

A Level Physical Education

TRANSITION PROJECT

2020



WOKING COLLEGE
PE DEPARTMENT

OCR A Level Physical Education

Welcome to A Level Physical Education!

At A-Level we follow the OCR Specification and will study the following topics:

Paper 1 (2hr paper- 30%)			Paper 2 (1hr paper- 20%)		Paper 3 (1hr paper- 20%)	
Applied anatomy & physiology	Exercise Physiology	Biomechanics	Skill Acquisition	Sports Psychology	Sport & Society	Contemporary issues in physical activity

<https://www.ocr.org.uk/qualifications/as-and-a-level/physical-education-h155-h555-from-2016/>

The A level course has a balance between physiology, sociology and psychology of sport and exercise. Work through **one or more** of the investigations outlined below.

We'd like you to bring your investigation(s) to enrolment in August, but if you'd like to get in touch about the project, get some feedback or find out more about the course, please email Steve Winter-Fuller at swf@woking.ac.uk.

Good luck!

Task 1- Exercise Physiology

During the A-Level PE course you will study the periodisation of training to maximise physiological peak at the correct time and to avoid injury and burnout.



MACROCYCLE (ENTIRE SEASON)																			
MESO 1				MESO 2				MESO 3				MESO 4				MESO 5			
Microcycle 1	Microcycle 2	Microcycle 3	Microcycle 4	Microcycle 1	Microcycle 2	Microcycle 3	Microcycle 4	Microcycle 1	Microcycle 2	Microcycle 3	Microcycle 4	Microcycle 1	Microcycle 2	Microcycle 3	Microcycle 4	Microcycle 1	Microcycle 2	Microcycle 3	Microcycle 4

Preseason → Race Season → Offseason

Your task is to gain an understanding of this topic before starting this course. You can extend your knowledge by creating a training programme for your chosen sport (task 2) and consolidate this knowledge by following and evaluating the plan (task 3).

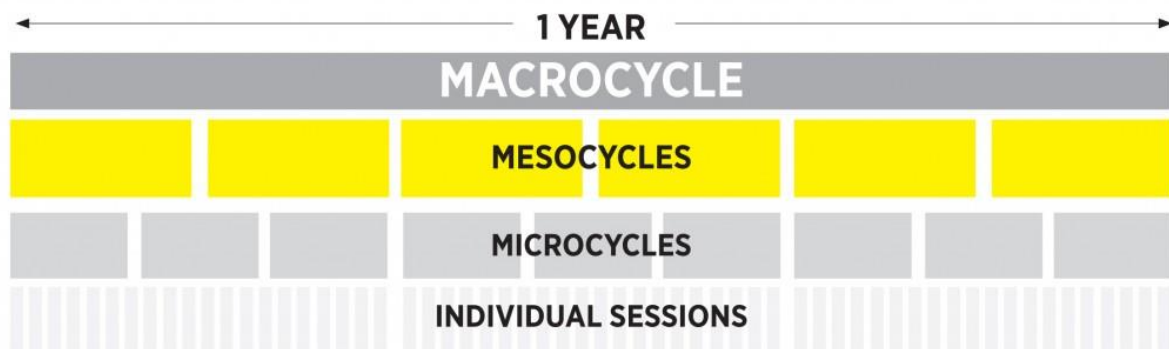
Task 1

Research the definition of a macro-cycle, meso-cycle and micro-cycle. Give an example of when each cycle would take place for your chosen sport and an overview of the aims for each cycle.



Task 2 - Extension

Using the information from task 1, create a training plan for a calendar year for your chosen sport. Give a goal for each phase of the cycle. E.g. long-term goal for the macro-cycle, mid-term goal each meso-cycle, short term goal for each micro-cycle.



Task 3 - Consolidation

Complete two of the meso-cycles from your training plan and keep a diary of how you felt at the end of each session. Give a summary, evaluating how successful you believe the training plan would be for an elite athlete. Explain the positives and negatives of the training plan.



