

PST312M Exam notes

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****Name 2 methods to teach basic skills:**

- **Imitation**
- Athletes must focus on what is to be imitated/copied.
- They should watch or try it, remember and practise it.
- **Demonstration/explanation/practice/correction**
- Allows for further practice and correction in more detail.
- Provides information while practice continues

****2 Methods to teach complex skills:**

Shaping method - making an action simpler.

- Demonstrate and explain the skill
- Allow practice

• **Chaining method** - breaking the skill up into simpler parts.

- Chain the skill together.
- A complex skill is made up of a number of simple, distinct parts.
- A part is a link in the chain.

Name 4 steps involving the teaching of specific sport skills:

- a brief introduction * precise, clear explanations
- practice time * feedback

Management can be divided into three seasons name these seasons and give a brief explanation

1. Preseason management

- Review your coaching philosophy
- development of your instruction plan for the season
- staff selection and training (assistant coaches and other positions)
- player positions (recruiting players, team rules, team captain)
- scheduling and facilities
- equipment and supplies

2. In-season management

- player supervision during the season
- maintenance of equipment
- putting your pre-season plan into action
- transportation
- publicity
- first-aid provision

3. Post-season management

- evaluate your programme
- take care of the players
- check whether any equipment needs repairing
- complete the necessary performance records
- arrange an awards function

Explain the concept "posture" and name the most common posture problems

Posture - This has to do with the alignment of the body segments.

- In other words, how well the child can keep his or her body erect and balanced.

*****Most common posture problems:**

1. Kyphosis: (Round upper back) is a marked increase in the curve of the back.

- the head and shoulders as usually held in a forward position

- backward curve causes the pelvis to tilt forward and knees to bend

- **Lordosis: (Hollow back)**, an exaggerated forward curve of the lower back.
 - Hyperextension of the knees
- **Scoliosis: (Lateral curvature)** C-shaped, extending the length of the spinal column.
 - S- shaped with a smaller curve on the lower back
 - C-shaped is towards the left

*****Name 5 types of testing recommended in physical education**

- Growth - height, weight and fatness
- Health-related - Physical fitness; -cardio, fat strength & flexibility
- Movement skills (stability, locomotion & manipulation) - fine, gross motor skills
- Knowledge - cognitive tests
- Affective measures - feelings/attitudes towards physical education their movements of the body

Name 5 methods that can be used by a physical education teacher to assist learners to develop their full potential

- direct teaching method * command style
- task method * combined teaching
- indirect teaching
- guided discovery

*******Describe the function of the skeleton (6marks)**

Support - supports the body framework -

- without the skeleton, this would be a shapeless lump.

Protection - protects the important and delicate organs of the body.

- The skull protects the brain.

Movement - provides anchorage for muscle.

- Muscles that are fixed to the skeleton can operate joints. Moves body as a whole.

****Proteins** - Are the main body-building nutrients

- Needed to repair damaged tissue
- Consist out of amino acids
- Generally animal proteins such as eggs, milk, fish and meat (High)
- Nuts, lentils and beans are low protein

****Nutrients** - essential to the bodies functioning

- Consists of protein, carbs, fat, vitamin, minerals, water, fibre

****Carbohydrates** - body gets its energy from this

- Obtained from natural sources such as rice, corn, potatoes, beans, fruits
- Refined carbs such as white sugar, honey, soft drinks , chocolate are poor sources of carbohydrates
- Natural carbs enter the blood slowly increasing amount of energy

****Minerals** - Basic elements which are to be found in the soil and in the air.

- Calcium, sodium, potassium, iron and iodine
- Essential for functioning of nerves and muscles

****Fat-** found in animal and vegetable food

- Visible fat/ saturated fat are solid and hard like margarine, plant oils, cream
- Invisible fat/ polyunsaturated fat found in fish, cheese, nuts

Main source to fuel to the muscles Stored under the skin and inside the muscles

****Indemnity -**

****Negligence** - the failure to act as a reasonable careful and prudent person

- Result of failure to act when there is a duty to act (improper manner)

****In loco parentis** - educator acts in loco parentis and is expected to act diligent and sensible

- Act in a reasonable and responsible manner with respect to learners welfare and safety

****Liability** - Teachers have a duty of care when children are place in their care.

- They are responsible for children's well-being.

