**ATAR PHYSICAL EDUCATION STUDIES**

**UNIT 3 & 4 INVESTIGATION**

Sports Psychology and Biomechanics

**Activity 1**

Watch the film **Remember the Titans**

Using Clickview watch the film ‘Remember the Titans’. Prepare notes that will enable you to complete responses in class to the following:

**Sports Psychology – term 2 content**

**Biomechanics – term 2 content**

**Activity 2**

In class extended response

You will have 55min to answer the following questions relating to the film Remember the Titans. **No Notes** to be used in this section of the investigation.

Answer all questions on the pages provided – if you have used spare pages clearly indicate which question has been continued.

**Question 1.**

Discuss how Carron’s model of group cohesion may have helped the Titans to come together for a successful season. Use examples form the film. (12 marks)

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**Question 2**

1. Outline the strategy used by Coach Boone to measure the cohesiveness of his team. (2 marks)

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1. Suggest an alternative method that may have been used to measure group cohesion and explain how this could be done. (2 marks)

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**Question 3**

Although only 11 players are allowed on the field at any one time on game day teams can have up to 46 players in rotation. With a group of this size social loafing is likely to occur. Define social loafing and discuss 2 strategies Coach Boone may incorporate to reduce the incidence. (3 marks)

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**Question 4**

The state championship is the biggest game of the year. Titans captain Garry has just had a serious car accident and will never be able to play again. Explain as the team psychologist how you would ensure the team are mentally prepared for the state title game with reference to **three** arousal regulation strategies in your response. (6 marks)

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**Question 5**

As the team psychologist you have been asked by Coach Boone to help athletes improve their performance through goal setting. Create an example of a performance goal a Titans player could set and explain the expected psychological outcomes. (4 marks)

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**Question 6**

The longest recorded punt kick in the NFL is 89m. To achieve such distances the player kicking the ball will strike the underside of the ball with considerable force. State the biomechanical principle involved when striking the underside of the ball, and discuss with aid of a diagram how this may assist the ball in travelling such long distances (8 marks)

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**Question 7**

The NFL has strict rules regarding the balls that may be used for a game. Balls are to be inflated to between 12.5 and 13.5 ponds. They are made of urethane bladder surrounded by a pebble grained leather casing. The only exception to these rules occurs when a replacement ball is used during a punt. In this instance the replacement ball is inflated to a slightly higher pressure.

1. Define coefficient of Restitution

(1 mark)

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1. Explain why a punter may call for the replacement ball to be used and what effect this may have on the outcome of the kick. Discuss 1 other of the other regulations stated above that may have an impact on the desired outcome of maximum distance of an NFL punt

(3 marks)

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1. The Titans often played in near freezing conditions. Discuss if the air temperature would have any effect on the coefficient of restitution when the ball is being punted. (2 marks)

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**End of Investigation**