

TBSHS Physical Education**Year 12 Bridging Unit**

You will be studying OCR A-Level Physical Education and as part of the transition from Year 11 GCSE to A Level it is important to develop a greater understanding of certain aspects of the course which will help you over the next two years.

Please complete the following booklet.

Name	
School	
Sport	
Team & League	
Training Days & Times	

As part of the course you will be expected to keep a log of all the competitive matches that you participate in as a record of evidence for the exam board and also a video of you competing and demonstrating skills.

In Year 12 you will study the following units:

- Anatomy & Physiology
- Exercise Physiology
- Biomechanics, including technology in sport
- Skill Acquisition
- Sports Psychology
- Sport & Society

The following tasks in the booklet will prepare you for the course you are studying and give you a flavour of what to expect.

If you have any problems when completing this please feel free to email

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Anatomy & Physiology

Please complete definitions for the following key terms:

Term	Definition
Abduction	
Adduction	
Agonist	
Antagonist	
Concentric Contraction	
Eccentric Contraction	

Frontal Plane of Movement	
Isometric Contraction	
Plantar Flexion	
Pronation	
Sagittal Plane of Movement	
Tendon	
Transverse Plane of Movement	

Exercise Physiology

Ergogenic Aids – Fill-in the blanks

1.	Dietary manipulation such as pre- / post-competition meals and carbohydrate loading aim to maximise these stores	___ C ___
2.	A synthetic copy of the natural red blood cell producing hormone	___ O ___
3.	A category of performance enhancement which includes creatine supplementation and carbohydrate loading	___ O ___
4.	RhEPO, blood doping and anabolic steroids are all ...	_ L ___
5.	A key aim of fluid intake	___ I ___
6.	A group of nutritional aids that play an important role in vascular and metabolic control	N ___
7.	A side effect of blood doping is hyper-viscosity of the blood; this risks the blood doing what?	___ G ___
8.	This can increase the speed of nervous stimulation, focus and concentration	_ A ___
9.	Soda loading involves the use of this to increase a performer's buffering capacity	_ I ___
10.	A method used by endurance performers which involves reinfusing blood cells prior to competition	___ D ___
11.	In order to maximise this food fuel, power athletes focus on creatine supplementation, phosphate loading and heavy training	___ S ___

Biomechanics

Define Newton's three laws of motion and apply each of these laws to a practical example from your sport.

Law	Definition	Application

Skill Acquisition

Classification of Skills – What am I describing?

Definition	Answer
A skill that is not affected by the environment and is usually self-paced eg a hammer throw. Classified on the environmental continuum.	
A skill with a high perceptual load (lots of information to process) and many subroutines eg a tennis serve. Classified on the difficulty continuum.	
A skill with no clear beginning or end eg cycling. Classified on the continuity continuum.	
A skill with a clear beginning and end eg throwing a javelin. Classified on the continuity continuum.	
A skill where control over the rate of movement is determined by the environment eg windsurfing where the waves vary and the required responses change. Classified on the pacing continuum.	
A skill that involves intricate movement using small muscle groups eg the finger and wrist action of a spin bowler in cricket. Classified on the muscular involvement continuum.	
A skill involving large muscle groups/movements eg weightlifting. Classified on the muscular involvement continuum.	
A skill that is performed in a constantly changing environment where there is a high perceptual load. That requires the performer to adapt their movements.	
A skill where control over the rate of movement is determined by the performer eg high jump. Classified on the pacing continuum.	
A skill with a number of discrete elements/subroutines that are put together in a definite order to make a movement or sequence eg triple jump. Classified on the continuity continuum.	
A skill with limited decision making/information to process and few subroutines eg sprinting. Classified on the difficulty continuum.	

