

A-Level PE

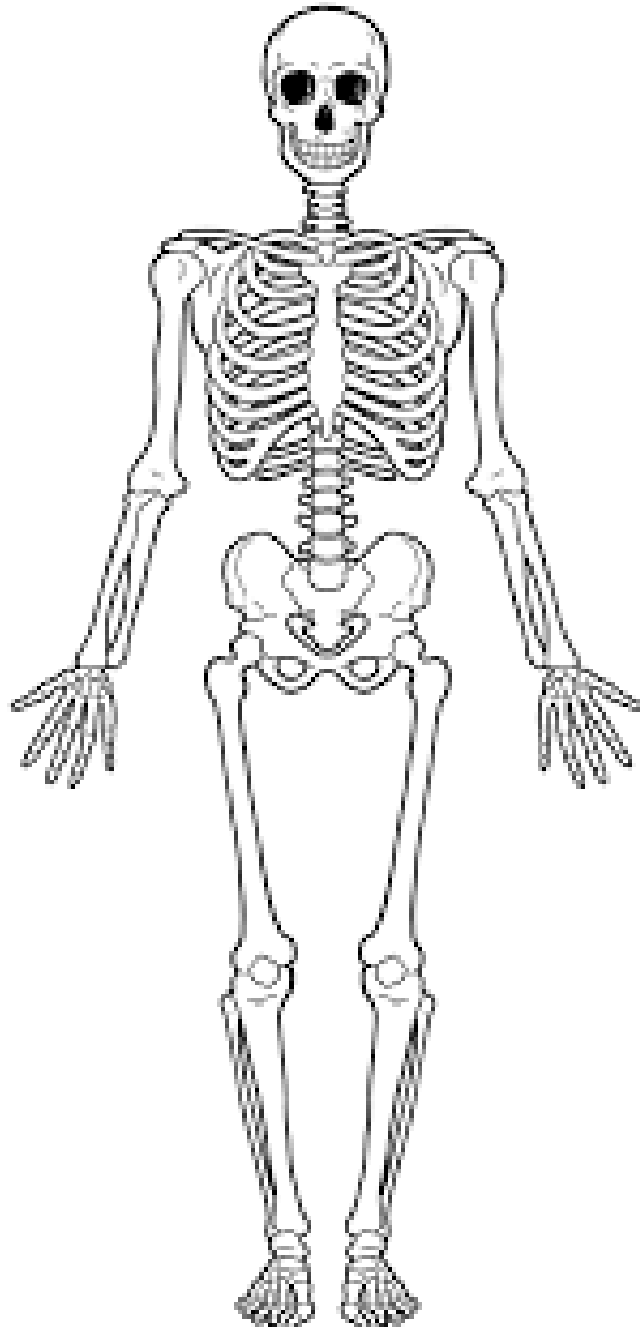
Holiday workbook



The skeletal system

Label the following:

Sacrum, Phalanges, Ilium, Scapula, Cranium, Cervical vertebrae, Metacarpals, Lumbar vertebrae, Carpals, Thoracic vertebrae, Ischium.



Joints

Complete the table below:

Joint	Joint Type	Articulating bones
Shoulder	Ball & socket	Humerus, Scapula
Hip		
Knee		
Elbow		
Ankle		

The muscular system:

Label the following:

Gastrocnemius, Biceps, Rotator Cuffs, Tibialis Anterior, Pectorals, Triceps, Deltoids, Latissimus dorsi, Abdominals, Hip flexors, Gluteals, Quadriceps, Hamstrings.



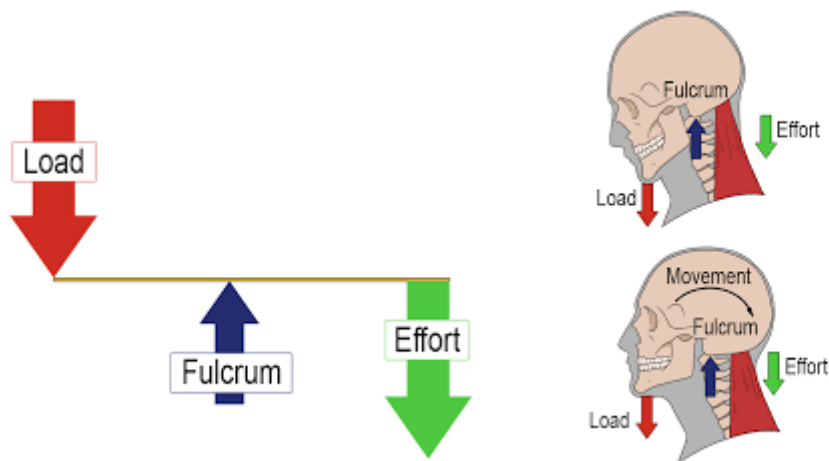
Can you name the antagonistic pairs from the muscles you have labelled?

