**YOUR OBJECTIVE IS TO ANSWER THIS QUESTION**

**"WHY WAS USAIN BOLT THE FASTEST MAN ON THE PLANET"**

- Write an assignment that covers the 6 sections below
- In each section cover the following
  1- Explain the subject topic and what it means
  2- Explain why the topic is relevant to a professional sprinter
  3- Analyse if this topic specifically gave Usain Bolt an advantage over the other world class sprinters that he been consistently in races
- Although much of your research will come from the internet I need to read your own thoughts on the topics also – so do not just cut and paste big chunks. Quote facts and research and then apply it to a sprinter before making your own judgement on if it made a huge difference to Bolt being so dominant

**TOPIC AREAS**

**MUSCLE FIBRE TYPES** – he has a high percentage of fast twitch fibres but so do most sprinters. Is there anything about being Jamaican?

**BIOMECHANICS** – How tall was he, how long are his levers? Was this an advantage or disadvantage or both?

**PSYCHOLOGY** – Why was he so confident at the start? What personality type is he?

**ETHNICITY AND CULTURE** – Did growing up in Jamaica give him an advantage?

**TRAINING –** What type of training did he do? Was it any different from the other top sprinters?

**DIET –** Did he eat the same as everyone else? Did he have a specialised diet?

**SUBMISSION DEADLINE = MONDAY 19TH JULY**

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