

OCR A LEVEL (H555) PHYSICAL EDUCATION

Bridging Tasks 2020

Introduction

This series of tasks and activities are designed to give you an insight into OCR A-Level Physical Education and allow you 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.

Throughout the next two years of study you will be encouraged to enhance your involvement in sport and develop yourself as a performer or coach. It is therefore a prerequisite of the course that you are currently involved in competitive sport or have been and intend to return to competition in the near future. Even if you are injured you can keep a record of your treatment and rehabilitation which is an inevitable occurrence in a performer's development.

Over the two years you will study the following units of work;

Component 01: Physiological factors affecting performance (90 marks – 2 hour exam paper – 30%)

- 1.1 Applied anatomy and physiology
- 1.2 Exercise physiology
- 1.3 Biomechanics.

Component 02: Psychological factors affecting performance (60 marks – 1 hour exam paper – 20%)

- 2.1 Skill acquisition
- 2.2 Sports psychology.

Component 03: Socio-cultural issues in physical activity and sport (60 marks – 1 hour exam paper – 20%)

- 3.1 Sport and Society
- 3.2 Contemporary issues in physical activity and sport

Component 04: Performance in physical education (NEA – 30%)

- 4.1 Performance or coaching of an activity taken from the approved lists*
- 4.2 Evaluation and analysis task for improving performance

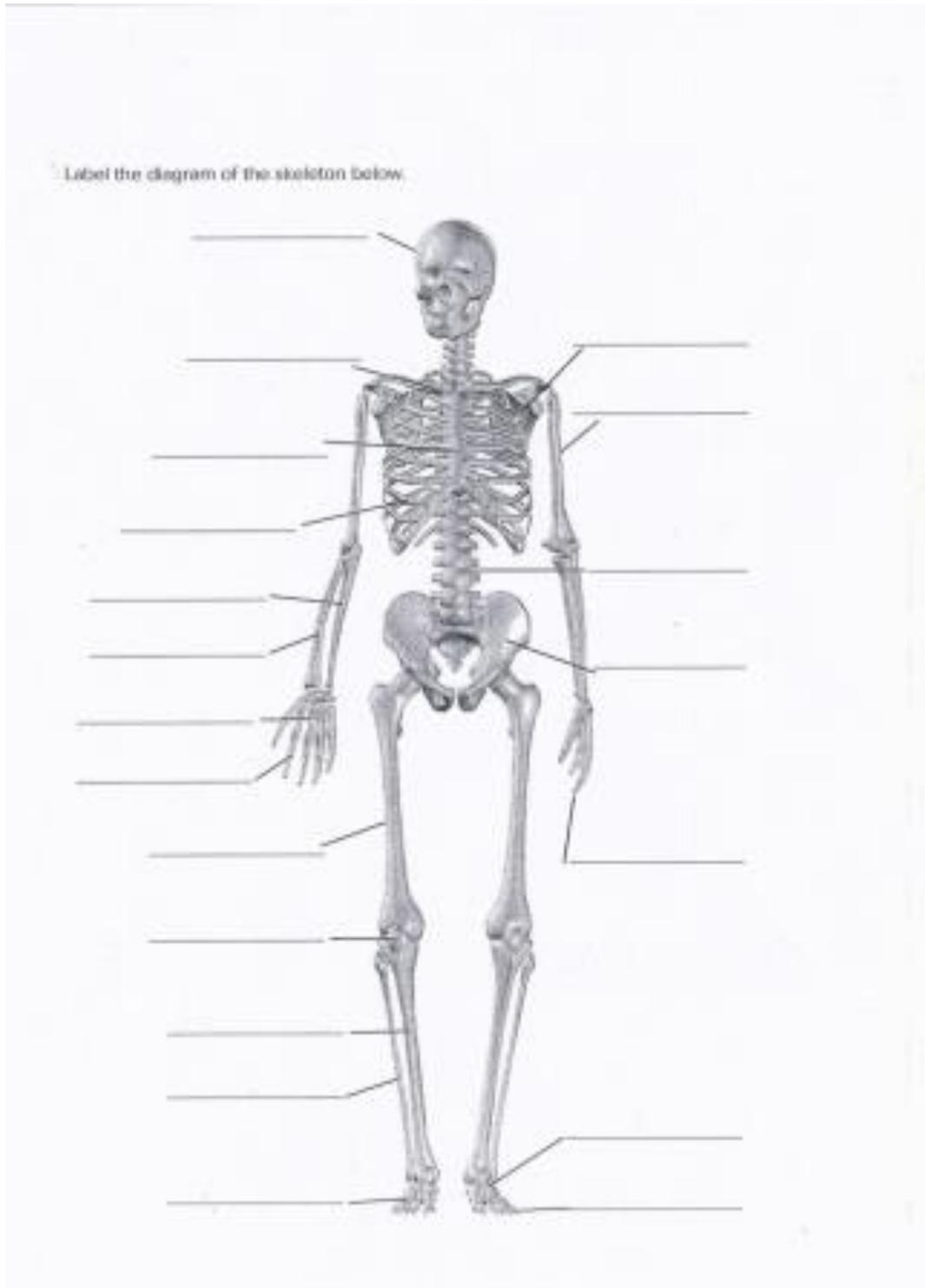
For the full specification please visit <http://www.ocr.org.uk/Images/234833-specificationaccredited-a-level-gce-physical-education-h555.pdf>