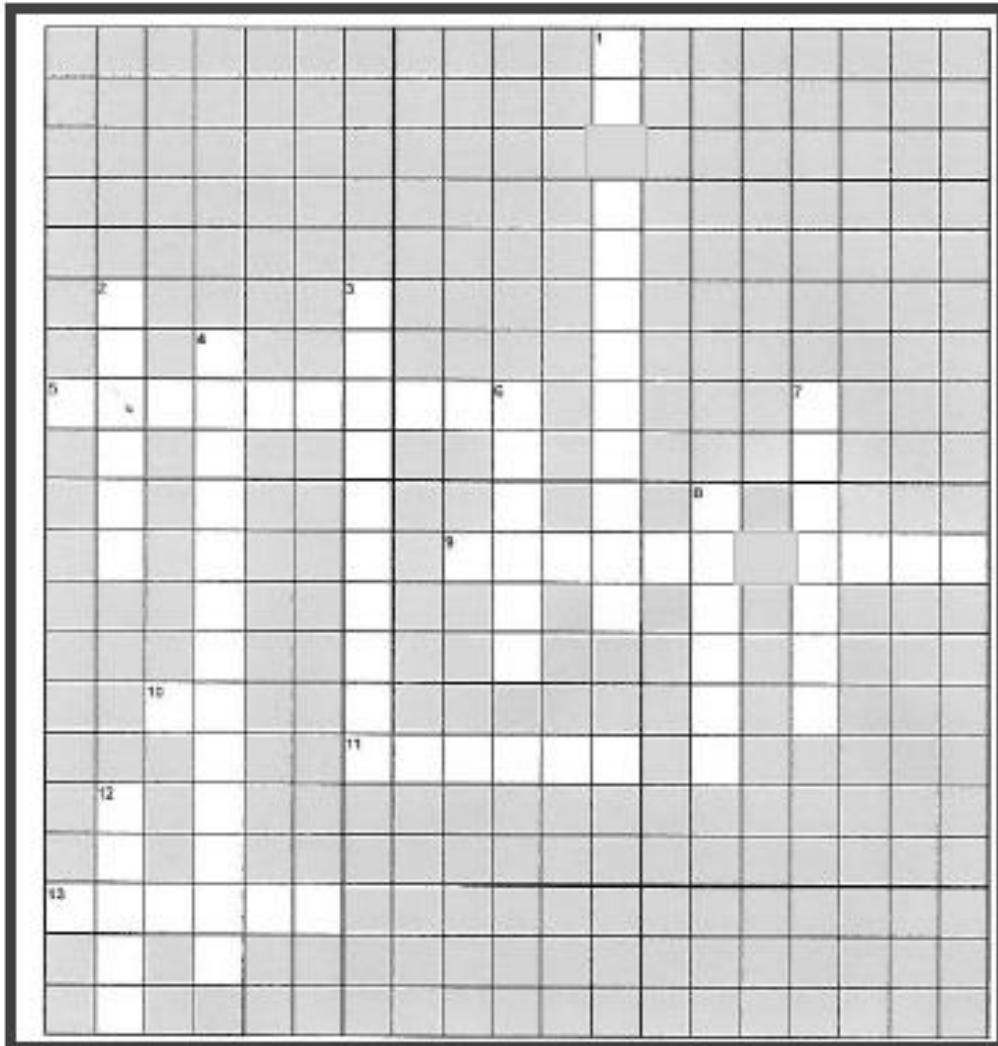
Sport Psychology

Fill in the blanks below:

A characteristic of personality	___ I ___
The intensity and direction of our behaviour	_____ N
The emotional component of attitude	_____ V _____
A person who is highly competitive, works fast and likes control	___ E / ___
A state of readiness to perform a task	_ R _____
An emotional response that influences behaviour	_ T _____
An outgoing and sociable person	E _____
Encouragement in the form of physical rewards	_____ D
Extreme and unpredictable emotions	U _____
Encouragement in the form of praise	___ T _____
Our true self	_____ H _____ / C ___
Motivation that comes from a source outside the performer	E _____
The focus of an attitude	_____ O _____
The most external level of personality	R _____
A method of changing an attitude	_____ Y

Sport & Society

Complete the crossword on the Olympic Games.

**Across**

5. Communication that tries to influence people's beliefs. (10)
9. Scene of Black Power Demonstration in 1968. (6/4)
10. Soviet Union (and 16 other countries) stayed away from these Games. (2)
11. Host city of 1972 Games - linked with Palestinian terrorism. (6)
13. this notion was linked to the Third Reich Ideology. (6)

Down

1. Founder of Modern Olympic Games. (12)
2. Host city of 1936 'Hitler' Games. (6)
3. Key principle of modern Olympics. (10)
4. An aim of the modern Olympic Games. (13)
6. Home to the first modern Olympic Games in 1896. (6)
7. A word meaning to 'stay away from'; this affected LA ('84) and Moscow ('80). (7)
8. USA stayed away from the Olympics held here in 1980. (6)
12. Another aim of the modern Olympic Games. (5)