

Activity Analysis

Unit 4 – Performance Enhancement

AOS1 – Planning, implementing and evaluating a training program

- The boxes when you have completed the tasks

STEP ONE:

- Select a sport or physical activity AND a specific player/performer that will form a basis of your training program.

- You will need to find a video clip (YouTube) of 20 continuous minutes and with your designated player in view for the whole 20mins

- You will need to record the URL of the video, and even better, download a copy (sometimes video disappear over time)

www._____

STEP TWO:

Complete a detailed activity analysis of the sport. Using video analysis you must include the following:

- Locomotion Movement patterns (include a field with movement patterns)

Chapter 9 pg 205-207

- Skill Frequencies (all major skills required to play the sport and the position of your player) Chapter 9 pg 200-204

- Muscles/ muscle groups required for participation

- Movement intensities (TimeMotion App)

- Work and rest ratios and times (W:R) Chapter 9 pg 208

- Read Chapter 11. Which Training Method/s do you think would be best to see improvement in your chosen sport? Why?

STEP THREE:

Complete the following questions

1. From your understanding of the 3 Energy Systems, which system/s would the dominant system/s required to perform your sport and position effectively? What data have you collected that can help justify this?
2. What are the required fitness components? Justify using the data you have collected
3. Read Chapter 9 of Text Book and complete the Hot Questions
 - a. Page 199
 - b. Page 210
4. Complete Assessment work Out Case Study – Movement Patterns in Volleyball and 5 questions (page 212-13)