**A Level PE**

**Week One:**

**Sport and Society: The history of the Olympics and the impact of hosting an Olympic Games?**

1. What is the BOA and IOC (what are their roles and responsibilities?)
2. The below three Olympic games have all be exploited for political purposes. Research what political event happened at each Olympic Games and why the event took place.

* Berlin 1936
* Mexico City 1968
* Munich 1972

1. In 2012 London hosted the Olympic Games. What were the benefits and drawbacks of London hosting the Olympic Games? Think about:

* Sporting benefits and drawbacks – impacts on the sports, including funding, popularity and facilities etc
* Social benefits and drawbacks – impact on the community/the people who live and work in the area, city and country where the Olympic Games were hosted.
* Economic benefits and drawbacks – Financial gains and losses for the country and community.
* Political Benefits and Drawbacks – impacts on the government and local councils.

**Useful websites/ links**

* <https://www.teamgb.com/about-boa> (Read the ‘About us’ information and find out about their role and responsibilities)
* <https://www.olympic.org/the-ioc> (Read the ‘Who we are’, ‘What we do’ and ‘How we do it’
* <https://encyclopedia.ushmm.org/content/en/article/the-nazi-olympics-berlin-1936> (go through the following article and video clips. Make notes and summarise the political exploration of the Berlin 1936 Olympic Games)
* <https://www.history.com/news/1968-mexico-city-olympics-black-power-protest-backlash> (go through the following article and video clips. Make notes and summarise the political exploration of the Mexico City 1968 Olympic Games)
* <https://www.theguardian.com/sport/blog/2012/may/02/50-stunning-olympic-moments-munich-72> (go through the following article and video clips. Make notes and summarise the political exploration of the Munich 1972 Olympic Games)
* <https://www.olympic.org/olympic-legacy/london-2012> (Watch these video clip and read the article ‘London 2012 Facts and Figures’. Start to make a mind map of the sporting, social, economic and political benefit and drawbacks of hosting the London 2012 Olympic Games).
* <https://www.businessinsider.com/future-olympics-no-country-wants-to-host-games-2018-2?r=US&IR=T> (Watch this video clip. Continue to add to your mind map of the sporting, social, economic and political benefit and drawbacks of hosting the London 2012 Olympic Games).
* <https://www.youtube.com/watch?v=hc4OotsA3zs> (Watch this video clip. Continue to add to your mind map of the sporting, social, economic and political benefit and drawbacks of hosting the London 2012 Olympic Games).

**Week Two:**

**Sport Psychology - Motivation**

1. What is motivation in sport?
2. Using examples explain the difference between intrinsic and extrinsic motivation.
3. A coach is preparing their athlete for the upcoming Olympics, give examples of strategies they could use to keep motivation levels high throughout their training.

* Think about what motivates you to do well in sport
* What is the difference between short and long term?
* The Olympic cycle is 4 years, how do you remain motivated for that amount of time?

**Useful websites/ links**

<https://www.bbc.co.uk/bitesize/guides/zgntfrd/revision/3>

<https://www.bbc.co.uk/bitesize/guides/zxyrd2p/revision/2>

<https://www.peakendurancesport.com/endurance-psychology/coping-with-emotions/motivation-sports-psychology/>

<https://www.psychologytoday.com/gb/blog/the-power-prime/200910/sports-what-motivates-athletes>

<https://dailygreatness.co/blogs/be-your-own-guru/49768965-motivation-7-things-olympic-athletes-do-to-stay-focused>

<https://www.bustle.com/p/5-olympic-athletes-reveal-what-motivates-them-most-their-answers-will-inspire-you-3909142>

**Week Three:**

**Anatomy and Physiology - Ergogenic Aids**

1. What is the definition of ergogenic aids? How might they be used in sport? Research sporting examples when legal and illegal substances have had an impact on elite level performance. Please think about the perceived health benefits, associated risks and legality related to each one.
2. Who is WADA? What is their role in elite sport? Have they made significant contributions to any particular sports? If so, what did they do?
3. Research which ergogenic aids were used, why they were used and the positive/negative impact on performance for the following athletes:

* Justin Gatlin
* Lance Armstrong
* Lionel Messi and Human Growth Hormone
* Carbohydrate loading for a marathon runner or Tour De France cyclist of your choice.
* Rugby player of your choice and why they have creatine supplements within their diet.

