



A Level PE Transition Work

Part 1

You are required to design a training programme for either a marathon runner or a shot putter.

You must address the following topics from the GCSE PE AQA specification

The components of fitness required to improve.

Reasons for and limitations of fitness testing.

Measuring the components of fitness required.

Types of training. Which method is the most appropriate for your chosen athlete?

Calculating intensities to optimise training effectiveness for your chosen athlete?

Apply the principles of training.

Considerations to prevent injury.

Reasons for warming up and cooling down.

Part 2 Research the following.

What would be the effects on the following body systems after a 6 week training programme from your chosen athlete.

State your knowledge of the following and apply to your training programme.

The muscular system.

The respiratory system

The cardiovascular system.

Independent learning tasks to complete:

Link to the A level specification

<https://filestore.aqa.org.uk/resources/pe/specifications/AQA-7582-SP-2016.PDF>

Please use the specification to make sure you are researching the correct information. If you have any questions please email me ihines@urmstongrammar.org.uk.

Evaluation and analysis of sport

Question 1 - Select a skill from one of the following sports:

- Football
- Tennis
- Athletics

Question 2 - You must then find the following information and relate it to the skill you have chosen.

- Psychology of sport
- Each area must include a definition.



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- 3.2.3.1.3 Arousal. Look at the specification and link to your skill.

This link gives you a basic understanding - <http://infitptv.com/the-effects-of-arousal-on-physical-performance>

- 3.2.3.1.10 Importance of goal setting. Look at the specification and link to your skill. In addition, use the SMARTER principle to improve the skill you have chosen.

<https://expertprogrammanagement.com/2017/01/goal-setting-outcome-performance-process-goals>

- 3.2.3.1.6 Motivation. In addition, think about different strategies you could use to motivate individuals doing your chosen skill/sport

Question 3 - Emergence of globalisation of sport in the 21st century - discuss the SPORT chosen in question 1 and comment on the following two aspects:

- 3.1.3.1.1 Pre-industrial (pre-1780) – look at the specification and link to your chosen sport in question 1. You must include characteristics of popular recreation.
- 3.1.3.1.2 Industrial and post-industrial (1780–1900) – look at the specification and link to your chosen sport in question 1.

<https://socioculturalpe.wordpress.com/2016/10/09/changes-in-football-from-pre-industrial-to-post-industrial-britain>

You will have to add more information but this will hopefully point you in the right direction. The information will be different for pre-industrial athletics and tennis.

- Netflix have a series called The English game. It's not the greatest show I have ever seen however it will help your understanding of industrial and post-industrial Britain. It also highlights the class divide and the difference between the upper class amateurs and the working class professional.

Any questions please don't hesitate to get in touch.