



THE PRIORY ACADEMY  
**LSST**

Sixth Form Induction Day  
PE Taster Session



**SECTION A**

**Applied Anatomy &  
Physiology**

**Exercise Physiology**

**Biomechanical  
movement**

**SECTION B**

**Skill acquisition**

**Sports psychology**

**SECTION C**

**Sports & Society**

**Sport and society  
and the role  
of technology in  
physical activity and  
sport**

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**Characteristics and functions of different muscle fibre types for a variety of sporting activities:**

Slow twitch (type I)  
Fast glycolytic (type 11b)  
Fast oxidative glycolytic (type 2a)



Write down four sports/athletes that would benefit from the following muscle fibres

Slow Twitch Fibre  
Type 1A

Fast Oxidative Glycolytic  
Type 2A

Fast Glycolytic  
Type 2B

NOW THAT WE HAVE IDENTIFIED WHICH MUSCLE FIBRES BENEFIT WHICH INDIVIDUAL/SPORT... WE NEED TO IDENTIFY THEIR STRUCTURE AND FUNCTIONS.

CONTRACTION SPEED

MOTOR NEURONE SIZE

MOTOR NEURONE CONDUCTION CAPACITY

FORCE PRODUCED

FATIGABILITY

MITOCHONDRIAL DENSITY

MYOGLOBIN CONTENT

CAPILLARY DENSITY

AEROBIC CAPACITY

ANAEROBIC CAPACITY

MYOSIN ATPase/GLYCOLYTIC ENZYME ACTIVITY

A faint, grayscale background image of a person running is visible behind the table grid.

	TYPE 1A	TYPE 2B	TYPE 2B
CONTRACTION SPEED			
MOTOR NEURONE SIZE			
MOTOR NEURONE CONDUCTION CAPACITY			
FORCE PRODUCED			
FATIGABILITY			
MITOCHONDRIAL DENSITY			
MYOGLOBIN CONTENT			
CAPILLARY DENSITY			
AEROBIC CAPACITY			
ANAEROBIC CAPACITY			

TYPE 1	TYPE 11A	TYPE 2B
SLOW	FAST	FAST
SMALL	LARGE	LARGE
SLOW	FAST	FAST
LOW	HIGH	HIGH
LOW	MEDIUM	HIGH
HIGH	MEDIUM	LOW
HIGH	MEDIUM	LOW
HIGH	MEDIUM	LOW
VERY HIGH	MEDIUM	LOW
LOW	HIGH	VERY HIGH
LOW	HIGH	VERY HIGH

Transition work is a mixture of topics and tasks designed to recap knowledge gained at GCSE PE level and to begin to challenge your thinking towards Advanced Level.

It is essential that you begin filming your sports performances and creating your sports portfolio. How to do this is all detailed in the transition work pack.

