

A level PE -Pre-Course Preparation: Flying Start 2- first weeks?

'Choose your favourite sport and explore it'

Physiological component:

- Your GCSE PEP would a good starting point/support for this.
- Analysing a physiological component of your sport – Look at preparation and training methods in relation to maintaining and improving physical activity and performance.
- **Produce a literature review for the 3 most important physiological components of your sport- Research!**
- Analyse appropriate fitness tests(2.2.2) Fitness tests: functional thresholds, lactate threshold/anaerobic threshold/maximum steady state, gas analysis, multi-stage fitness test, step tests, yo-yo test, Cooper minute run, Wingate test, maximum accumulated oxygen deficit (MAOD), RAST (repeat anaerobic sprint test), Cunningham and Faulkner, jump tests, Margaria-Kalamian, strength tests, agility tests, sprint tests < 100m. (2.2.3)
- Interpret, calculate and present data (tables and graphs) based on fitness test results.
- Analyse which component of fitness will help to enhance performance 2.2.5 Components of fitness: localised muscular endurance, vO₂ max, anaerobic capacity, maximal strength, strength, power, speed, agility, coordination, reaction time, balance, flexibility, exercise economy, maximal and submaximal aerobic fitness.
- Explore which method of training is appropriate and why? (2.2.11)Methods of training and their appropriateness for different activities: interval, circuits, cross, continuous, fartlek, flexibility (static, ballistic and proprioceptive neuromuscular facilitation (PNF)), weights (free weights and machines), resistance (including pulleys, parachutes), assisted (including bungees, downhill), plyometrics, speed agility quickness (SAQ) and functional stability. Advantages and disadvantages of each method of training.

Technical component:

Analysing a technical component of your sport:

- Analyse data.
- Analyse 3 phases of one core skill (what is a core skill?*).
- Compare results with a higher level performer.
- Identify strengths and weaknesses and compare to an elite athlete.

*A core skill = passing, shooting etc.

Sport and Society component:

- Where and when did your sport begin?
- How did your sport begin?
- How did it's popularity spread?
- Choose a national governing body- what are the NGB's strategies to improve participation