

A Level Physical Education

OCR

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**Assessment task**

**A Level Physical Education**

**Bridging Assessment**

There are 4 longer answer questions for you to answer worth 10 marks each There is one question per topic

When answering, use the success criteria to help you

**Socio-cultural**

1. Some people believe that there should not be any restrictions on the use of performance enhancing drugs in the Olympics and we should have an “open” Games, where athletes can use performance enhancing drugs without punishment.

Discuss the pros and cons of having an “open” Olympics (10 marks)

**Success criteria**

Introduction – set the scene, why is this an issue?

Positives of having an open Olympics

Negatives of having an open Olympics

Conclusion – what is your opinion based on what you have written. Justify your opinion.

**Psychological factors/Skill acquisition**

1. Coaches will choose to use different practice types depending on whether their athletes are beginners or advanced performers. Compare the different types of practice a coach would use for a beginner and an advanced performer. Discuss the positives and negatives of each type of practice. (10 marks)

**Success criteria**

Introduction – what are the different types of practice? Why does a coach need to use different practices for different stages of learning?

Beginners – what practices would a coach use for beginners? Why?

Advanced performer – what practices would a coach use for advanced performers? Why?

Positives and negatives of each type of practice

Conclusion – what do you think is the best practice type for beginners? What do you think is the best practice type for advance performers? Justify your choice.

**Anatomy and Physiology**

1. An elite marathon runner will have a very high aerobic capacity.

Explain how the aerobic system provides energy during a marathon and how cardiovascular adaptations as a result of an aerobic training programme can enhance aerobic capacity. (10 marks)

**Success criteria**

Introduction – define key terms (aerobic capacity)

Outline the CV response to exercise – what happens when we start to run a marathon to the CV system

Explain the adaptations that take place as a result of training – these are the long terms effects of exercise on the CV system. Explain how these adaptations enhance aerobic capacity

Conclusion – link the adaptations back to a marathon runner – why is it so important for a marathon runner to have these adaptations take place?

**Exercise Physiology and Biomechanics**

1. How would an elite athlete prepare for a major competition? You need to include information about their diet and use of ergogenic aids? Explain how these strategies would prepare them effectively for a major event (10 marks)

**Success criteria**

Introduction – explain what an ergogenic aid is and why an athlete might use it. Explain the importance of diet to an elite athlete.

Diet strategies – what strategies might an elite athlete adopt before competition? Think about carbo-loading and supplements. Explain how these will help performance.

Use of ergogenic aids – what ergogenic aids might an athlete use? What benefits would these have? Are there any drawbacks to these ergogenic aids?

Conclusion – summarise your findings – why is it essential for athletes to tailor their diet when preparing for competition. Why are ergogenic aids so important?