

June 2009

You have been asked to help with the fitness training and coaching of a group of performers within an AS level Physical Education class.

Describe the various ways that **flexibility** can be improved and, using examples, explain the benefits to the performer of improved flexibility.

In addition, what are the different forms of **feedback** available to a performer and, using examples, explain how these different forms of feedback may help a performer improve?

A good answer must address parts (a) and (b) of the question adequately, and should consider accurately the following topic areas:

- Flexibility is the range of movement of a joint. Ways in which flexibility can be improved, addressing points such as:
 - Active stretching – holding a stretched position by contraction of your own agonistic muscles
 - Passive (or relaxed) stretching – stretch position being held by something other than the agonistic muscles
 - Static/PNF stretching – stretching to limit of range and then isometrically contracting the stretched muscles
 - Ballistic stretching – using movement to 'bounce' in and out of a stretch position
- Benefits to the performer of improved flexibility, addressing points such as:
 - Increased range of movement/reduce injury
 - Adopt held or aesthetic positions in gymnastic activities/alternative example
 - Can reach ball or player in games/alternative example
 - Can apply more power/longer levers in athletic activities/alternative example
- Types of feedback, addressing points such as:
 - Intrinsic/kinaesthetic – from within/proprioception
 - Extrinsic – augmented – from outside/coach/crowd
 - Concurrent/continuous – during skill performance
 - Terminal – following skill performance
 - Positive – praise and acknowledgement of a correct or successful action
 - Negative – external information about how a movement was incorrect or could have been better, critical comments
 - Immediate – feedback given straight after performance
 - Delayed – feedback that is given some time after the event
 - Knowledge of result (KR) – feedback in the form of information about how successful the movement was in accomplishing the task/feedback about the outcome/result
 - Knowledge of performance (KP) – information was given as feedback as to how well the movement was performed, regardless of the end result
- Explanation of how feedback may help a performer to improve:
 - Feedback motivates/suitable example
 - Feedback develops confidence
 - Feedback reinforces action/suitable example
 - Feedback corrects action/detects errors/suitable example

12 marks