******Steroids** - are used help build strength and reduce the recovery rate of training

- results in either an androgenic or anabolic effect.
- Steroids help to accelerate body healing
- they also make athletes aggressive,
- cause liver damage, personality changes, gastric ulcers (dangers)

Name the components of fitness and discuss

1. Strength - ability of the body or its segments to apply force against resistance

2. Power - explosive strength and rate of performing work

- result from optimal combination of strength and speed

3. Speed - maximum velocity of muscle contraction in movement of body segments for accelerating/ running

4. Endurance - maximum work muscles can perform repeatedly.

- General endurance (aerobic) ability to resist fatigue where oxygen intake are at a steady rate

- specific endurance (anaerobic) ability to resist fatigue where lactic acid is accumulated in muscles

5. Flexibility - range of movement in or around a joint or series of joints

- depends of variety of factors like the bone and joint structure and bulk of the muscle close to the joint

Training principles and definitions:

Progression - The gradual increase in load and intensity of training, from easy to difficult.

Overload: Placing greater rather than previous demands on the energy system being trained.

Specificity: Concentration on the development of the primary fitness components required for a particular sport.

Variation: Helps maintain the athlete's interest in the training programme and therefore keeps the athlete motivated.

Reversibility: "If you don't use it, you lose it."

Discuss the implications for the coach during the Advance stage of learning

- Provide practice sessions that improve form, style and accuracy.
- Provide more qualified coaching techniques, including better skills analysis and effective motivation devices.
- When plateaus are reached, encourage the learner to experiment with new ideas or a change of pace.
- Doggedly continuing without improvement or satisfaction may cause a regression in skill performance.
- Provide greater variety and more intensity in practice sessions, lead-up activities and in official sport, dance or gymnastic contents.

****Name the roles a coach has to play**

- Teacher – passing on information skills and ideas
- Trainer – improving athlete's fitness
- Motivator – instilling a positive, resolute approach
- Disciplinarian – firm but fair determining a reward system and punishment
- Organiser – of practices and officials and parents
- Student – watching, asking questions and listening

*****Physical education** involves teaching learners skills.

- It provides the teacher with the opportunity to educate learners through the experience of motor movement.
- Further is teacher them about their bodies and physical

*****Sport** is a human activity that involves administration and rules.

- Sport also involves competition, challenge, and the use of certain skills.
- Also, any sport has a definite historical background

*****Recreation** is a voluntary activity that is beneficial to the participant

- recreation, by its very nature, is undertaken during leisure or free time.

*****Play** is a spontaneous and enjoyable activity

- individuals engage in for its own sake.
- A child must play to be able to learn.

*****Name and describe the three types of coaches**

1. Authoritarian – win centred and winning judged by the coach

- task orientated
- strict and disciplined
- good team spirit when winning, dissension when losing

2. Cooperative – athlete centred

- social and task objectives
- winning judged by athlete and coach
- decisions are guided by the coach

3. Casual – no emphasis on any philosophy

- no specific coaching objective in mind
- decisions made by athletes - no motivation

*****Instances in which a teacher can be found guilty of negligence**

1) Neglecting to assist injured learners during the event.

2) Permitting learners to play unsafe games during sport lessons.

- 3) Taking unreasonable risks that's not needed. (Letting learners play in areas that are not safe)
- 4) Not organising field trips properly.
- 5) Not giving adequate instructions to learners.
- 6) Breaching a duty

****The suitability of circuit training for young children**

- Circuit training exercises concentrate on the all-round development of the child.
- The young athlete has to focus on the use of personal body weight (this makes it easier for schools/clubs that do not have equipment) and other resistance methods (medicine balls, weights or equipment).

- Exercises completed according to the child's ability.
- The rate of improvement is determined by the rate of progression.