1.	2.	3.
4.	5.	6.

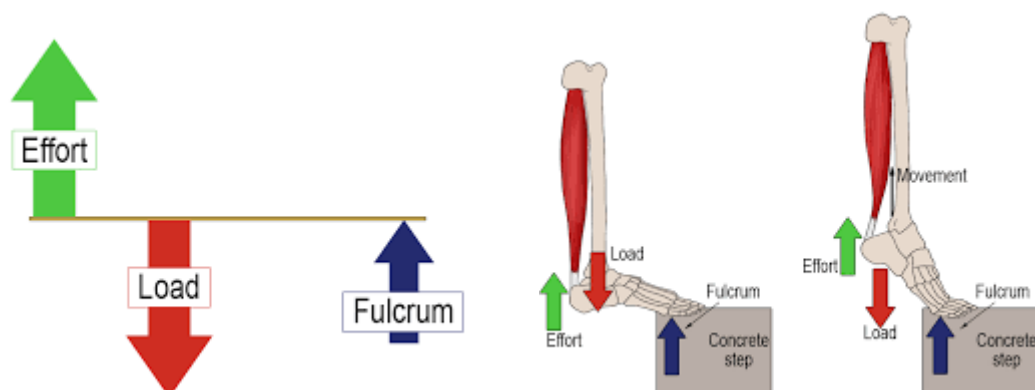
Levers

There are three classifications of lever:

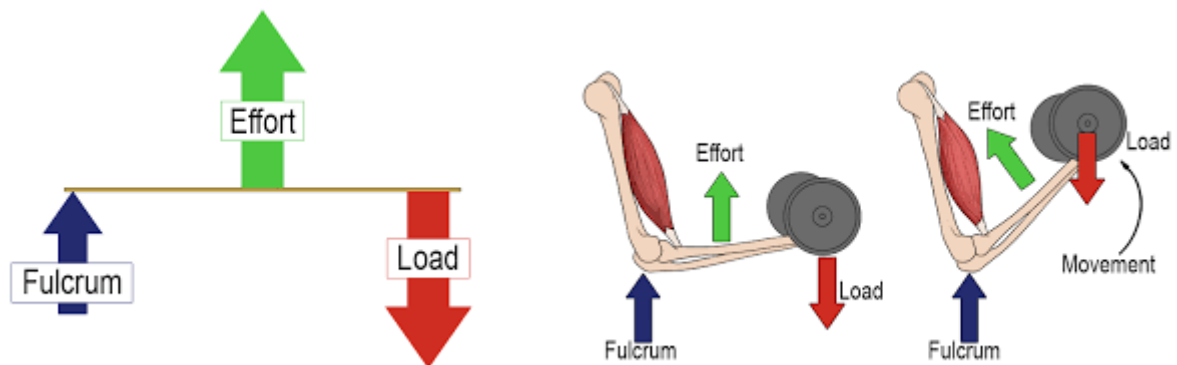
1st Class:



2nd Class:



3rd Class:



Can you give two sporting examples of each type of lever system and identify the fulcrum, load and effort?

Class	Movement	Fulcrum	Load	Effort
1st	Rowing	Top of oar	Water	Biceps
1st				
2nd				
2nd				
3rd				
3rd				

Social class and sport

Think about how sport can be used as a form of *social control* and prohibit *social change*.

Complete the table below:

	How social control is shown?
Sport & Class	Sports such as rowing and golf are seen as more middle class, with sports such as football and athletics seen as more working-class. Working-class people may find it more difficult to play certain sports due to time and money restrictions.
Sport & Gender	
Sport & Religion	
Sport & Media	
Sport & Education	

Drugs in sport

Complete the table below on performance enhancing drugs (PED's):

PED	Why taken?	Improves which component of fitness?	Side effects?	Used within which sports?
Anabolic Steroids				
Peptide Hormones (EPO)				
Beta Blockers				

Motivation

Motivation can be defined as a drive to succeed.

This can be *intrinsic* (from within an individual) or *extrinsic* (from an outside source).

Fill the table below with some examples of each type of motivation and any benefits and problems with them.

Intrinsic Motivation	<i>Comes from within an individual:</i> For pride.
Extrinsic Motivation	<i>Comes from an external source:</i> To win a trophy.

Can you give an example of when you have been intrinsically motivated and another when you have been extrinsically motivated.

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Finally; take the opportunity to watch as many different sports as possible so that you have lots of examples ready to draw upon and use during the course.