**PHE PROCCESS JOURNAL MYP-3A**

**By: Sameer Gupta**

**Unit 1: Training in Sports**

***Key Concept:*** Change

***Related Concepts:*** Adaptation and Choice

***Global Context:*** Identities and Relationship

***Exploration:*** Health and well-being life choices

***SOI:*** Healthy lifestyle choices brings well being

***Criteria:*** CRITERIA A AND B

Introduction to training in Sports (MY THOUGHTS):-

Training in Sports according to me basically means how we warm-up before playing sports and the type of warm-up we do is related to the sport we are playing for example, if we are a runner or an athlete, then we should mainly focus on our speed skills, endurance and agility. Training in sports is not only done before playing sports or before a competition, we can also do this when we are not about to play sports so that we can be in good health and be fit. If we are a runner then that doesn’t mean we only focus on speed, endurance and agility, we need to emphasize our work-out on these components and practice the others like flexibility, hand-eye coordination etc. in a comparatively small amount. There are many different training methods as well which are useful for different needs like lifting weights can be used to increase strength etc.

**Reflection 1 (8/7/20)**

Today was the first class of the academic year 20-21 and it was honestly not that fun because we went over the rules and regulations and also we got introduced to our first unit which is health and fitness. I am pumped for this unit because I am excited to learn the new fitness components and can’t wait to actually do it. We also wrote our thoughts on training of sports. I achieve thinking and listening skills through this.

Components of motor fitness

1. Speed
2. Endurance
3. Flexibility
4. Strength
5. Coordinative ability

**Reflection 2 (9/7/20)**

Today’s class was a little boring as we did a lot of theory of the components of physical fitness and also we discussed our entire introduction to the fitness of sports. We learnt about the different components of fitness like speed, agility, strength etc. It was quite boring but we at least learnt something new. We also got a homework regarding the same.

Types of Exersises

1. Isometric Exersise: These exercises are not visible, in fact there no direct movements of this types of exercises, hence they can’t be observed. Work is done in these types of exercises but can’t be observed. Groups of muscles carry out tension against other groups of muscles.
2. The literal meaning of the word isotonic is constant tension i.e.: ISO means constant ant tonic means tension. In this exercise the length of muscles changes (shortens or lengthens) during action along with tension in them. Isotonic exercises are a form of active exercises in which muscles contract and cause movement. There is no significant change in resistance throughout the movement, so the force of contraction remains constant. Such exercise greatly enhances joint mobility and helps improve muscle strength and tone.
3. Isokinetic exercise: These exercises are performed on specially designed machines. These exercises are developed by Perrine in 1968. In these exercises, contraction of muscles applies maximum force only at a particular angle of its range of movement, whereas, in isokinetic exercise contraction of force throughout the complete range of movement. There exercise involve a specific type of muscle contraction which is not involved in games and sports like rowing and swimming.

**Reflection 3 (15/7/20)**

This class was really boring and fun at the same time. The most fun component of this class was its starting as sir made everyone do stretching on camera and it was really funny and embarrassing to see my friends do exercises through camera. The boring part of this class was us discussing the fitness components more and also learning about the types of exercises. I would rate this class a 5/10.

Training methods to develop speed

Phases of speed are acceleration and maximum velocity

Acceleration is the start of the race where we try to get to maximum velocity

Training methods:

1. Unloaded sprinting: classic sprinting in a straight line (maximum effort)
2. Resisted sprinting: Sprinting against an opposing force with you for example sprinting while carrying a tire. They will help increase speed and acceleration.
3. Plyometric: High reliance in a stretch shortening cycle. Short land contact times like hurdles. They maximize jump height
4. Power training: Ballistic exercises with external load like jumping and they help in in acceleration. Example: Weights.
5. Maximal strength: Lifting to increase absolute force production and will also improve relative amount of force in a specific time.

**Reflection 4 (16/7/20)**

In this class, we also did the stretching and did exercises at first and it was really humorous to watch all my friends do these exercises through camera. After this we study more in detail about speed and watched a video regarding the same. We learnt some key terms about speed like acceleration and velocity and we also learnt different training methods on how to develop speed. This class was not that interesting as we learnt a lot of theory.

Flexibility:

Stretching your muscles to the range it can go to

4 types of flexibility

1. Static flexibility: If a muscle is stationary and is held in the limits of its maximum movement.

Two types of static flexibility: Active static and Passive static

Active stretching is when the performer actively holds him/her in the maximum movement range

Passive stretching is when the performer is not holding himself in that position and someone and something else.

Performer should hold 8-10

1. Ballistic flexibility: Moves very quickly and stretches a lot and it is the highest intensity. Muscles can be damaged. We do a lot of quick stretching in this and is explosive.
2. Dynamic flexibility: Dynamic is similar to ballistic but the difference is that is is less intense since the speed and the intensity is lower
3. PNF (proprioceptive neuromuscular facilitation): This type of exercises is when the muscles contract each other and the muscles become stronger while they are moving against each other.

**Reflection 5 (22/7/20)**

In this class, we of course started out with a banger when we did exercises and all of my friends including me were laughing while doing the exercises but then the internet connection got really bad and we were barely able to do anything and on top of that my friends were talking a lot of rubbish as they usually do. I tried to watch the video and make notes also but couldn’t complete it so I am hoping I can do it soon.

**Reflection 6 (23/7/20)**

In this class, we of course exercised a bit and people were starting to take this more seriously I think because they were laughing comparatively less. Then since the internet was bad last time, we watched the video we were supposed to watch last time and wrote notes as well. This class was a little boring because we needed to write a lot.