

A-Level Physical Education

You have already had access to induction material, completing tasks for the July induction day. In addition the following need to be completed over the summer and brought with you in September.

Task 1: sport and society

Emergence and evolution of modern sport – pre-industrial Britain

*If you need further help to understand these Task 1 questions or content please email:
d_hyett@taverhamhigh.org*

1. Pre-industrial Britain can be classified as the time before the Industrial Revolution between 1750 and 1850. Sport in these times has certain characteristics. For example much of it was local and unorganised.

By researching different sports in this time period, what other characteristics can you identify that would be common?

2. Common activities/sports during this time period were:
 - mob football
 - real tennis
 - pedestrianism
 - cock fighting

Can you identify other sports/activities and describe what these activities would be like? (you can link to the characteristics you have identified above).

3. Class was a major factor in who participated in different sports. From the sports you have identified can you state which class (upper or lower) usually participated?
4. During this aspect of the course we look at the following social and cultural factors and how they shaped sports characteristics:
 - social class
 - gender
 - law and order
 - education and literacy
 - availability of time and money
 - the type and availability of transport

How did these social and cultural factors shape characteristics of sports in pre-industrial Britain? Link to your previous answers and specific sports.

Task 2: applied anatomy & exercise physiology extension tasks

*If you need further help to understand the Task 2 questions or content please email:
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1. Fill in the terms of movement table with the movement each is describing and the plane of movement it is on. The first one is done for you.

Movement	Plane of movement	Explanation
Flexion	Sagittal	A body part moves in a forwards direction from the anatomical position
		A body part moves in a backwards direction
		Moving a body part away from the midline of the body
		Moving a body part towards the midline of the body
		The shoulder joint is flexed (arm out in front) with the arm parallel to the ground; the arm moves towards the middle of the body
		The shoulder joint is flexed, (arm out in front) with the arm parallel to the ground; the arm moves away from the middle of the body
		When a body part turns about its long axis; medially towards the body or laterally away from the body
		A body part moves in a circle while the joint stays still (cone shaped)
		Decrease in angle at the ankle; the foot is raised upwards.
		Increase in angle at the ankle; the foot is pointed.
		The rotation of the forearm so that the palm of the hand faces backwards or downwards
		The rotation of the forearm so that the palm of the hand faces forwards or upwards

2. Research each type of muscle fibre and fill in the characteristics of each type of muscle fibre table:

Characteristic	Slow twitch (Type 1)	Fast oxidative glycoytic (FOG/Type 2a)	Fast glycoytic (FG/Type 2b)
Structural differences			
Fibre size			
Number of mitochondria			
Number of capillaries			
Myoglobin content			
PC stores			
Glycogen stores			
Triglyceride stores			
Functional differences			
Speed of contraction			
Force of contraction			
Resistance to fatigue			
Anaerobic capacity			
Aerobic capacity			
Suited activity			

3. Explain the difference between a concentric and eccentric muscular contraction and give an example of each.
4. Using pictures explain the structure and role of an artery, arteriole, capillary, venule and a vein.
5. Research Newton's Laws of Motion and apply each to a sporting example of your choice.

Have a good summer and we look forward to seeing you in September