

S3 Physical Education

An Introduction to Factors Impacting Performance:
Methods of Gathering Data

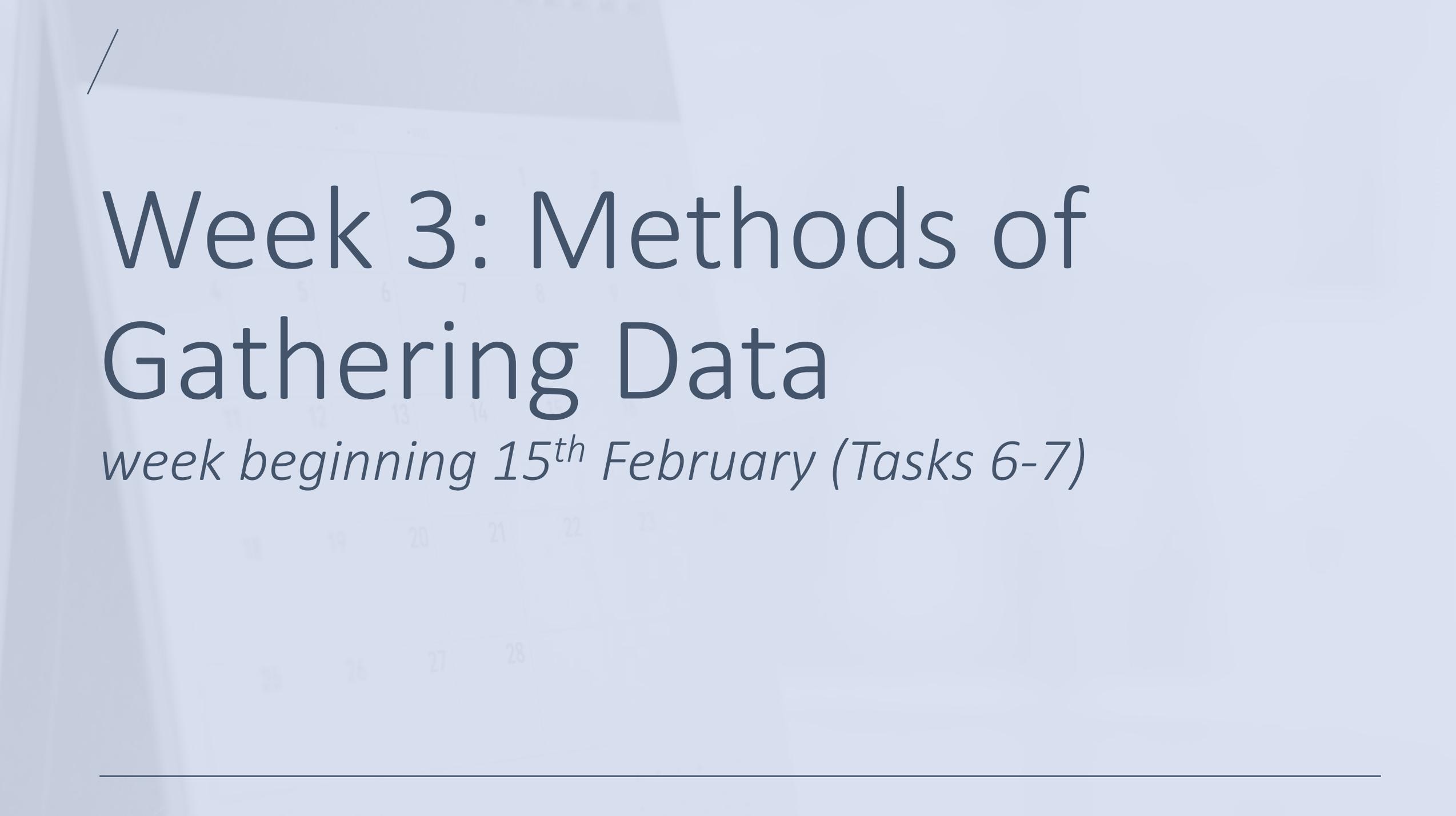
How will online learning work?

- Welcome to your online learning pack. Here we have prepared weekly learning tasks for you to complete.
- Download a copy of weekly resources to edit and complete tasks within the **Factors Impacting Performance PowerPoint**.
- Use this PowerPoint to support you with your learning to complete weekly tasks.
- Additionally, you can access learning support materials on **BBC Bitesize National 5 Physical Education** via Google Search or the following link: <https://www.bbc.co.uk/bitesize/subjects/zctsr82>
- Email completed work to your class teacher in the PE Department at:
holly.burns@whec.edin.sch.uk
stuart.clark@whec.edin.sch.uk
lucy.brown@whec.edin.sch.uk
- If you are completing a paper copy of weekly learning tasks, return your completed work to the school office and ask the office staff to place these in Miss Burns' pigeon hole.
- Weekly learning tasks are due to be completed by **Friday 12:25pm**.



