A-Level PE - Transition Work - Please see answers for self-assessment below in bold.


**ANSWERS - N/A**

Task 2: 500 word essay - 'Outline' the sport and level of competition in which you participate competitively. Using practical examples 'Discuss' when you have been successful and when you may have failed. Using psychological principles 'Evaluate' factors that may have played a part in this success and failure?

**ANSWERS - at least TWO practical examples / Positives and Negatives MUST be discussed / Factors could include: Motivation, Personality, Attitudes, Anxiety, Arousal, Stress, Confidence...**

Task 3: Research Project - 'Explain' the development of sport from the 19th Century to the 20th Century. Use a powerpoint to illustrate your findings (minimum of 8 slides).

**ANSWERS - Developments of factors to include: Public Schools, Transport, Money, Time, Social Class, industry, Rules, Sport reflecting Spirit of the time, Amateurism & Professionalism.**

Task 4: ‘Draw’ and ‘Label’ a human skeleton ‘Identifying’ the major muscles and bones to advanced level standard.

**ANSWERS -**
Task 5: Choose an elite sports person of your choice, 'Critically Evaluate' what physiological adaptations they have that have enabled them to be successful. You can use pictures to help illustrate your points (max 2 sides of A4).

ANSWERS - Adaptations to include: Muscular Hypertrophy, Muscle Size & Strength, Increased Capillarisation, Increased VO2 Max, Increased Tidal Volume, Increased Vital Capacity, Increased Stroke Volume, Increased Cardiac Output, Decreased Residual Volume, Increased Blood Volume, Increased Efficiency of Blood Transport, Increased Haemoglobin, Increase in Glycogen Storage Capacity, Increased Muscular Endurance...

Task 6: Information Poster - create an A3 poster (handwritten or electronic) showing how the ‘golden triangle’ works with regards to the commercialisation of sport. You should use specific practical examples from sport to ‘Justify’ your answer.

ANSWERS –

Task 7: Biomechanics - create a short video clip of your sport where you annotate or narrate the application of 'Newtons Laws'.
ANSWERS - Video to include explanation of the following and with a relevant practical example:

1. **The Law of Inertia**
   
   With no net force acting upon it, an object at rest tends to stay at rest, and an object in motion tends to stay in motion. Both objects will continue with the same inertia, keeping the same velocity.

   - The ball will not move unless there is a force to cause it to move.
   - If a ball were sliding on a frictionless surface, it would keep moving unless met with an outside force.

2. **The Law of Force = Mass x Acceleration (F = ma)**
   
   The acceleration of an object is dependent upon the net force acting upon the object and the mass of the object.

   - Because the mass of each ball is different, each ball will travel a different distance and at a different speed when it is hit with the same force.

3. **The Law of Action & Reaction**
   
   For every action, there is an equal and opposite reaction.

   - When there is force by one side, there will be opposite and equal force by the other side, causing each side to move in opposite directions.