Useful Resources

Periodisation definitions -

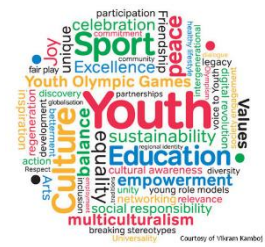
<https://trainingpeaks.com/blog/macrocycles-mesocycles-and-microcycles-understanding-the-3-cycles-of-periodization/>

Periodisation explained - https://www.youtube.com/watch?v=2-z_QjkTM4M

Periodisation example - <https://www.youtube.com/watch?v=yK8bCN1aIQ>

Task 2- Sport in Society

The Olympics of one of the biggest sporting events in the world. This year has seen the first postponement of an Olympic Games in its 124-year history.



Task 1

Research the history of the Modern Olympic Games and create a visual poster.

Content to include:

- Baron Pierre de Coubertin (who is he and why is he important?)
- 1896 Athens
- Past host cities (find them all along with their logos/posters)
- Cancelled Olympics
- Olympics remembered for the controversial reasons
 - o 1936 Berlin
 - o 1968 Mexico
 - o 1972 Munich
- 2020 Japan- COVID-19 postponement



Useful resources

Read <https://www.bbc.co.uk/sport/olympics/52020134>

Listen <https://www.bbc.co.uk/programmes/w172wsflpx5vmz6>

Watch <https://www.youtube.com/watch?v=ccDFpoF5tZw>



Task 2- Extension

You will have found out that the Olympic Games are not always remembered for sport. Some Olympic Games have been remembered for other reasons.

Explain, using examples, how and why the Olympics Games is sometimes remembered for the wrong reason.

Useful resources

Read: <https://www.britannica.com/list/7-significant-political-events-at-the-olympic-games>

Watch: <https://www.youtube.com/watch?v=UilUPy0zyFA>



Task 3- Consolidation

Seb Coe said of London 2012: "It is to create the best Games the world has ever seen by unlocking the UK's unrivalled passion for sport, by delivering the best Games for athletes to compete in, by showcasing London's unmatched cultural wealth and diversity and by creating a real and lasting legacy."

Do you believe that London 2012 fulfilled Seb Coes' ambitions? Write a discursive essay (arguments for and against) in which you consider both the positive and negative impacts of London hosting the 2012 Olympics.

Useful resources

Read <https://www.britannica.com/list/7-ways-hosting-the-olympics-impacts-a-city>

Read <https://www.theguardian.com/education/2013/jan/26/london-olympics-legacy-schools>

Watch https://www.youtube.com/watch?v=M_91fKs9yEA



Task 3- Sport Psychology



You are going to carry out a personality assessment on yourself: 'You need to answer the following questions yes or no. You should answer them quickly and you should answer them based on how you usually behave, feel or act. You need to answer all of the questions.'

Personality assessment

1. Do you seek excitement regularly?	Yes/No
2. Do you need people around you to cheer you up?	Yes/No
3. Do you find that you just go ahead and do things rather than thinking them over before you do them?	Yes/No
4. If you say you will do something, do you always do it?	Yes/No
5. Do you find that your moods swing?	Yes/No
6. Are you willing to do almost anything for a dare?	Yes/No
7. Do you get shy when you want to talk to an attractive stranger?	Yes/No
8. Do you occasionally lose your temper?	Yes/No
9. Would you rather read something instead of meeting somebody new?	Yes/No
10. Can your feelings be easily hurt?	Yes/No
11. Do you sometimes think things you don't want anybody to know about?	Yes/No
12. Do you prefer to have a few close friends to many distant friends?	Yes/No
13. Do you find yourself daydreaming a lot?	Yes/No
14. Do you only have good habits?	Yes/No
15. Can you enjoy yourself at a lively party?	Yes/No
16. Are you tense?	Yes/No
17. Are you mainly quiet around other people?	Yes/No
18. Do you gossip?	Yes/No
19. Do thoughts and ideas running through your head keep you awake at night?	Yes/No
20. Do you like having to pay close attention to work or tasks?	Yes/No
21. Do you shake a lot?	Yes/No
22. Would you always declare everything at customs and excise on your way back from holiday, even if you know that you wouldn't get caught?	Yes/No
23. Do you like doing things where you have to act quickly?	Yes/No
24. Do you find yourself worrying about bad things that could happen to you?	Yes/No
25. Have you ever turned up for an appointment late?	Yes/No
26. Would you talk to a stranger because you like talking to people so much?	Yes/No
27. Do you have aches and pains that bother you?	Yes/No
28. Are there some people that you are acquainted with that you don't like?	Yes/No
29. Are you self-confident?	Yes/No
30. When people are inspecting work you have done, does it hurt when they find things wrong with it?	Yes/No
31. Can you be the life of a party?	Yes/No
32. Do you talk about things you know nothing about sometimes?	Yes/No
33. Do you find yourself worrying about your health?	Yes/No