APPLIED ANATOMY & PHYSIOLOGY

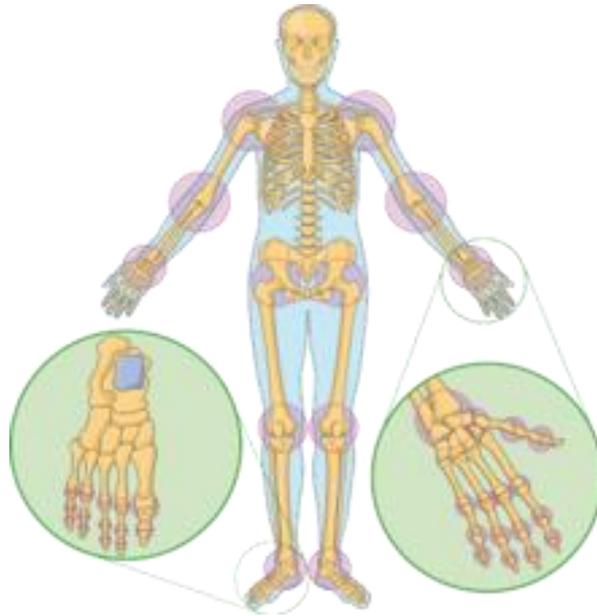
Please complete definitions for the following key terms:

Term	Definition
Abduction	
Adduction	
Agonist	
Antagonist	
Concentric contraction	
Eccentric contraction	
Isometric contraction	
Frontal plane of movement	
Sagittal plane of movement	
Transverse plane of movement	
Plantar flexion	
Dorsi flexion	

