

# Chapter 1

# The Participant as an Individual

# AQA GCSE PE Chapter 1.

## 1.1. Age

Age does not always affect people in exactly the same way and some young people will physically mature quicker and be able to cope with older opponents.

### Objectives:

- Consider the effects that ageing has on the body.
- Consider further how these effects might affect our suitability for certain activities
- Look at the necessity for age divisions within sport.

### Activity 1. Matching task . Physical Activity and the age effects.

Match the factor to the correct effect.

#### Flexibility

#### Strength

#### Oxygen Capacity

#### Skills Levels

#### Recovery and Injury

- Improves with experience that comes as you get older.
- Decreases with age and an increase in weight.
- Increased chance of injury and increase in recovery time as you get older.
- Reduces with age as the heart is less efficient.
- Maximum strength when fully grown, but as age increases, strength decreases.



As this lady has aged, her forehand in tennis has lost pace and power as her strength has reduced.

Explain why the majority of sports events are arranged in particular age groups?

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### Activity 3. Exam Question

Explain what you understand by the term 'Adapted Games'.

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(3 Marks)

Dec (2012)

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## 1.2 Disability

Having a disability will affect an individual's ability to take part, but there are various ways in which these different disabilities can be catered for.

The four categories of disability are:

- Physical
- Mental
- Permanent
- Temporary

### Objectives:

- Consider the types of disability that exist.
- Look at the ways in which disabled performers are able to be active participants.
- Consider the measures taken to enable the disabled to participate as fully as possible.



### Sporting Adaptations:

#### Activity 1. Listing

List four ways sports activities and/ or facilities can be adapted for disabled use.

- |          |          |
|----------|----------|
| 1. _____ | 3. _____ |
| 2. _____ | 4. _____ |

#### Activity 2. Scenario

Adam is a keen footballer however he is visually impaired. He wants to be a part of a team and play football, but doesn't know how this would be possible.

Describe ways that the sport of football could be adapted for Adam. Consider; access to facilities, parking, equipment, participants etc.

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#### Activity 3. Exam Question

Explain the term 'inclusion'.

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(2 marks)

October (2012)

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## 1.3 Gender

The particular sex of a participant is not something that is within their control, but is a factor that has to be considered.



### Objectives:

- Consider the differences that exist between males and females
- Consider the physical, metabolic and hormonal differences that exist
- Consider the allowances that are made in view of these differences and because of the effects they can have.

### Activity 1. Matching Task

- Physique
- Metabolic
- Power
- Maximal Strength
- The whole range of biochemical processes that occur within us
- The greatest amount of weight that can be lifted in one go
- The form size and development of a person's body
- The combination of speed and strength

### Activity 2.

Describe three physical differences between men and women

1 \_\_\_\_\_  
\_\_\_\_\_

2 \_\_\_\_\_  
\_\_\_\_\_

3 \_\_\_\_\_  
\_\_\_\_\_

### Activity 3. Exam Question

Gender differences may not always mean that women are at a disadvantage. Name one activity where women may be at an advantage and explain why.

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(3 Marks)

GCSE PE Text

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## 1.4 Physique

Your basic physique is something you are born with and can do very little about. You can, however, influence your body composition.

### Objectives:

- Consider the link between body type and somatotype
- Consider the three types of extreme somatotype that exist
- Consider the most suitable body type for a role or position in a particular sport

### Activity 1.

Match the description with the somatotype:

- Endomorph-
  - muscular build, little fat, narrow hips, wide shoulders
- Ectomorph-
  - very little body fat, very little muscle, narrow shoulders and hips, long limbs
- Mesomorph-
  - wide hips and shoulders, gain fat easily, shorter limbs