*****Ligaments** are strong fibrous straps.

- Bones at each joint are linked by tough ligaments
- will not return to their original shape if damaged

*****Tendons** are connecting sheaths joined together at the end of each muscle from tendons.

- They are made up of strong tissue

******Changes in body proportions influence how skills are performed.**

- The relative size of the head in early childhood influences the balance of the body during movement.
- The relative shortness of legs in very young children limits running ability.
- Long arms and legs at the beginning of puberty enable children to run better.
- Rapid growth leads to clumsiness.
- The additional weight that girls gain during puberty, and their change in body posture influences the speed at which they can move.
- Changing from a shorter distance to a longer distance is often advisable, because pubescent girls run more slowly.

****The reason for the modification of rules for children's sport (mini-sport)**

- Children cannot play according to adult rules and nor can they use adult equipment.
- Children's physical size and proportions are changing constantly and rules need modification.
- Modifications include decreasing the playing area, the goals, the playing times, and smaller teams.
- Changes will increase the level of success/achievements which, in turn, will have a good effect on children's self-image.
- This will then encourage them to continue participating in sport

*****Why is warming up and cooling down important**

- Warm ups improve flexibility and prepare mind, heart, muscles and joints for exercises to follow. Reduce the likelihood of injury.
- Cool down prevents pooling of blood in limbs helps heart, muscles and tissues to recover from exercise.

Stages of learning

Stage 1 The beginning stage

Characteristic: Athletes need to know what it is they are trying to achieve

Stage 2: The intermediate stage

Characteristic: The athlete develops due to regular practice according to the motor programme that was initiated in the beginning stage.

Stage 3: The advanced stage

Characteristic: Athletes can maintain a high level of performance in a variety of competitive environments

******Include strategies on how to link school sport programmes with the community with reference to the following:**

1. Clubs - offer assistance to schools
 - Provide coaching as part of an Expo at school
 - Can invite coaches for courses
 - Provide printed resources on a particular sport to assist coaches
 - Inform the schools of competition dates and the format for the coming season.
 - Appoint a contact person for the school

2. Sport personalities ???

3. Parents - enables parents to understand the objectives of the programme.
 - allows the parents to become acquainted with you.
 - able to inform the parents about the nature of the sport and its potential risks.
 - can explain why you do not put pressure on children too early.
 - Parents get to know team rules, regulations and procedures.

****HARM-** Heat , Alcohol, Running, message

*****RICER** – Rest, Ice, Compression, Elevation, Diagnose (For Ice on injuries) crush the ice in a towel, use cold packets, it reduces swelling and pain and muscle spasm

*****Importance of knowledge of growth and development**

- Knowledge of growth and development helps coaches choose the correct type and duration of exercises in relation to a child's/athlete's stage of development.
- Working with weights can be dangerous if the child has not yet reached adolescence. This is because the child's skeleton is still mostly cartilage which is softer than bone).
- Heavy weights and repeated pounding should be avoided.
- The length of the training session also has to be considered.
- Realistic expectations encourage the child to participate in sport throughout his or her life, which is essential for good health.

****How would you deal with a child who has epilepsy**

- Make the area safe.
- Keep the stress levels down.
- These athletes should be given the same challenges as everyone else they should not be made to feel inferior.
- Develop physical fitness and long-term benefits.
- Develop motor skill proficiency.
- Make it easier for these learners to become integrated into the community.

****Stimulants** increase alertness,

- increase heart rate and physical endurance.
- Stimulants increase the athlete's ability to perform by suppressing fatigue

****The role of the coach in drug education**

- equip learners/ athletes with skills to make the right decisions (the correct decision being not to take drugs)
- teach athletes to withstand the peer group pressures which could force them in the wrong direction
- emphasise short-term health and immediate social consequences
- emphasise the legal implications of taking drugs
- the coach should discourage young athletes from focusing on potential financial rewards, which tends to encourage drug use.
- emphasise the financial loss involved in drug use (drugs are very expensive)

Meaning of periodization

The division of the training programme into three main periods.

Three main periods of periodisation

1. Preparation period: (preseason) Concentrate on general all-round fitness rather than on specific training.

- Introduce new **S**kills, techniques and modify existing techniques.
- Concentrate on volume.

