

Y11 into Y12 Induction Tasks – Physical Education

As you have now successfully gained a place on your post-16 sport course, we would like you to complete some challenges that will help you to keep your knowledge up to date and refreshed ready to hit the ground running in September.

Research tasks:

1. Applied Research Methods in Sport and Exercise Science.

Research in sport is bigger than what you think. There are three major types of research that can be conducted, can you name these? Differentiating between validity and reliability is vitally important in this unit; do you know the difference between theses? No? Then get researching!

2. Coaching for Performance and Fitness

Behind every great athlete is a great coach whose experiences and knowledge has been developed over many years. Can you provide a couple of suitable examples of coaches who have supported athletes in their sport and what skills and qualities do they exemplify?

3. Specialised Fitness Training

Being fit is everyone's goal but getting fit takes a lot more than simply exercising. An understanding of what constitutes "being fit" is important. Can you identify the physical and skill-related components of fitness and identify three personal fitness goals for yourself?

4. Sociocultural Issues in Sport and Exercise

The history of sport and the cultural changes will be a focal point to this unit alongside looking at how media is used to promote sport. Can you think of as many forms of media in sport and research the following theories to gain a basic understanding; functionalist, conflict, critical & figurational theory.

Online courses:

1. Sport in Society - <https://www.mooc-list.com/course/sports-and-society-coursera>
2. Data Analysis in Sport - <https://www.mooc-list.com/course/foundations-sports-analytics-data-representation-and-models-sports-coursera>
3. Drugs in Sport - <https://www.mooc-list.com/course/doping-sports-organizations-and-sciences-coursera>
4. Sports Injury - <https://www.mooc-list.com/course/sports-injury-prevention-edx>

Exam questions:

1. For exam questions on the Anatomy and Physiology: <https://HYXUJOS.exampro.net>
2. For exam questions on Exercise Physiology: <https://XIEEJUF.exampro.net>
3. For exam questions on Sports Psychology: <https://YYQUFOW.exampro.net>
4. For exam questions on Biomechanics: <https://JUOANOR.exampro.net>