

A Level PE- Summer Task

Technology in Sport



Injury Prevention

Commercialisation

Diet & Nutrition

Deviance in Sport

Skill Acquisition

Fitness Testing

Intensity Measurements

Technology in Sport

All the headings are part of the A level specification. Choose one area of the course and investigate the technology used and how it can impact sport. The next slide is an example of what we would like you to produce...



Intellectual
Confidence



Connection
Finding



Nike Vaporfly



The Zoom Vaporfly 4% pairs a Nike ZoomX midsole (for responsive cushioning) with a full-length carbon plate (intended to minimize energy loss during toe bend without increasing demand for the calf). Together, these features can make runners, on average, four percent more efficient than Nike's previous fastest marathon shoe.

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oF sPORT
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With
Sports Scientist Prof. Ross Tucker and editor Mike Finch



The Truth Behind The Games We Play!

The shoe that broke running

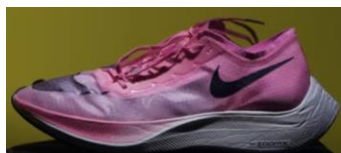
<https://shows.acast.com/f3fb5c75-b943-4f5d-bd87-27c91611dd24/bee6a41a-0d6d-4d76-bfe8-f1c75f90f45a>

Podcasts are a great way to develop knowledge and develop your A03 application

NIKE

CARBON FIBRE LAUNCH

NIKE ZOOMX
ENERGETIC FOAM



The Controversy Behind Nike's Vaporfly Running Shoe

https://www.youtube.com/watch?v=wVXrlaPuP7c&feature=emb_logo



World Athletics Shoe Regulations

<https://worldathletics.org/download/download?filename=b723c6b6-7d1f-40ad-8b27-1d3f956c6c99.pdf&urlslug=C2.1A%20%E2%80%93%20Athletics%20Shoe%20Regulations%20>

When Sports Illustrated interviewed a cohort of elite Olympic athletes, one of the questions was: "If you were given a performance enhancing substance and you would not be caught and win, would you take it?". 98% of the athletes responded "Yes". The more chilling question was: "If you were given a performance enhancing substance and you would not be caught, win all competitions for 5 years, then die, would you take it?". More than 50% said "Yes"