

Unit 2

Physical and Physiological Demands of Performance

2.1 Physical fitness

- discuss the difference between health- and performance-related fitness

2.2 Health-related fitness

- define the components of health-related fitness: cardio-respiratory endurance, muscular endurance, strength, flexibility and body composition

2.3 Performance-related fitness

- define the components of performance-related fitness: agility, balance, co-ordination, power, speed and reaction time

2.4 Application of health- and performance-related components of fitness

- examine the extent to which different components are important in selected physical activities
- research ways in which health- and performance-related fitness can be developed in a demanding practice context
- design a combined approach to health-related and performance-related fitness training

2.5 Assessment of health- and performance-related components of physical fitness

- design a fitness test battery for a physical activity based on an analysis of the fitness demands
- evaluate the principles of training from a performance perspective
- apply the FITT formula to each component of physical fitness

2.6 Designing a fitness plan

- compare different methods of physical fitness training in the context of the three selected activities
- discuss approaches to training in the activity and outside the activity

- demonstrate an understanding of the main structures, strategies and/or compositional elements in their performance of selected physical activities
- evaluate their own and others' use of appropriate structures, strategies and/or compositional elements using appropriate methods of analysis
- demonstrate the capacity to modify selected structures and/or strategies in response to different performance scenarios

.5 Roles and Relationships

- Investigate the demands of different roles in terms of the physical, personal and technical qualities needed for a successful performance
- identify weaknesses of opponent/s in order to exploit them

.6 Safe Practice

- demonstrate safe practice in approaches to training, performance and the organization of physical activity events
- suggest warm-up and cool-down practices designed to prevent injury and to prepare participants for participation and performance
- discuss the importance of the selection and maintenance of suitable attire, equipment and facilities for selected physical activities
- describe common injuries sustained in the selected activities, their causes and first aid treatment.
- evaluate training/practice schedules designed to avoid the problems associated with overtraining including player/participant fatigue

- Rules, rituals and conventions

3 organise an event/performance in which the particular rules, roles, rituals and conventions of the activity are respected

4 demonstrate the ability to communicate respectfully with performers/players and officials

- Role of Coach/Choreographer

- discuss the demands of non-playing roles including desirable interpersonal skills
- guide the performer in identifying and planning for short- and long-term goals in pursuit of optimum performance
- design a physical fitness and skills programme for a specific performer to prepare them for optimum performance in one of the selected activities
- demonstrate effective communication skills which support positive interaction between coach/choreographer and performer
- suggest modifications to the performer's practice/performance as the need arises
- use strategies designed to support a performer's ongoing motivation to train and/or to practice.
- guide the performer's effective use of ongoing reflection about their practice/performance
- demonstrate the ability to plan for and manage practice/training time effectively
- analyse their own performance in the role of coach/choreographer using a coach/choreographer they admire as a point of reference.

- Role of the official

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| | <ul style="list-style-type: none">• explain the rules and regulations pertaining to the selected physical activities• describe the safety regulations and procedures in the selected physical activities• implement appropriate safety checks on equipment, facilities and player clothing• use the appropriate scoring/recording systems for the selected activities• describe the demands of officiating in terms of personal fitness, psychological readiness, personal attire and suitable equipment• demonstrate the ability to communicate assertively with participants• identify strategies to manage conflict in a variety of situations; between the official and participants, and/or between participants <p>evaluate their role as an official using an official they admire as the reference point.</p> |
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