

# Year 9 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- Background information.

1. Any personal information about your athlete, e.g. age, weight, height.
2. The definitions of health and fitness and how does your athlete show that they are both fit and healthy.
3. You need to include all the components of fitness that are specific for your athlete, you need to then explain why they are important for your athlete.
4. You need to explain the three types of somatotypes and which somatotype is most similar to your athlete and why.

## Section 2- Fitness and Training

5. You need to pick two fitness tests that are relevant to your athlete and explain the method of each of these two fitness tests.
6. Using the principles of training (SPORT and FITT) you need to go through each principle and explain how you would use this principle to benefit their training.
7. Can you select 3 methods of training that would be beneficial for your athlete, for each method you need to explain why it is important and give an example of the type of training you would require them to do.

**Ext: Using the principle of training and methods of training can you create a 5 day training programme?**

8. Can you explain what the short term and long term effects of exercise are that will affect your athlete after applying the principles of training and using the methods of training you have selected?

**Ext: If you know the age of your athlete, can you calculate their MHR and their aerobic and anaerobic thresholds and plot this information on a graph.**

9. Using the 9 injury prevention rules, can you state what you will do to help prevent your athlete getting injured?

### Section 3- Sporting Actions

(Please try and use a diagram for this section)

10. Pick a sporting action that your athlete will need to perform in their sport (e.g. tennis serve, kicking a football) can you state what bones and muscles are involved in this action?
11. Explain how the muscles and bones you have stated work together to create the sporting action you have picked.
12. Explain what type of movement and what joints are involved in this sporting action.

### Section 4- Identifying Areas to Improve

13. Can you identify 3 areas that your athlete could do to improve their performance?
14. Can you set 3 SMART targets to help your athlete to improve on the areas of weakness you have identified?