# A1-1 Question 3 Scaffolding

**3 a) Explain why aerobic endurance is important for a football player.**

**b) Explain the impact of aerobic endurance on the performance of a football player.**

*Define aerobic endurance. Remember to use the term ‘fatigue’.*

Aerobic endurance is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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*Using your definition, think about why aerobic endurance is important for footballers. You can consider whether there is any difference between outfield players and goalkeepers.*

Aerobic endurance is important in football in the following ways:

1. Outfield players:

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1. Goalkeeper:

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*What impact does aerobic endurance have on a footballer’s performance? Think about the advantages a player with good aerobic endurance has. In which parts of the game are they better?*

The effect on performance of aerobic endurance is as follows:

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# A1-1 Question 4 Scaffolding

**4 a) Explain why a tennis player needs to have muscular endurance.**

**b) Explain the impact of muscular endurance on a tennis player’s performance.**

*Define muscular endurance. Remember to use the terms ‘contract’ and ‘intensity’.*

Muscular endurance is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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*Using your definitions, think about why muscular endurance is important for tennis players. You can consider the strokes.*

Muscular endurance is important in tennis in the following ways:

1. Serving:

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1. Returning

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1. Groundstrokes:

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*What impact does muscular endurance have on a tennis player’s performance? Think about the advantages a player with good muscular endurance has for each technique in the game.*

The effect on performance of musuclar endurance is as follows:

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# A1-2 Question 3 Scaffolding

**4 a) What is the impact of muscular strength on the performance of a rock climber?.**

*Define muscular strength. Remember to use the term ‘maximum force’.*

Muscular strength is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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*Using your definition, think about why a rock climber needs strong muscles. Which muscles need to be strong?*

*Think about what would happen if a rock climber was not very strong – what would happen? Now think about the advantages a climber with good muscular strength has.*

The effect on performance of muscular strength is as follows:

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# A1-2 Question 4 Scaffolding

**4 a) Describe the activities within a game of badminton which benefit from movement at high speed.**

*Define speed. Remember to include distance and time in your definition.*

Speed is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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*Now list three parts of a badminton game.*

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Now, using your definition of speed, describe the benefits of speed in each of the three parts of a badminton game. Remember, it can relate to the body, parts of the body, or equipment.

The activities which would benefit from high-speed movement are as follows:

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# A1-3 Question 2 Scaffolding

**2 For each of your answers to question 1, describe how flexibility aids performance*.***

*Define flexibility. Remember to mention ‘technique’.*

Flexibility is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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*Using your definition, think about the movement in each sport or activity in your answers to question 1.*

1. [SPORT OR ACTIVITY] involves movement of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. [SPORT OR ACTIVITY] involves movement of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. [SPORT OR ACTIVITY] involves movement of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Think about what would happen if that movement were restricted. Now think about what a full range of movement allows the performer to do..*

Flexibility aids performance in each example as follows:

i)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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ii)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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iii)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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# A1-3 Question 3 Scaffolding

**3.** **Describe i) one Olympic sport that benefits from a higher level of body fat, ii) one Olympic sport that benefits from a lower level of body fat. Justify your answers..**

*Define body composition. Remember to use the term ‘mass’, not weight!.*

Body composition is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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*Using your definition, think about why a lower level of fat mass can be beneficial for a performer.*

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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*In which Olympic events would this be a benefit?*

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*Now think about why a higher level of fat mass can be beneficial for a performer.*

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*In which Olympic events would this be a benefit?*

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*Now you have enough to answer the question. Remember that ‘justify’ means you must explain the reasons for your answers.*

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