Label the diagram of the skeleton

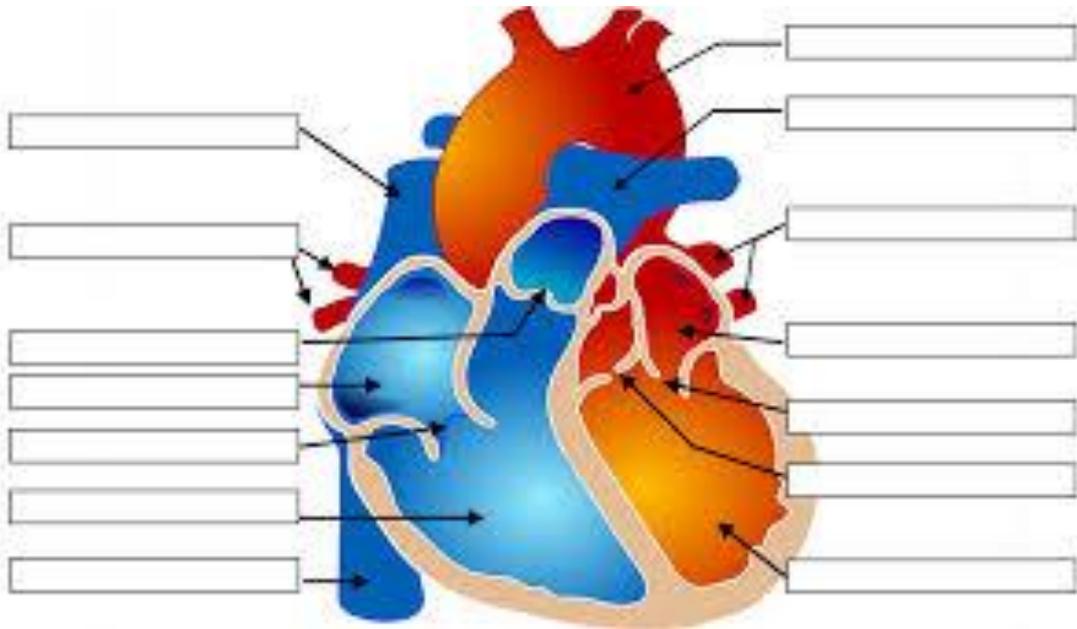


Complete the table on the types of joints

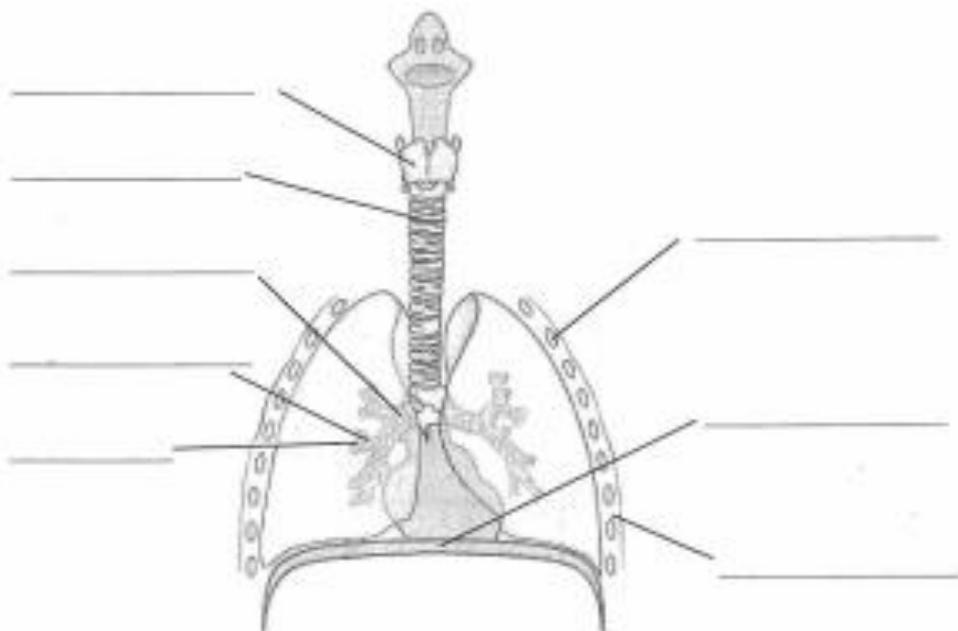


Joint	Joint type	Articulating bones	Movement possible
<i>Wrist</i>			
<i>Elbow</i>			
<i>Shoulder</i>			
<i>Ankle</i>			
<i>Knee</i>			
<i>Hip</i>			

Label the diagram of the heart



Label the diagram of the respiratory system



EXERCISE PHYSIOLOGY**Identify the type of ergogenic aid that is being described**

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.	Closed skill
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.	

Task

Select a skill from the sport you intend to be assessed in and produce a written statement about that skill and how it links to the various classifications listed above.

