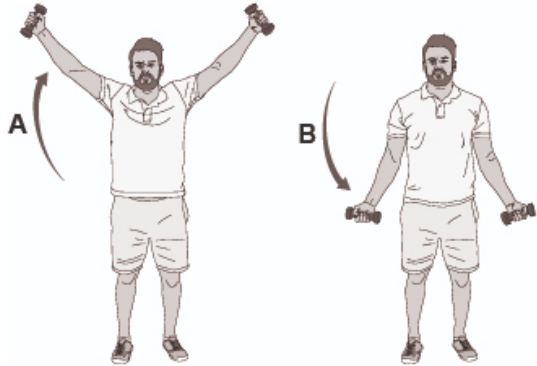


SECTION A: APPLIED ANATOMY & PHYSIOLOGY

<u>Handout 1</u>	Type of Joint:	Joint Action:	Articulating bones:	Agonist:	Antagonist:	Plane:	Axis:
Right Shoulder							
Left Shoulder							
Right Elbow:							
Left Elbow:							
Right Hip:							
Left Hip:							
Right Knee:							
Left Knee:							
Right Ankle:							
Left Ankle:							

HANDOUT 2 - SECTION A: APPLIED ANATOMY & PHYSIOLOGY

The diagram shows the performance of a weight training movement.



(a) Identify the correct term for each of the movements **A** and **B** shown.

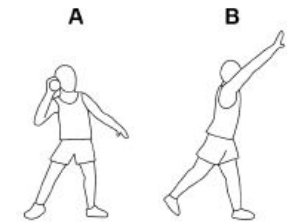
(2)

(b) State the plane and axis involved in these movements.

(2)

(Total 4 marks)

The figure below shows an athlete performing the shot put.

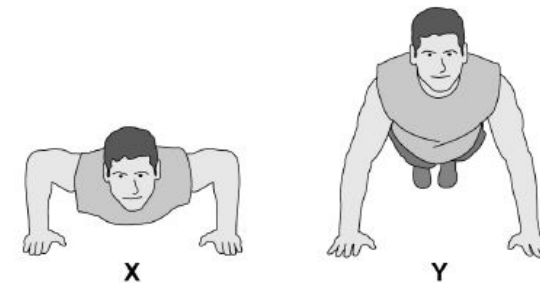


Identify the plane and axis of motion for the action occurring at the elbow joint from position **A** to position **B**.

- | | | |
|----------|--------------------------------------|-----------------------|
| A | Frontal plane / Sagittal axis | <input type="radio"/> |
| B | Frontal plane / Transverse axis | <input type="radio"/> |
| C | Sagittal plane / Transverse axis | <input type="radio"/> |
| D | Transverse plane / Longitudinal axis | <input type="radio"/> |

(Total 1 mark)

The diagram below shows horizontal adduction at the shoulder joint from position **X** to position **Y**.



Identify the plane and axis of motion for the action occurring at the shoulder joint from position **X** to position **Y**.

- | | | |
|----------|--------------------------------------|-----------------------|
| A | Frontal plane / Sagittal axis | <input type="radio"/> |
| B | Frontal plane / Transverse axis | <input type="radio"/> |
| C | Sagittal plane / Transverse axis | <input type="radio"/> |
| D | Transverse plane / Longitudinal axis | <input type="radio"/> |

(Total 1 mark)

HANDOUT 3 - SECTION B: SKILL ACQUISITION

Define selective attention in a sporting context and apply it to Raheem - you could include information on Whiting's information processing model.

What information is bombarding Raheem's senses at that moment - what decisions does he have to make before selecting the course of action/skill he is going to perform?



How can Raheem's coaches help to develop his selective attention?

What are the benefits of Raheem having good selective attention?

HANDOUT 4 - SECTION B: SKILL ACQUISITION

Plot an arrow on each continuum to classify Raheem's shot:

Muscular involvement continuum



Justification:

Environmental continuum



Justification:

Complexity continuum



Justification:

Pacing continuum



Justification:

Continuity continuum



Justification:

Organisational continuum



Justification:

HANDOUT 5 - SECTION C: SPORT & SOCIETY


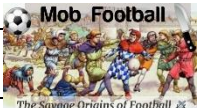




<u>STEREOTYPING</u>	<u>PREJUDICE</u>	<u>DISCRIMINATION</u>

What are the possible barriers that Raheem Sterling may have faced in his career?



Describe any organisations/initiatives that have been set up to overcome such barriers.

HANDOUT 6 - SECTION C: SPORT & SOCIETY

HISTORICAL /SPORTS EVENT	DATE(S)	HISTORICAL/SPORTS EVENT	DATE(S)
First records of Chinese soldiers playing Tsu'Chu ("kicking the ball")		Amateur Athletics Association (AAA) formed	
English towns begin to play football-like games with pig's bladders		Tennis - Women's first female participation	
The Jockey Club founded		Football became a professional sport	
The British Industrial Revolution		The Football League is established in England with the 12 founding members becoming the world's first football league	
Marylebone Cricket Club (MCC) founded		Lawn Tennis Association (LTA) established	
First passenger Railway		Boer War	
First Oxford and Cambridge Boat Race		International Federation of Association Football (FIFA) is formed in Paris	
The Wash Houses Act		First World War	
Cambridge Rules established		BBC First Live coverage of sporting events	
Dr William Penny Brookes founded the Wenlock Olympian Games		First FIFA World Cup held in Uruguay	
The Factory Act (Saturday Act)		Second World War	
The World's first Football Club established: Sheffield FC		London Olympics	
English Football Association formed		BBC's match of the Day first aired	
Creation of FA Cup		First FIFA Women's World Cup held in China	
Rugby Football Union (RFU) formed		Bosman Ruling	
First International Game: England v Scotland		Sky Sports created	
Major Walter Clopton Wingfield patented his game of tennis		Football Premier League established	