Scoring

For each answer you gave that corresponds to the ones below, give them one mark. Give them two separate scores out of 12, one for their E score and one for their N score. The E score describes to what extent your client is introverted or extroverted, with a score closer to 1 meaning that they are more introverted and a score closer to 12 meaning that they are more extroverted. The N score describes how stable or unstable (neurotic) your client is. This relates to their thoughts and emotions, with a score closer to 1 meaning that they are more stable and a score closer to 12 meaning that they are more unstable.

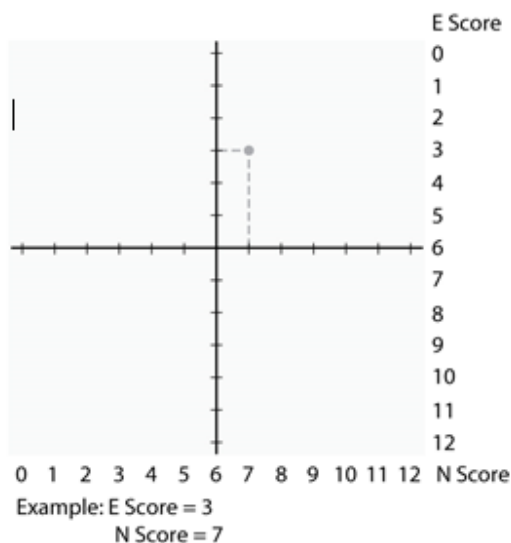
E Score

Question number	Response	Marks
1	Yes	
3	No	
6	Yes	
9	No	
12	No	
15	Yes	
17	No	
20	No	
23	Yes	
26	Yes	
29	Yes	
31	Yes	
	E Score =	

N Score

Question number	Response	Marks
2	Yes	
5	Yes	
7	Yes	
10	Yes	
13	Yes	
16	Yes	
19	Yes	
21	Yes	
24	Yes	
27	Yes	
30	Yes	
33	Yes	
	N Score =	

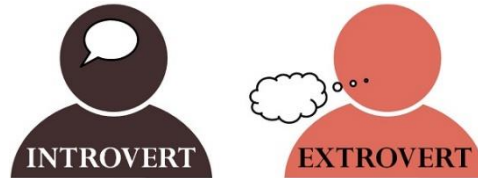
You now need to chart your score to get an indication of your personality type and characteristics. To do this you will need graph paper, a ruler and a pencil. Use the example below to help you.



Based on the personality assessment that you just conducted on yourself, answer the following questions:

Task 1

What personality characteristics do you show?



Task 2- Extension

Based on the personality characteristics you displayed, do you think that you're suited to the sport you play? Justify your answer.



Task 3- Consolidation

The nature vs. nurture debate is the scientific, cultural and philosophical debate about whether human culture, behaviour and personality are caused primarily by nature or nurture.

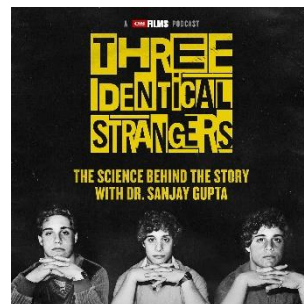
Nature is often defined as genetic or hormone-based behaviours, traits and dispositions.

Nurture is commonly defined as environment, culture and experience.

NETFLIX

On Netflix please watch 'Three identical strangers'

From watching this documentary you must state your opinion as to whether you believe that personality is something that you are born with/inherited (nature) or something which develops during your upbringing/learnt (nurture). You must give reasons as to why you believe this and take into consideration the other side of the argument.





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<https://pinnacleukdirect.com/portal/wokingcollege/>

Returning for 2021...
Club La Santa, Lanzarote





At enrolment we will be handing out trip letters for our sports training and fitness week to Club La Santa, Lanzarote in early 2021!