Weekly Schedule

Week beginning:	Topic	Tasks	Pages
<i>25th January</i>	An introduction to: <ul style="list-style-type: none">- 4 Factors- Sub-factors	Tasks 1, 2 + 3	Pages 2-4
<i>1st February</i>	An introduction to: <ul style="list-style-type: none">- The Cycle of Analysis	Tasks 4 + 5	Pages 5-6
<i>15th February</i>	An introduction to: - Methods of gathering Data	Tasks 6 + 7	Pages 7-8
<i>22nd February</i>	An introduction to: <ul style="list-style-type: none">- Performance Development Plan	Tasks 8 + 9	Pages 9-10



Week 3: Methods of Gathering Data

week beginning 15th February (Tasks 6-7)

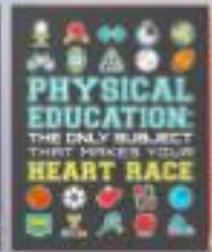
Today's learning outcomes are to:

- explore methods of gathering data.
- identify appropriate methods for different sub-factors.
- apply this knowledge and understanding to a sporting context.

#TEAMWHEC

Success Criteria:

1. I can identify which data collection methods investigate specific sub-factors (Task 6).
2. I can select an appropriate method and explain it's suitability withing the Performance Development Process (Task 7).



What fitness testing looks like...

1. Press play on the video in this slide.
2. Click on the following link to be redirected to YouTube:

<https://www.youtube.com/watch?v=SeJNYhfBUyc>

3. Type the following into YouTube: 'Speed & Fitness Test - Lionesses | Masterclass' – click the first link that shows (4:01)



Gathering Data

As mentioned in last week's work, we gather data/information in a range of ways depending on the information we're looking for.

- Standardised Fitness Tests (Bleep Test, Standing Broad Jump)
- Questionnaires (SCAT Test, Mental Toughness Questionnaire)
- Match Analysis (General Observation Schedules)
- Skills Tests (Scatter Graph and P.A.R. Analysis)
- Feedback from peers/coaches/teachers

Important Things to Consider

- **Appropriateness:** it's important that the methods used to gather information are appropriate (allowing you to get the information you need).
- **Practicality:** we should use methods that aren't too complicated or don't need too much specialised equipment. This means that our results are more likely to be accurate as you're more likely to complete the test correctly.
- **Reliability:** we need to make sure the information you gather is reliable, meaning it can give you accurate data each time. To make your data reliable, we'd want to be able to complete the test under the same conditions each time.

In order for data collection to be useful, the method used must be:

- **Relevant** to the performer, the activity and weakness
- **Accurate** to provide a true reflection
- **Valid** measures what it aims to measure
- **Reliable** capable of consistent conditions and repetition at a later date
- **Objective** non-bias, produce a consistent result irrespective of the tester
- **Measurable** to allow for comparison at a later date
- **Practicality** easy/simple to carry out and easy to interpret, opponent(s) of similar ability and completed for a substantial period of time

Principles of Training

- When creating our own PDP we should consider the “Principles of Training” which are 9 principles that can make our training beneficial.
- We remember these using the acronym SPORT-FITT:
- **S - Specificity** - training must be matched to the needs of the sporting activity so as to improve the factor impacting on performance.
- **P - Progression** - training should always be moving forward so that once you hit a target, reach a goal, or if boredom starts to set in, it is time to adjust the programme.
- **O - Overload** - the more regular and challenging the training is, the better the performer becomes.
- **R - Reversibility** - time off through injury must be taken into consideration. It will be unlikely that performance levels will go into reverse should a performer have to take a week off after a difficult tournament or competition.
- **T - Tedium** - ensuring that training avoids becoming boring.

Principles of Training continued

- **F - Frequency** - how often to train
 - **I - Intensity** - how hard to train
 - **T - Time** - how long to train
 - **T - Type** - which approaches to training to use
-
- These final 4 principles are often considered during our PDP when we want/need to make changes to improve development.

Task 6: Data gathering methods used for different sub-factors

- Identify the sub-factor you think is being investigated to each of the methods of gathering data listed below. For example CRE

Method of gathering data	Sub-factor being investigated
Bleep test	
Agility T-test	
Sit and reach test	
Skills tests	
Team Feedback	
Sport competition anxiety test (SCAT)	
Profile of mood states (POMS)	
Standing broad jump	
Harvard Step test	
Social Observation Schedule	

Task 7: Factors to consider when selecting data gathering methods.

- *When we collect data, we have to make sure the information is accurate and valid so we can identify our strengths and weaknesses in our performance. There are considerations we have to make to ensure this. Read the paragraph below and fill in the blanks.*
- When collecting data on our chosen sub factor we must make sure we select the most _____ test. This way we will be able to correctly identify if that factor is a strength or weakness. We also have to consider how _____ the method is. For example the Bleep test only requires two cones, a CD/Speaker, a recorder and a meter stick. There is one measurement to make when setting up, meaning it is _____ to carry out. This means the results will be accurate with limited mistakes and also easy to _____.
- The General Observation schedule may give less reliable data on my _____. This is because my friend completed the sheet during my gymnastics performance. My friend could have given _____ information because my friend didn't have enough _____ in the activity. This results in inaccurate data collected of my gymnastic performance.

- **Word bank:**

False

Repeat

Appropriate

Knowledge

Easy

Performance

Practical

Checkpoint: Putting your knowledge to the test.

- Based on Task 7, select the data collection method that will produce the most **accurate** results.
- **You have to collect data on a Football performance. You are wanting to identify if the performer's anxiety and CRE negatively affects his performance. What two methods would you select?**
 - 1.
 - 2.
- **Why?**