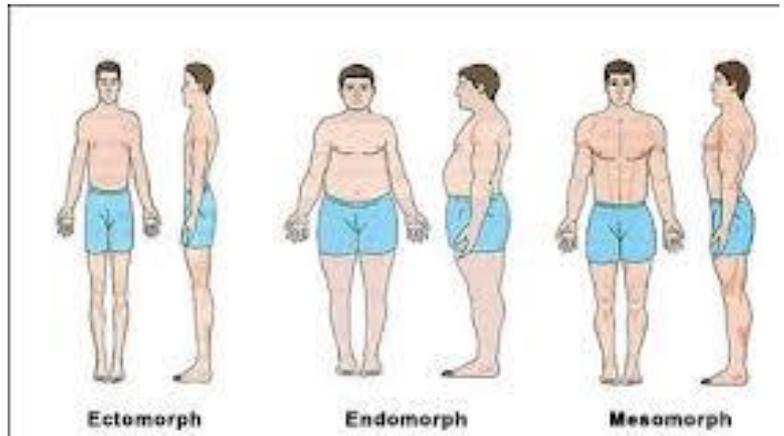
### Activity 2.

Name sports that the 3 somatotypes would be best suited to

Ectomorph : \_\_\_\_\_

Endomorph: \_\_\_\_\_

Mesomorph: \_\_\_\_\_



### Activity 3. Exam Question

Use examples to explain the effects that physique may have on performance.

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(5 Marks)

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## 1.5 Environmental

The environment is not a single factor- you have a degree of control over some environmental factors whereas you will not over some others. However, all the factors can have an effect on participation.

### Objectives:

- Consider the aspects of the environment that can affect participants and their performance.
- Consider the ways in which these factors have an actual effect.
- Consider how access to facilities can reduce the effect of the environment.

### Activity 1

List 2 environmental factors that you have some control over

\_\_\_\_\_

\_\_\_\_\_

List 2 environmental factors that you have no control over

\_\_\_\_\_

\_\_\_\_\_

### Activity 2

Describe a sporting example where an environmental factor has effected performance. Try to explain the effects of this environmental factor on sports performance.

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



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

### Activity 3 Exam Question

The environment is not a single factor - you may have a degree of control over some environmental factors whereas you will not over some others. Explain how weather can affect competing.

Competing:.....  
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.....

(2 Marks)

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## 1.6 Risk and Challenge

One of the main appeals to many participants of physical activity is that it offers them both a challenge and an acceptable level of risk. This must always remain in balance to ensure that activities are safe and suitable.

### Objectives:

- Consider the aspect of challenge that is present in physical activity.
- Consider the need for carrying out risk assessment.
- Consider the importance of being aware of risk control.

### Activity 1

Reduce the four sub-headings of risk in sport into 5 key words.

- Challenging Activities

\_\_\_\_\_

- Risk Assessment

\_\_\_\_\_

- Risk Control

\_\_\_\_\_

- Safeguards

\_\_\_\_\_

### Activity 2

Explain what could happen if a risk assessment was not carried out

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

### Activity 3 Exam Question



Safety is an important consideration for performers. Using examples explain why following the rules in sport is important.

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..... (3 marks)

(October. 2012)

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## 1.7 Activity levels and needs

Levels of activity and needs will obviously vary between individuals and have to be considered under the two headings of the specific needs and the effects that will result because of these activity levels.



Image a



Image b

### Objectives:

- Consider the effects and needs of different demands from different activities.
- Consider how the demands of an activity can have an effect on an individual.
- Consider the benefits to be gained by high-activity levels

### Activity 1.

Of the two images above (a & b) which one illustrates a competitive activity compared to a more recreational activity? \_\_\_\_\_

Why? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Activity 2

What would happen if a person had low and infrequent levels of physical activity?

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

### Activity 3- Exam Question

Explain why an international standard performer needs to train more regularly than a club performer.

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(3 marks)

May, 2006

## 1.8 Training

This is a factor that the participant has almost all control over, and to some degree, they can decide how much or how little they do.



### Objectives

- Consider how funds and the time available can affect a participant and their performance
- Consider the demands of an activity and how a participant has to organise their training schedule
- Consider the different levels of participation linked to training.

### Activity 1

List two factors that a performer can have less control over that can affect training

1. \_\_\_\_\_
2. \_\_\_\_\_



### Activity 2

Explain what is meant by the term 'periodisation'

considering the terms 'Pre-season', 'Peak season' and 'Post season'?

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### Activity 3- Exam Question

Why is rest important during a training programme?

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(4 marks)

Exampro