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

Tasks

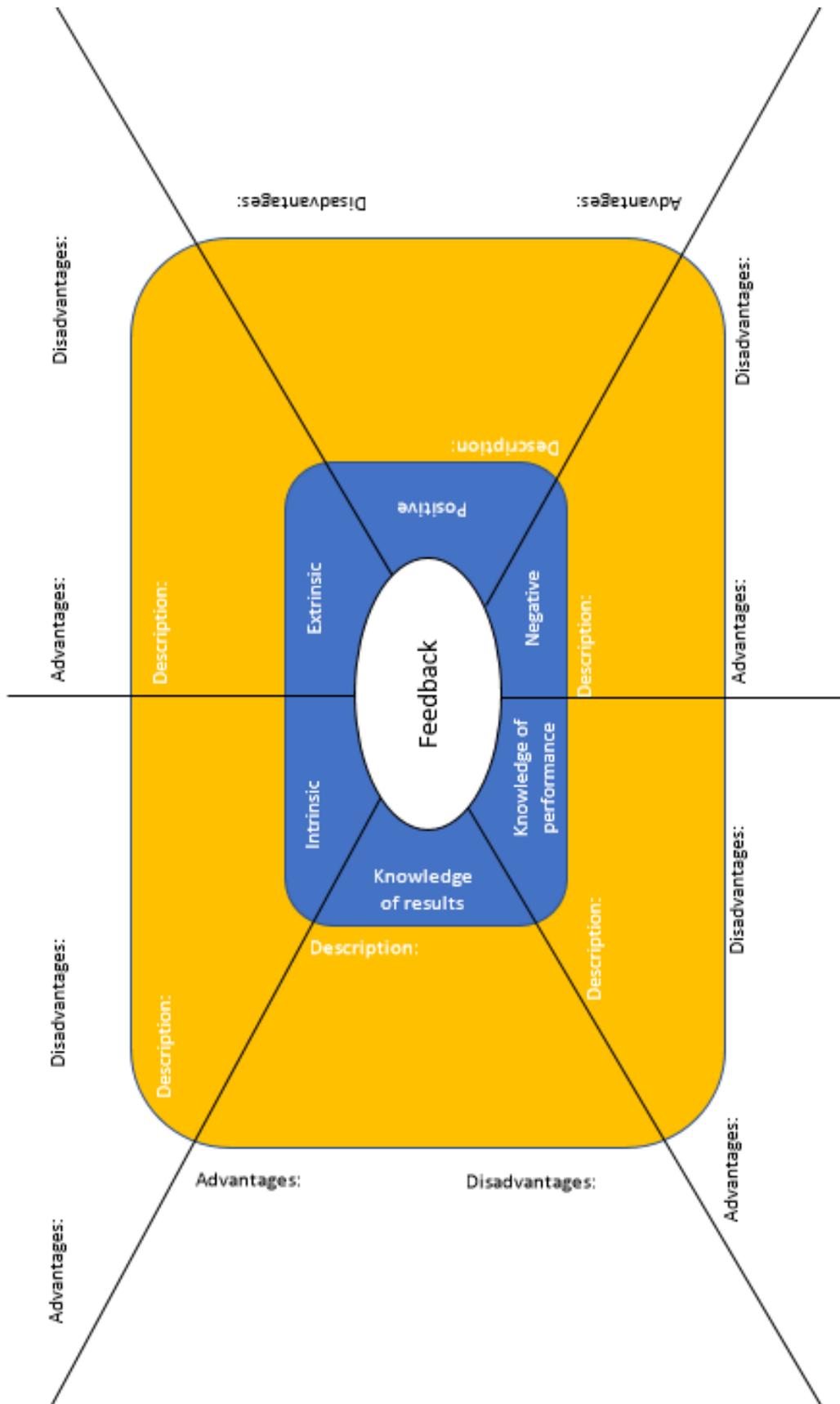
1) Research and find out information about the following leadership styles;

