



# LEARNING JOURNEY

## A Level PE

### Physical factors affecting performance

WE ARE HERE

Topic 1.1

Physiological adaptations of training

Periodisation cycles

Acute and Chronic injuries

Injury prevention

Injury rehabilitation

This half-term you will look at the adaptations that take place after training cycles. This will provide greater insight into the understanding of how these adaptations can be categorised for which systems they will benefit. This knowledge will facilitate your understanding of how athletes train to maximise performance.

Through the study of this half-term, students will move on to look injuries in sport. You will identify different injuries, how they are caused, and whether we can reduce the risk. You will go on to look at possible rehabilitation processes which follow.

#### VOCABULARY

Metabolic, neural, musculo-skeletal, acute, chronic, intrinsic, extrinsic, prevention, management.

#### TUDOR HABITS AND VALUES

**Empathy:** Discussions around different athletes and their diaries throughout the year, how this may impact life and are there alternatives for 'player welfare'?. Students explore the severities of injuries. Have you had any serious injuries or know of others who have?

#### CAREER LINKS-

You will explore careers surrounding the injury topic going beyond physiotherapist and doctors.