

YOUR OBJECTIVE FOR THIS BRIDGING WORK IS TO ANSWER THIS QUESTION

“WHY WAS USAIN BOLT THE FASTEST MAN ON THE PLANET”

You must research an answer to this question and send a word document with your findings to (acampbell@plymstockschool.org.uk). Each person must research **all topic areas**. The evidence should be factual but avoid just copy and pasting large chunks from google. The 6 topic areas that you need to cover are listed below.

TOPIC AREAS

MUSCLE FIBRE TYPES – look at Type 2b (also known as Type 2x)

BIOMECHANICS – did his height and long levers mean an advantage or disadvantage at different stages of the race?

PSYCHOLOGY – what theories explain his supreme confidence before races?

ETHNICITY AND CULTURE – Why are there so many elite sprinters from Jamaica?

TRAINING – What type of training would Bolt do as a 100m sprinter?

DIET – Would a sprinter follow a special diet and was Bolts any different?

HERE ARE THE REQUIREMENTS FOR EACH OR THE SIX SECTIONS

- Aim for around 1 page of A4 per topic (quality NOT quantity)
- 1st third of page = AO1= Define what the topic is and tell me about it
- 2nd third of page = AO2 = How does this relate to sprinting 100m and Usain Bolt?
- 3rd third of page = AO3 = How big a factor do you think this was in making USAIN BOLT better than every other elite level sprinter at that time? (E.g. If everyone is doing the same sprint training is it this that is making Usain Bolt the best?)

If you have any problems or questions about the work then email me at

acampbell@plymstockschool.org.uk

I look forward to meeting you all in September

Mr Campbell (KS5 manager)