- autocratic

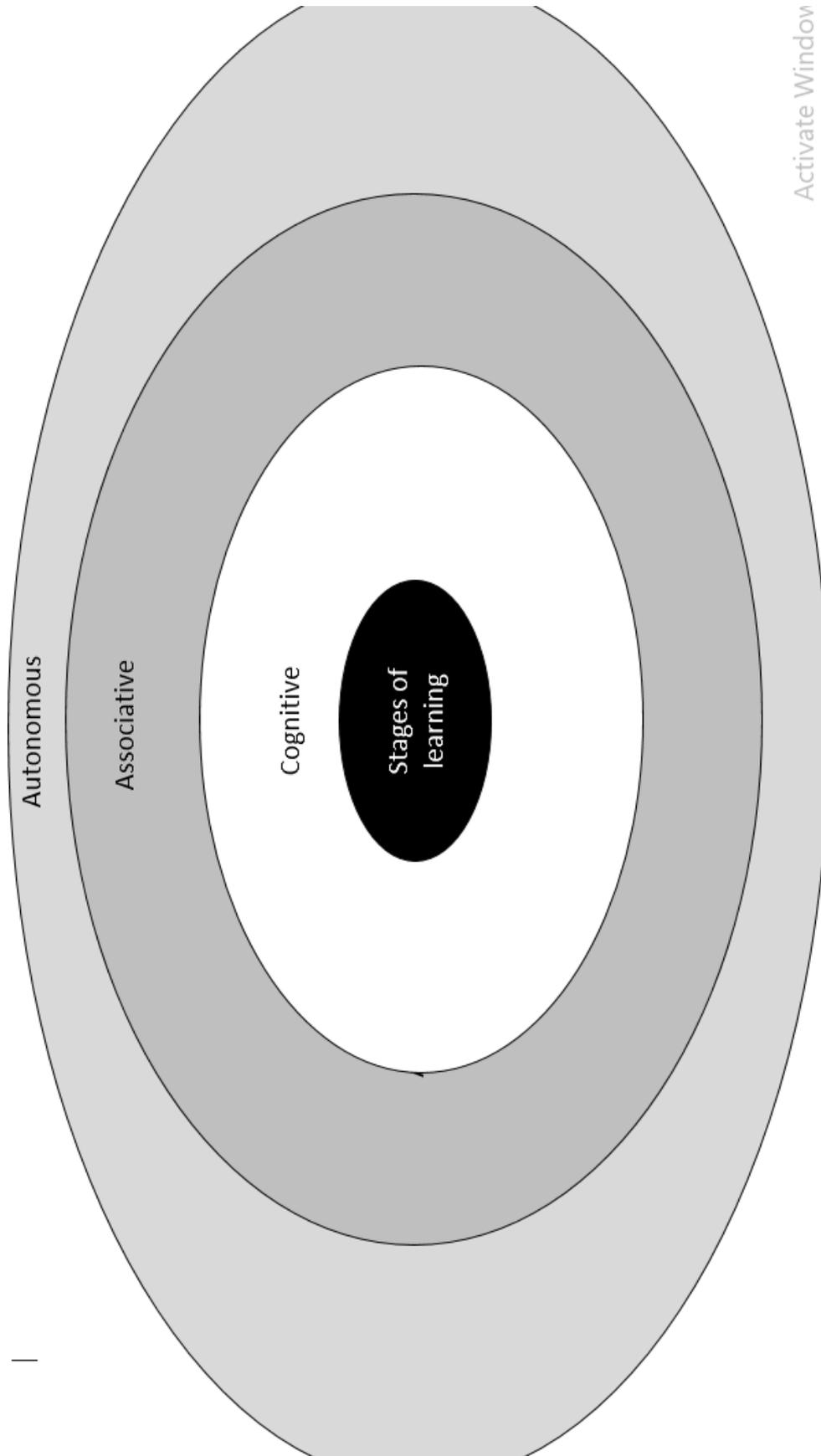
- democratic

- laissez faire

2) Fill in a description, advantage and disadvantage of each of the types of feedback:



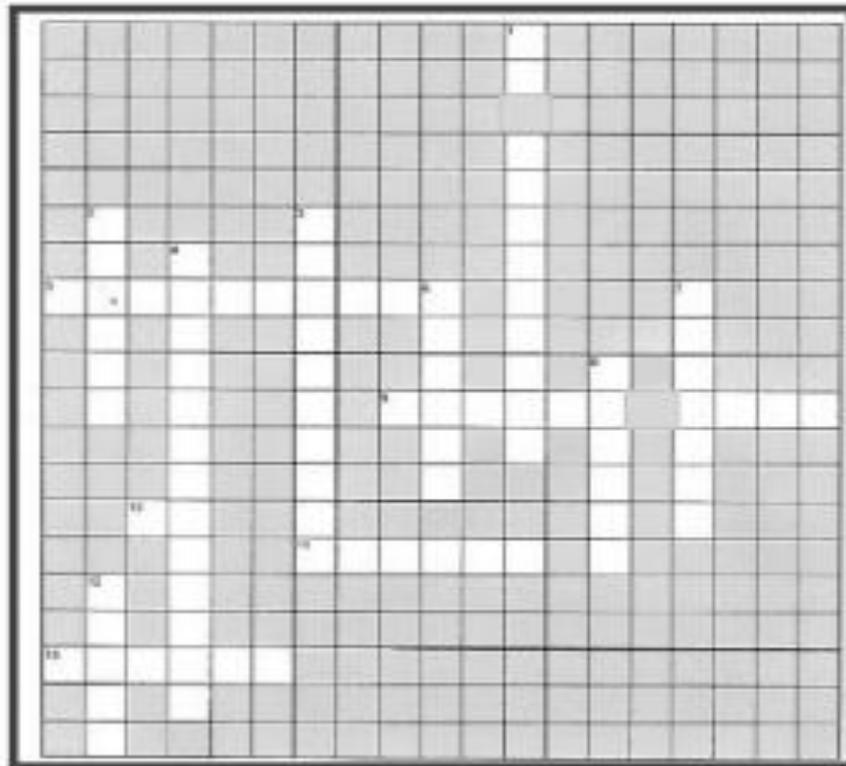
3) Write a description of each of the stages of learning:



Activate Window
Go to Settings to activate

SPORT & SOCIETY

Task: 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. (5)

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 ('56) and Moscow ('80). (7)
8. USA stayed away from the Olympics held here in 1980. (5)
12. Another aim of the modern Olympic Games. (5)

