

Year 10 End of Year Task

You need to select a sportsman/woman of your choice. You are then going to act as the coach of this athlete, to do this you are going to apply everything we have learnt this year to your sportsman/woman in a fact file style booklet.

You must include:

Section 1- Diet

1. Information about the different food groups they should be eating and why.
2. The role of energy use and energy expenditure.
3. Obesity and how this would affect their performance.
4. Hydration and why this is essential to them.

Section 2- Cardio-respiratory system

5. Cardiac output and stroke volume: what would happen to these during their training?
6. Mechanics of breathing. Use diagrams to illustrate your point.
7. Interpretation of a spirometer trace.
8. Aerobic and anaerobic exercise. Which one is best suited to their sport and why? Draw a graph to illustrate their aerobic and anaerobic training zones.
9. EPOC. What does this stand for and how does this impact on exercise?
10. Recovery from vigorous exercise. What methods could they implement after they have completed their training programme?

Section 3 – Sports Psychology

1. Definitions of skill and ability.
2. What types of skill do they use in their sport? Justify your answer.
3. What type of goals could they set and why? Provide examples.
4. Set your athlete two SMART targets. Why did you choose these? Relate it to their sporting performance.
5. Information Processing; what do they need to consider during their performance?
6. What type of guidance would they use and why?
7. Provide examples of each type of feedback they would use and relate it to their performance.
8. Would they need high or low arousal levels and why? Draw the inverted U theory and explain it in relation to your performer.
9. How could your athlete manage their arousal before performance?
10. Is your athlete an introvert or extrovert? Why? What characteristics do they possess?