximal aerobic fitness-

Maximal aerobic fitness-

Exercise economy-

Anaerobic capacity-

Anaerobic Power-

Maximum Speed-

Define the components of fitness below and give a sporting example of where they are used.

Muscular endurance-

Maximal strength-

Agility-

Coordination-

Reaction time-

Balance-

Flexibility-

Complete the training methods table below

<b>Method</b>	<b>Advantages</b>	<b>Disadvantages</b>
<b>Circuits</b>		
<b>Continuous training</b>		
<b>Cross training</b>		
<b>Fartlek training</b>		
<b>Flexibility</b>		
<b>Functional stability training</b>		
<b>Interval training</b>		
<b>Plyometrics</b>		
<b>Resistance training</b>		
<b>Speed agility quickness (SAQ)</b>		
<b>Weights (free weights &amp; machines)</b>		

## **Research Methods of training:**

### **Principles of training:**

A successful training programme will meet individual needs. Identify these needs.

Specificity:

Progressive overload:

FITT:

Overtraining:

Reversibility:

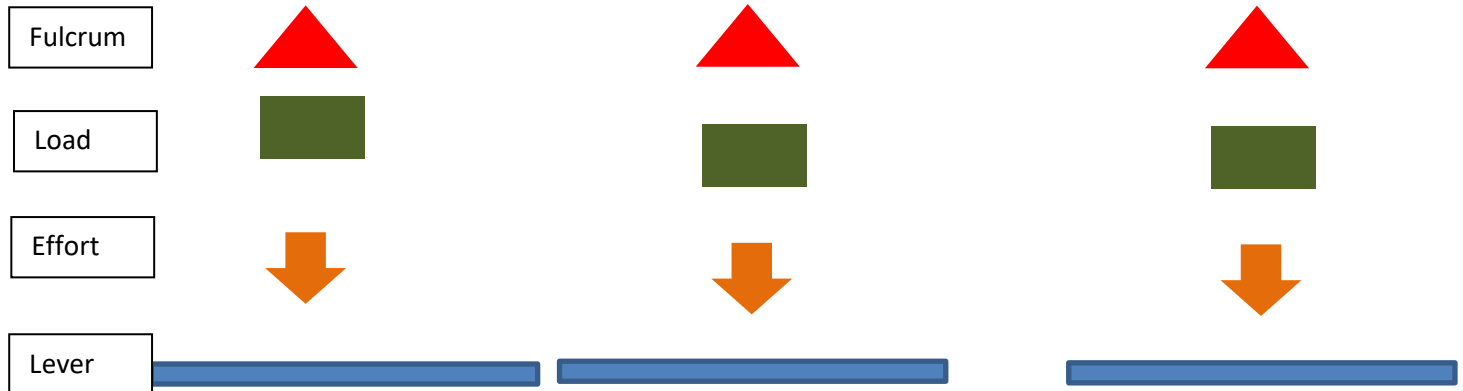


**Joint Movement** - Complete the table below

<b>Movement</b>	<b>Definition</b>	<b>Sporting action and location</b>	<b>Articulating bones</b>
Flexion			
Extension			
Abduction			
Adduction			
Rotation			
Dorsiflexion			
Plantar flexion			

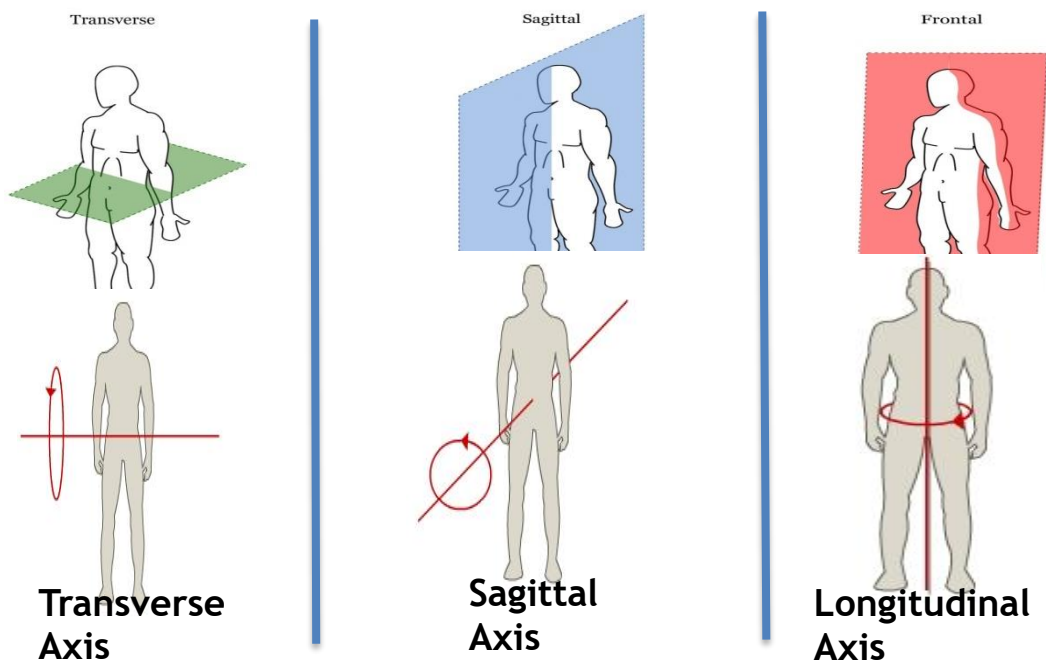
**Leavers:**

Can you rearrange the diagrams to show the correct 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> class lever system?



Now give an example from sport when each lever system is used. E.g a serve in tennis; a football throw in etc.

**Planes and Axis** – Match the correct plane, with the correct axis. They are all out of order



What movement does each plane and axis provide?



Can you name the planes and axis working during each sporting movement?



## Skill Acquisition:

Characteristics of skill – Complete the table with a definition of each of the characteristics

Characteristics	Description of skilled performances
<u>A</u> esthetically pleasing	
<u>C</u> onsistent	
<u>E</u> fficient	
<u>F</u> luent	
<u>L</u> earned	
<u>A</u> ccurate	
<u>G</u> oal Directed	

Continua – Give a description and sporting example for set of skills

Open

Closed

Description	
Example	

Description	
Example	

Gross

Fine

Description	
Example	

Description	
Example	

Self-Paced

Externally Paced

Description	
Example	

Description	
Example	

Highly Organised

Low Organisation

Description	
Example	

Description	
Example	

Simple

Complex

Description	
Example	

Description	
Example	

Discrete

Serial

Continuous

Description	
Example	

Description	
Example	

Description	
Example	

## Four Types of Transfer

Type of Transfer	Description

Research 3 methods of presenting practice – write some key notes about each

1.	2.	3.

What are the four type's guidance? Label each of the pictures









## What are the six type of feedback?

Type of feedback	Description

1. Choose 2-3 types of feedback which would be appropriate for an elite athlete. Justify your choices?

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2. Choose 2-3 types of feedback which would be appropriate for a beginner. Justify your choices?

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## What are the four stages of the information proc