Task:

Describe the positive and negative impacts on the host country/city of hosting a global sporting event (such as the Olympic Games or FIFA World Cup)

CONTEMPORARY ISSUES IN PHYSICAL ACTIVITY AND SPORT

<u>Violence in sport</u>	
<p><u>Players</u></p> 	
<p><u>Causes in relation of violence in relation to:</u></p>	
<p><u>Spectators</u></p>	
<p><u>Performers</u></p>	
<p><u>Society</u></p>	
<p><u>The sport</u></p>	
<p><u>Implication of violence in sport on:</u></p>	
	
	

Drugs & doping in sport

Legal supplements versus illegal drugs and doping



Reasons why elite performers use illegal drugs/doping



Consequences/implications of drugs/doping in sport, on:

The sport



Society



Performers

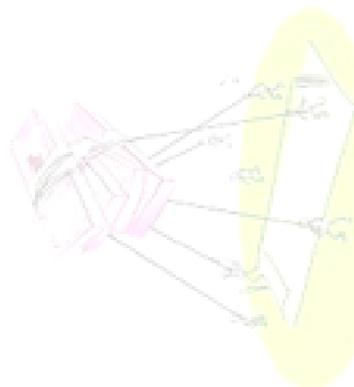


Strategies to stop the use of illegal drugs and doping



Gambling in sport

Match fixing/Bribery



Illegal sports betting



LISTEN, WATCH, READ, STUDY

Highlight the tasks as you complete them

 <p>Complete this MOOC.</p> <p>Football: more than a game University of Edinburgh This course is open now!</p>	 <p>Listen to this radio</p> <p>programme from the BBC World service. Sports Hour is a live Saturday morning sports show with reports, debate and humour. There are over 280 shows available covering all world sport.</p> <p>BBC World Service: Sports hour BBC Programmes</p>	 <p>Read this article which explores the science behind wearing a helmet in sporting activities and how helmets are there to stop brain fracture and not concussion.</p> <p>Football helmets don't protect against concussion - and we're not sure what does</p> <p><i>Ideas TED</i></p>	 <p>Watch this TED talk which explores how racial stereotypes have infiltrated the language we use to discuss athletes.</p> <p>Shouldn't sports be colour-blind <i>TED Talks – Patrick Ferrucci</i></p>	 <p>Complete this course.</p> <p>Exercise prescription for the prevention and treatment of disease <i>Future Learn</i> Available now or 4th May 2020</p>
 <p>Listen to this radio</p> <p>programme. This is a daily podcast bringing you the latest from the Premier League, EFL, European football and more.</p> <p>BBC Radio 5 Live <i>BBC Programmes</i></p>	 <p>Read this</p> <p>article which explores some of the key gender issues in sports.</p> <p>Sports are designed around men – and that needs to change <i>Ideas TED</i></p>	 <p>Watch this TED talk.</p> <p>Are athletes really getting faster, better, stronger? <i>TED Talks – David Epstein</i></p>	 <p>Listen to this podcast in which</p> <p>Calum and Buncey react to KSI's split-decision victory over Logan Paul in Los Angeles.</p> <p>KSI vs Logan Paul II <i>BBC Sounds</i></p>	 <p>Watch this TED talk.</p> <p>My 12 pairs of legs <i>TED Talks – Aimee Mullins</i></p>
 <p>Watch this TED talk in</p> <p>which Valorie Kondos Field, long-time coach of the UCLA women's gymnastics team, shares the secret to her success. Hint: it has nothing to do with "winning."</p> <p>Why Winning doesn't always equal success <i>TED Talk – Valorie Kondos</i></p>	 <p>Watch this TED</p> <p>talk in which Christopher McDougall explores the mysteries of the human desire to run.</p> <p>Are we born to run? <i>TED Talk – Christopher McDougall</i></p>	 <p>Watch this TED talk. How much do you know about intellectual disabilities?</p> <p>Special Olympics let me be myself – a champion <i>TED Talk – Matthews Williams</i></p>	 <p>Watch this TED talk. Amazing, inspiring feats of daring and determination that will bring you everywhere from the high skies to the deep sea. (Playlist of eight talks).</p> <p>Extreme sports <i>TED Talks</i></p>	 <p>Listen to this podcast from the British Journal of Sports Medicine. It covers all sorts of aspects of Sports Medicine, from the science behind running shoes to the power of sleep.</p> <p>BJSM Podcast <i>Also available on other podcast providers – search 'BJSM'</i></p>