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| --- | --- | --- | --- |
| Learning outcome | I understand this | I can recall this | I need to revisit this |
| Complete a 20 mark Q on the, ‘Critically evaluate ergogenic aids that performers might use in sport.’ |  |  |  |
| I know the importance of each of the sections of a nutritional diet |  |  |  |
| I have completed notes on carbo-loading. |  |  |  |
| I know when and how pre- during and post carbs will affect performance. |  |  |  |
| I know the different types of hydration drinks you can have, Isometric, Hypertonic, hypertonic. I have notes on each and understand when to apply each and can explain them. |  |  |  |
| I know what types of pharmalogical aids there are. I know the impact of taking each substance, the positive, negative (risk) benefit to the performer as well as what WADA say. |  |  |  |
| I have completed a screencast on each of the pharmalogical aids and have them on a pen drive. |  |  |  |
| I have watched the screencast on physiological aids and know the risks and benefits as well as examples. I have also researched what WADA say as well as the impact on the performer. |  |  |  |
| I have prepared notes on the remainder of the nutritional elements, negative, positive, WADA and benefit to the performer. |  |  |  |

**Week 8 Ergogenic aids Task sheet A level PE**

**Key words:**

1. Complete a screencast on the pharmalogical aids of a sports performer. (Monday)
2. Complete notes on physiological aids from the screencast, and note WADA’s stance and benefits to the performer. (Monday)
3. Complete notes on the remaining nutritional aids including, negative, positive, performer benefits as well as WADA’s position. (Monday)
4. Complete a 20 mark Q on the, critical evaluation of ergogenic aids that performers might use. (Monday)