

## Year 13 Bridging Tasks



# BTEC Sport Science

Please complete one line from the task list below. All Year 12 students must complete the middle task as part of their line:

<p>Cycling is being touted as an intervention being prescribed by doctors during the pandemic. Why might this be being 'prescribed' and what are the benefits of such an activity?</p>	<p>Group and team dynamics play an important part in sports. What aspects of group dynamics (i.e. how the team works) with respect to the current Premiership Champions, Liverpool?</p> <p>Conversely, what 'dynamics' within the team may have impacted upon Aston Villa's performance this year?</p>	<p>The use of VAR as a new technology in football is an example of how the sport is trying to ensure fairer outcomes for the participating teams. What other examples of technology can you reference within sport and how to they ensure fairer outcomes for the teams/participants?</p>
<p>During the pandemic, the general public have taken to exercising more with many people taking up the activity of jogging/running.</p> <p>Explain at least two tests that an individual could use to test their ability as runner.</p> <p>What tests would you use, how would you set them up, how would you carry out the tests and how would you measure/score their ability?</p>	<p>One of the units studied within the qualification uses research methodology. Locate any published piece of sports research and attempt to digest this into one page of information, stating:</p> <ul style="list-style-type: none"> <li>- What question do they try to answer?</li> <li>- How did they try to answer this question (what test did they use/who did they test)?</li> <li>- What were the results?</li> </ul> <p>What were their conclusions?</p>	<p>The NBA is due to restart and complete their season during the summer period having socially distanced and isolated themselves within he Disney complex in America.</p> <ul style="list-style-type: none"> <li>- What may have been the positive and negative impact on their physical and psychological health as a result of going through this period of preparation?</li> </ul>
<p>Nutrition has become a critical factor during the pandemic with many altering their eating habits. Sugars (or simple carbohydrates) have come under particular criticism. Why is this? What are the positive and negative impacts of an excess of sugar being consumed on both a sports person's health and performance?</p>	<p>Take the following 'sporting personality' test on the BBC website. It is not diagnostic, but may give you an indication of what 'type' of sporting personality that you have. Did you result match with your interests?</p> <p><a href="https://www.bbc.co.uk/teach/take-the-test-which-sport-suits-your-personality/z6dwbdm">https://www.bbc.co.uk/teach/take-the-test-which-sport-suits-your-personality/z6dwbdm</a></p>	<p>Research the 1968 (Summer) Olympic Games that were in Mexico City. What was significant about the altitude of this location and what impact did it have on the performance of the competitors.</p>