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## Answers

# Test your understanding

## *PE Review*

### Confidence in sport

**1** Situation-specific confidence;

Perception/belief of ability to cope with demands;

**2** Performance accomplishments/past experiences;

Vicarious experiences;

Verbal persuasion;

Emotional and physiological arousal;

**3** Idea of watching another achieving task;

Model of similar ability;

Immediately followed by practice

**4** Past performances/performer's accomplishments;

Provide opportunities for player to experience success;

Vicarious experiences;

Observing others succeed (of similar ability);

Verbal persuasion;

Convince performer they have the ability/skills to succeed;

Emotional arousal;

Help performer interpret their arousal in a positive way;

Goal setting/targets;

Use of performance goals;

Internal attributions/ability;

Use of positive self-talk;

Visualisation/imagery/imagining doing it yourself;

## Football timeline

Nineteenth century:

- Cambridge University rules (1848) — rules for football devised by members of Cambridge University; adopted by FA when it was formed in 1863
- Sheffield FC founded/Sheffield rules created (1857) — first football club in the world; they devised some rules that were used by a number of clubs in northern England
- Football Association founded (26 October 1863) — at Freemasons Tavern, now the Grand Connaught Rooms; ratified the original 14 rules of the game
- First international football match arranged by the FA (1872) — England v Scotland (0-0 draw)
- FA Challenge Cup created (1871) — by Charles Alcock; the FA Cup is the oldest surviving cup tournament in the world
- Football League founded (1888)

Twentieth century:

- First FA Cup final at Wembley (1923) — the first final was between Bolton and West Ham (Bolton won 2-0)

## Specialised training

**1** Stretch target muscles to limit of range;

Hold stretched position for a few seconds;

Contract muscle group isometrically;

Period of relaxation;

Stretch target muscles again;

CRAC (contract/relax/agonist/contract);

**2** Golgi tendon organs activated/detect stretch;

Muscles relax;

Inhibits stretch reflex/overrides/stops muscle spindles;

Designed to prevent overstretching/protective;

Allowing greater range of movement to be used;

**3** Description of activity — hopping/bounding/depth jumping/medicine ball work;

Involves fast twitch fibres/type 2;

Three phases in stretch–shortening cycle;

eccentric muscle contraction first;

then amortisation phase;

followed by concentric contraction;

**4** Stretch reflex activated;

Detected by the muscle spindles;

GTOs inhibited;

Sends nerve impulse to spinal cord/central nervous system/CNS/afferent impulses;

Protects against over-stretching of muscles/avoid injury;

Elastic energy stored;