2. Competition: Volume is reduced - intensity increased.

- Training more related to competition. (Heavier weights can be used)
- Keep level of fitness. (Should be at its highest)

3. Transition (active rest): Recovery after competition and encourages interest and general fitness through a variety of activities.

Three types of somatotyping (Method of boy typing)

1. **Endomorph**- These persons tend to have a less well-defined body outline and can become fat easily.

2. **Mesomorph**. These persons are well proportioned and muscular.

3. **Ectomorph**. These are thin individuals who tend to be tall.

Two evaluation processes

- Summative - A learner is tested one every 6 weeks or at the end of a series of units
- Formative - testing is done more frequently

Relationship between physical education and sport

Physical education: Includes the development of the child's physical fitness, strength, flexibility and basic sport skills.

- It helps develop the child physically, psychologically and socially.
- It takes place in the school set up.
- In preschool, physical education is referred to as movement; it is in primary school that we first encounter the term "physical education".

Sport: Is a human activity involving specific administrative organisations and a historical background of rules.

- It involves competition or challenge and a definite outcome
- Primarily determined by physical skill.
- It is characterised by certain rules and common goals.

Guideline to ensure safe transportation of children

- Detailed travel plans must be available, have them approved.
- Correct number of learners on the bus. Do not overload.
- Do not exceed the speed limit.
- Learners must be aware of rules and discipline on bus.

- Adult supervision.
- Driver must be licensed.

Types of stretching + describe them (added)

- **Ballistic** - It should be treated with extreme caution.
- It forces a joint to adapt to a greater joint angle.
- Bouncing is a common type of stretching.
- Body weight is used to force the joint to increase.
- **Static** - Adopting a position on maximum stretch and then holding that position for about 20-30 seconds.
- It should be repeated for about 3/4 times.
- All the relevant joints must be stretch properly.
- **PNF (Proprioceptive Neuromuscular Facilitation)** - This involves voluntarily adapting a position of maximum stretch
- then sub maximally the contracting stretched muscles.
- Tendons therefore reduce sensitivity and makes stretching possible.

****Dealing with epileptic seizure** • No restraints should be applied let the seizure take its course.

- Environment must be made safe, remove objects.
- Place child in a lateral recovery position.
- Keep the tongue out of way, open air way.
- Allow for free drainage of secretions and vomit.
- Once finished, get tongue out of way. Keep in lateral position.
- Keep patient warm and comfortable, send for medical assistance

Five objectives in planning a programme for learners with disabilities

- Do you know each child's physical and intellectual abilities?
- How many learners are in the group?
- Do you need to avoid certain activities?
- Which facilities are available indoor and outdoors?
- Are there any hazards?
- Develop physical fitness and long-term health

****Physiological responses to temperature**

- Sweating response - sweat profusely
- Vaso-dilation response - Alter blood flow through skin (become red in face)

*****Precautions to be taken when exercising in hot weather**

- Drink plain water
- Wear loose clothing and shirts with a collar
- Wear sunscreen and a hat

Body systems

Joints - form the junctions between the bones used for movement.

Bones - support, protect and help the body perform any muscular movement.

Muscles - muscular movement goes on all the time -for breathing, moving and standing.

Nervous system - carries signals from the brain -the nervous system includes brain, spinal cord, and many other nerves that branch off the spinal cord.

Factors which have to be considered when teaching learners with certain conditions

Diabetes:

Past Papers answers for Long Q 2015-2010 Nov created by Richelle Lambert

- Know which child suffers from diabetes.
- Retain balance between diet, medication and exercise.
- Listen if athlete requires rest.
- Establish a happy environment.
- Encourage the less active to move more.

Which test is used to evaluate the child's posture?

The plumb line test

The side and rear view plumb line test and posture charts are used to evaluate posture.

- Both serve as basic screening devices.
- The physical educator can pick up any major changes in a learner's posture.

Precautions PE teachers have to take to avoid negligence and ensure learners' safety

- Learners must wear the correct attire.
- Activities should be properly planned.
- Teachers should know first aid.
- Safe and proper equipment should be provided.
- Activities should be closely supervised.

STUDY HUMAN SKELETON PG 21