1. There are four categories of ergogenic aids. Please research the individual ergogenic aids.

* **Nutritional Aids** – Carbohydrate Loading, Pre-event meal, sports drinks (Hypertonic, isotonic and hypotonic), post event meal, creatine, caffeine, bicarbonate, nitrates
* **Physiological Aids** – Blood doping, Intermittent Hypoxic Training (IHT), Cooling Aids (Pre-event, to reduce injuries and post event)
* **Hormonal/Pharmacological Aids** – Anabolic Steroids, EPO, Human Growth Hormone
* **Mechanical Aids**– Resistance ball, parachutes

For all ergogenic aids, you must discuss how they are used, the perceived benefits, associated health risks and legality for each one and what type of athlete would use each aid and why.

1. Why were Russian athletes banned from the 2016 Olympics?

**Useful websites/links**

<https://www.wada-ama.org/> - WADA (Be clear on the role of WADA)

<https://www.youtube.com/watch?v=sWhudwnE3Fg> (Gain an understanding of how the actual testing process works

<https://www.youtube.com/watch?v=PMbf_ufdvZw> (This video will outline the ergogenic aids from the exam board)

<https://ashpe.weebly.com/diet-and-ergogenic-aids.html>

<https://www.brianmac.co.uk/ergoaids.htm> (Scroll down to the section on nutritional aids and read the information on each one)

<https://www.youtube.com/watch?v=DX38XZkulbw> – Lance Armstrong

<https://bleacherreport.com/articles/1492546-lionel-messi-and-hgh-the-truth-about-the-best-footballer-in-the-world> - Lionel Messi

<https://www.telegraph.co.uk/athletics/2017/08/06/justin-gatlin-should-have-banned-life-convicted-drugs-cheat/> - Justin Gatlin

<https://idealnutrition.com.au/carbohydrate-loading/>

<https://www.bbc.co.uk/sport/olympics/36881326>

<https://www.theguardian.com/sport/2017/nov/17/russian-olympic-official-says-doping-whistleblower-should-be-executed>

<https://www.theguardian.com/science/2019/oct/15/testosterone-boosts-womens-athletic-performance-study-shows>

<https://www.theguardian.com/sport/2009/mar/02/drugs-in-sport-athletics>

<https://www.independent.co.uk/news/science/performance-enhancing-drug-epo-lance-armstrong-tour-de-france-seven-titles-not-work-study-a7816181.html>

<https://www.theguardian.com/science/2004/may/20/thisweekssciencequestions5#maincontent>

<https://www.youtube.com/watch?v=3QVPkrYO57g>

ICARUS is a very good documentary on Netflix on the subject of drug taking in cycling

**THC A Level PE Project titles (students choose one):**

1. Create a presentation on the following two topics: Discuss the political exploration of the Olympics Games in 1936, 1968 and 1972. Discuss the benefits and drawbacks of hosting the London 2012 Olympic Games, discussing whether you think hosting the London 2012 Olympics has had a positive or negative effect on the country as a whole.
2. Create a sports science article (1500-200words) which discusses the four categories of ergogenic aids (Nutritional, Physiological, Mechanical and Hormonal (Pharmacological). Discuss how they are used, perceived health benefits, disadvantages, and legality. You must apply your knowledge and link them to a range of sporting athletes or sports.
3. Evaluate the use of extrinsic and intrinsic motivation when learning motor skills. Compare the use of these types of motivation when coaching a beginner and an expert. Present your work in 1500-2000 words, a powerpoint presentation or video of yourself presenting what you have learnt.