

Year 12 gap fill task – summer term

Cambridge Technical Level 3 Sport and Physical Activity

Topic questions

- You may pick a topic of your choice from the list below:
 - Protein powder: training must have or waste of money?
 - Doping: is the only way to have a truly fair games to allow all athletes to legally dope?
 - Olympic legacy: is there a truly lasting impact on participation from holding major tournaments?
 - Diet: low carb and high fat or high carb and low fat, which is most effective for athletes?
 - Injury prevention: is yoga the answer?
 - Does practice make perfect or are winners born?
 - If you attribute winning to your ability, will you will always win?
 - Stress is it negative for an athlete?
 - Star athletes: does having everything mean you cannot suffer from mental health illnesses?

Task

- Once you have selected a topic you need to do some reading around the subject. This could be in the form of newspaper/magazine articles, video sources such as TEDtalks, websites such as NHS, and journals.
- Journals maybe a new source of information to you, they are scholarly articles written by researchers about a specific question or topic. These are the cutting edge of sports science, good places to look are the Journal of science and medicine in sport, Journal of science in sport and exercise & The Lancet, but there are many more.
- Some will come at a cost – please don't spend money accessing them there are many free ones and all should offer some free extracts.

Task

- Once you have researched your topic we would like you to write a short review of your findings. This should include:
 - Introduction
 - At least 2 points of view of the topic
 - These should be supported by some sort of research
 - Your opinion/conclusions
- You are limited to no more than 2 a4 sides – font size 12.