

Y12 Sport Summer Project



As part of your induction into Y12 you will be required to complete a research project that you will need to hand in to each of the teachers highlighted below. The project is based on the Tour de France. The aim of the research task is to ascertain your ability to work individually researching information about this subject, to do this you will need to gather research from a number of different sources. This is a crucial skill if you are to be successful on the A Level Physical Education course in Guilsborough Sixth form. If you have any problems, please

contact the following staff for the separate units.

Unit 1: Mr Mills mills@guilsborough.northants.sch.uk

Unit 2: Mr Cope copeL@guilsborough.northants.sch.uk

Unit 3: Miss Boyer boyer@guilsborough.northants.sch.uk

Unit 1: Anatomy & Physiology – Mr Mills

Part 1:- Find a picture of a cyclist from the Tour de France in action.

On the picture....

- Identify the main muscles that are used for this sport. (Full anatomical names are required i.e. not quadriceps but rectus femoris etc.)
 - You should use the specification to help you with the names of muscles you should know
- Identify the main Synovial joints (pivot, hinge, etc.) that you can see in the picture and the movement patterns taking place (flexion, abduction etc.). Remember at this level – bending the knee is not acceptable
- Identify the movements taking place and the muscles causing these movements.
- Research the difference between Concentric and Eccentric Muscle Contraction Types

Part 2: Research muscle fibre types and discuss their importance in the different stages of the race (sprint stage, king of the mountains etc). In your work describe the structure and function of different muscle fibres and explain how an individual's muscles fibres may influence the type of rider they are.

Part 3: Now you have completed research on Muscles, attempt these exam questions:

1

Fig. 1 shows a netballer preparing to shoot.



Fig. 1

Complete the table below to analyse the position of the right wrist.

Joint type	Articulating bones	Plane of movement	Movement	Agonist	Antagonist

2 Explain, using sporting examples, how the predominance of each muscle fibre type in performers may impact on their performance.

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Unit 2: Skill acquisition and Psychology – Mr Cope

Find a picture of a cyclist from the Tour de France in action.

On the picture.....

- Identify the classifications of skills on each of the six continuums placing the skill on the continuums and justifying your reason behind the position.
- Research and identify which **type/method** of practice you believe would best suit a Tour de France cyclist highlighting your reasons behind this.

1. Identify a skill that would fit each classification shown by the cross below and give a reason for each of your answers.

Simple ← X → Complex

Skill:

Reason:

Open ← X → Closed

Skill:

Reason:

Fine ← X → Gross

Skill:

Reason:

[6]

Unit 3: Sociocultural studies – Miss Boyer

Part 1 - Using specific examples from cycling, how and what technology has been used within the sport to improve overall performance? Be specific with your examples.

Part 2 – using at least 2 different examples, what performance enhancing drugs have been used in cycling? Who used them, why might they have used them (physiological benefits and other pressures or reasons), what were or could be the consequences of taking these performance enhancing drugs?

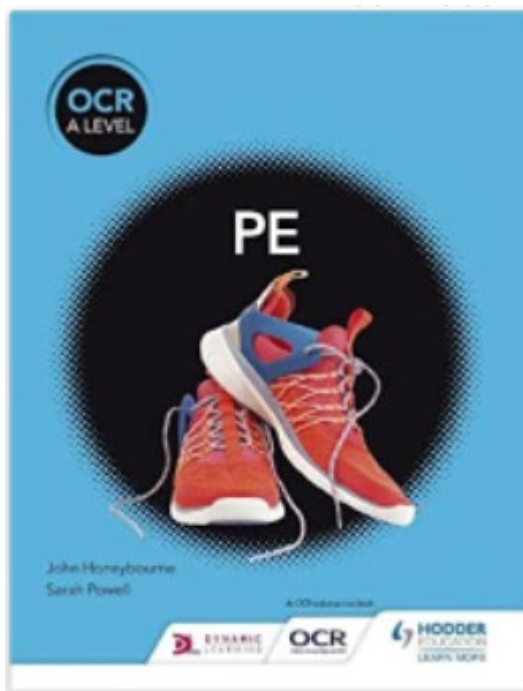
Exam question

Question 1 - Describe **four** ways modern technology has made televised sport more entertaining for viewers.
(4)

Question 2 - Critically evaluate the effect that modern technology has on the sports spectator.

Give examples in your answer (6)

FOLDERS: Please also ensure that you have a folder for each unit you will cover in Yr12 (prepare 2 or 3). You will be required to have the specification unit outlines at the front of each folder (this will be given to you in September) and some dividers in each. Include any work you have done for induction in these folders. Also look into purchasing the text/revision book during the summer.



ISBN number 1510473319