



Physical Education

Please complete one line from the task list below. All students must complete the middle task as part of their line:

<p>Watch David Epstein's TED talk that considers whether athletes are really becoming faster, better or stronger – or whether other factors are influencing their performance. What do you think about any of his examples? See link below.</p>	<p>Think of an effective sports leader/coach/manager from either your own experience or a professional team of your choice. Consider what their 'style' is that makes them successful at what they do. You could refer to <i>Chelladurai's multi dimensional model</i> to help.</p>	<p>The use of performance enhancing substances has become widely reported in sport, with many individuals and teams having been caught. What strategies have been used stop the use of illegal drugs in these cases or to deter others from doing the same?</p>
<p>Referring the series of maps that show the change in countries that have participated in the FIFA World Cup (see link below), comment upon whether this is a truly global event. Please justify your answer.</p>	<p>Watch a continuous, 10min video of a match/ performance in your favourite sport or activity. Choose one performer and identify and justify two/three aspects of their performance that are a particular strength and two/three that you see as being a weakness.</p>	<p>Our muscles are made from a variety of different <i>fibre types</i> referred to as:</p> <ul style="list-style-type: none"> - Slow oxidative - Fast oxidative glycolytic - Fast glycolytic <p>Explain what each of these are and how they might differ from sports-person to sports-person.</p>
<p>Heat presents a very specific stress on an athlete's ability to perform. What ways does your body regulate temperature, and how might a hot environment affect this? See also the link below regarding the Marathon des Sables.</p>	<p>Money and sport are strongly linked to one another. Go to the Deloitte website and download the annual financial review (see link below). What conclusions can you form regarding the richest clubs and/or leagues in addition to determining where they obtain their income from?</p>	<p>As sports-people, often, our knowledge or ability of one skill can influence how easy or hard it is to learn another. We refer to this as 'transfer'. Define each of the forms of transfer (positive, negative, proactive, retroactive, bilateral) and consider your own sporting experiences of where these might have occurred.</p>

Suggested resource list:

- David Epstein TED Talk: https://www.ted.com/talks/david_epstein_are_athletes_really_getting_faster_better_stronger
- Marathon des Sables documentary: <https://www.youtube.com/watch?v=z0Qak8e4vYA>
- World Cup Participation Maps: <https://www.vox.com/a/maps-explain-world-cup>
- Deloitte Football Finance Review: <https://www2.deloitte.com/uk/en/pages/sports-business-group/articles/annual-review-of-football-finance.html>

Wider Reading:

- 2016, Honeybourne, J; Powell, S; OCR A Level PE Book 1, Hodder Education; UK ed. Edition; ISBN: 1471851737.
- 2016, Honeybourne, J; Powell, S; OCR A Level PE Book 2, Hodder Education; UK ed. Edition; ISBN: 9781471851742.