Answers to Test your knowledge questions

Nelson Physical Education Studies for WA 2A,2B

Chapter 14

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multiple choice

1 C
2 A
3 C
4 B

short answer

5 (max 2 marks)

- Requires little or no equipment, is quick and easy and a good guide. (1 mark)
- As it is so timely, a coach is able to make immediate adjustments to the load if required. (1 mark)

6 (max 2 marks)

- Intensity (1 mark)
- This is because it places the largest stress on the body and thus requires the body to have the greatest adaptation(s). (1 mark)

7 (max 2 marks)

- They are at their peak (1 mark)
- They can only train a couple of times a week. This happens to contact sport players who need extra recovery time. (1 mark)

8 An athlete needs to make adaptations that are required in the chosen sport.

essay style

9 (max 7 marks)

- The pre-season should include an aerobic base (1 mark)
- There should be progressive overload across the 6 weeks. (No more than a 10% increase per week.) (1 mark)
- Frequency must be at least three training sessions per week (1 mark)
- Duration will depend on the athletes – but should reflect the demands of the sport. (1 mark)
- The programme needs to show specific training to have specific adaptations. (1 mark)
• The programme will need some variety. (1 mark)
• There must be at least 48 hours between any weight sessions. (1 mark)

10 (max 8 marks)

Example sport: swimming

• HR monitoring to see if the athlete is training in the appropriate zone. (1 mark)
• This system is easy to use and reliable. Can give immediate feedback to the athlete and coach. (1 mark)
• Lactate testing to see if the athlete is training hard enough to tax this system. (1 mark)
• Probably the best system for testing intensity at various swimming distances. Easy to do and quick. Probably need a physiologist as well as a coach. (1 mark)
• PRE – how the athlete feels. It is closely linked to HR (1 mark)
• PRE requires only minimal equipment so it is inexpensive and easy. Athletes will need some training to perfect the use of PRE. (1 mark)
• Most swim coaches use timing to test intensity. (1 mark)
• Very good for assessing the ATP-PC system. (1 mark)