THE PRIORY ACADEMY LSST

Sixth Form Induction Day

PE Taster Session

THE PRIORY FEDERATION OF ACADEMIES TRUST

SECTION A

Applied Anatomy & Physiology

Exercise Physiology

Biomechanical movement

SECTION B

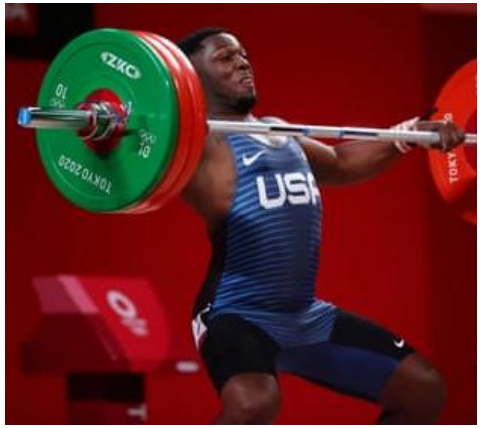
Skill acquisition

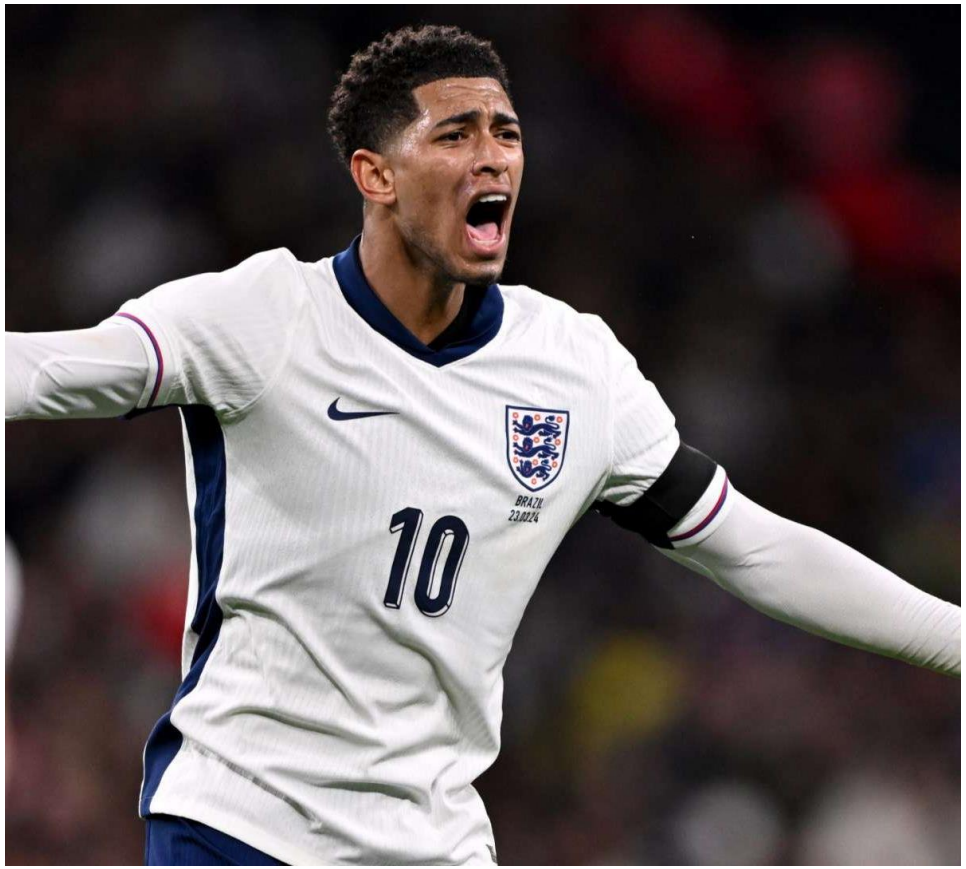
Sports psychology

SECTION C

Sports & Society

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



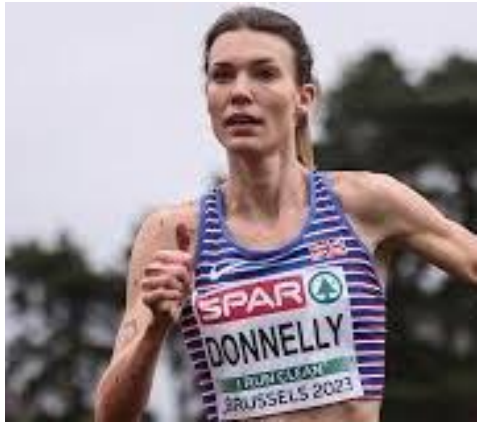


Characteristics and functions of different muscle fibre types for a variety of sporting activities:

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

	TYPE 1A	TYPE 2A	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.