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Introduction - Goals - ^{motivation}
- Planning -

Goal setting and planning are generally ~~are~~ accepted ^{as} being extremely important when undertaking a physical activity programme or experience. But are they really? When asking the average person, you would get the answer that goals aid in motivation, while planning is important to maintain structure in a programme. Is it possible that there are certain programmes in which they are not beneficial?

Firstly, it is important to measure the purpose of goal setting. The concept is that one will set targets which are specific, measurable and attainable. This, if done correctly, provide greater motivation for the person undertaking the programme and therefore produce better results.

~~"He who does not plan, will fail"~~ ~~Long distance~~ In this quote, ~~the importance of planning is~~

While the purpose of planning is to ensure that the programme "is" specific, targetted and maximises benefits and gains" - Greg Sharland. For example, a 1500 metre runner will see far more benefit in a 1500m run, than just going out on a casual run of irrelevant distance.

However, while the purpose of goal setting and planning is constant, the purpose of the programmes in which they

~~may or may not be utilised in is varied. Furthermore, you can have various multiple. This is a concept when examining the goal setting and planning.~~

During year 13 Physical Education this year, we were tasked with creating our own programmes for a duathlon (400m swim, 10km run). We created our session plans, and followed them both during class time and outside of school. We also had to set short term and long term goals. However, I found the goal setting extremely difficult to do, as I had very little prior knowledge or experience with how the aerobic system would react to ~~continuous~~ continuous training. For this reason I was completely unsure as to what degree or how quickly physiological adaptations would occur. These adaptations include increased $\text{VO}_2 \text{ Max}$, as well as more efficient cardiovascular and respiratory systems. These adaptations mean that ~~you~~ the body can transport more oxygen more quickly around the body to the working muscles allowing the athlete to work at a higher intensity for longer.

Because I didn't know the extent or rate at which physiological adaptations would occur, ~~therefore~~ my short term and long term goals were little more than a guess. As my programme progressed, it became evident that my goals were highly inaccurate and ultimately pointless because they were far too easily achieved. This highlights a key area where goal setting is unable to be effectively used in programmes - when the goal setter has little or no prior knowledge and/or experience

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in the area of the programme.

Another important thing to consider is that different programmes have different purposes. For example a programme for Outward Bound will have a completely different target than that of a competitive men's rugby team. Ultimately, Outward Bound is trying to ~~and~~ people in being more confident and happy, while the rugby team is looking to improve their performance, in order to win games. Outward Bound is focusing on ~~the~~ the spiritual and mental/emotional parts of wellbeing, while the rugby team is looking for physical gains.

During the duathlon training programme, I set various goals measured by physical performance and this would be very much considered a technocentric approach. This approach is based on the idea of scientism and focuses solely on the physical side of things, ignoring other factors such as the motivation levels of the ~~person~~ athlete. In my schedule, I used this approach and this led to an extremely boring schedule. For example many of my training sessions were simply running around and around a field and I quickly ~~became~~ became disinterested. ~~Technocentric approach ultimately~~ Lincoln Rawles emphasizes that "fun training is good training" and that "level of arousal is probably the key component ~~to~~ to consider when designing a programme." However, a technocentric approach fails to understand this and treats people as machines, instead of ~~people who are~~ athletes, who have a huge variety of ~~players~~ factors affecting their performance. One well-known example of a techno-centric ~~that~~ approach backing ~~up~~ ~~that~~ ~~not only will a technocentric approach likely lead to~~ and

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~~poorly executed training~~ is ~~the~~ the conditioning programme employed by the All Blacks backroom staff in the lead up to the 2007 Rugby World Cup. This involved many top level All Blacks sitting out domestic rugby, as they ~~were~~ ~~interested~~. This was supposed to preserve them, and ensure that they were at the physical peak at the time of the world cup, however it failed to take into account the other factors affecting the players, such as their mental and emotional state.

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It is important to understand that technocentricity and goal setting come hand in hand, as both are looking for measurable, physical gains.

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Planning is extremely important when creating a programme as it ~~also~~ ~~for~~ means that the programme can be tailored to produce the desired benefits, whether physical or otherwise. Benefits can be specifically targeted, for example if you are looking for benefits to your social well-being you will plan so that training/activity occurs in groups. Alternatively, if ~~a programme~~ you were designing a running programme for someone who wanted to stay healthy while having a good time, you would schedule runs in scenic places rather than ~~in~~ simply around a track as it is more enjoyable. However, if you were designing the same programme for someone who ~~is~~ was looking solely for physical improvements, you might schedule runs around a track as gains are far more measurable that way.

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Ultimately, when designing a programme there is a balancing act which ~~must~~ must occur between the engagement level of a programme and the gains made. The best ~~to~~ programme includes both, but sometimes one must be sacrificed for the other. This comes down to what the athlete is wanting to gain from the programme, but also how motivated they are as ~~an~~ an athlete who isn't highly motivated ~~will~~ will lose interest in an unentertaining schedule, resulting in poorer ~~programmes~~ performance and smaller gains.

However, in the case of a highly motivated athlete who is looking for physical gains, goal-setting can be extremely effective. It is a great framework for ^{improvement} ~~important~~ and can add to ~~the~~ the motivation of an already motivated athlete.

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