

Achievement Standard Number

9 3501

Pg ⑦

Question Number

3

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Musicians and sports psychologists have come onto the scene to enhance their natural ability as well as the skill and that needs to be trained. The body can be naturally good at something, but it needs to be trained in order to be even better.

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at a high level. In the ~~trav~~ Golf training improvement program ~~we~~ I participated in, many of the others were not motivated by the idea of golf and very few had a will to succeed or achieve. When pushing individuals into an activity, they need to be careful they do not take the passion and love of the game out of the sport as this is where the best ability comes through. //

Overall, Athletes can be born with certain genetics that can enhance their ability in a certain sport but it is due to the immense training and effort the individual puts in to train not only their body's or their genetic make up but their skill and ability level to make them a successful athlete. ~~Although~~ The idea of just having a coach has historically gone, and <sup>now</sup> new faces such as physio's, nutritionists, ~~biomechanists~~ biomech.

The negative of being forced into playing a sport is that the individual will not enjoy it or even become extrinsically motivated (for example motivated by money or fame) Yvonne Williams the ex silver ferns coach said she would never coach a top level team in New Zealand again as there are no longer loyal to their regional or club teams but become motivated by the money. Many athletes can then get carried away away and result in taking drugs such as steroids to keep their ability

The individuals in my class who passed were those that had the ability to transfer others skills they had from other sports they played such as hockey. By having base skills that they could transfer, if made a very easy to change or after that skill in order for it to suit the game/ sport they were playing in our case golf's "

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of movement in order to excel. ~~Thus~~  
 it can also be compared to a  
 pro or someone of the same ability  
 so the individual can see where  
 they are going wrong and how  
 much they have left to improve  
 or how far they have come. During  
 our golf training improvement  
 program we used video analysis  
 to not only see measure our  
 improvement but see what areas  
 of our technique were wrong  
 or needed to be ~~improved~~  
 improved. We were compared to  
 a professional which was very  
 realistic for our ability but for  
 someone who is turning pro it is  
 a great way to see where the  
 improvements need to be made  
 and what sequence of patterns  
 to be improved.

Athletes can also use a transfer of  
 skills in order to achieve at the  
 highest level especially if they  
 played a number of sports in  
 their childhood. In our training  
 improvement program, many of

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In many communist countries such as China, the ~~hadic~~ test children at a very early age to find the sport they would be best suitable for based on their size, a gender height, speed, weight and many other contributing factors. They are then pulled out of school and forced into academies where their body is trained to be the best for that sport. This involves ~~take~~ taking ~~one~~ an individual who has certain aspects for example a small, light weight girl and forcing her into a sport such as gymnastics and ~~training~~ training and conditioning her body ~~to~~ so that she can be the best that she ~~is~~ could be. \*

Technology has also improved over the years. One of the ~~an~~ new main aspects is the use of video analysis. This involves filming an individual while playing a shot or movement in order to critique their technique or patterns

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running activities. But does this only come down to genetics?"

In history, during the olympics and commonwealth games, usually a coach was only present, these days, along side the coach is physio's, sports psychologists, biomechanists, and nutritionists which all play an important role in the athletes' training and preparation for the event. These extra people play an important role in the individuals wellbeing and his ability to improve. As the coach is limited to advice he is able to give, the extras provide additional advice and suggestions in order to achieve to the best of their ability. In our training improvement program, although we were only at the cognitive stage, we only had one source to gather information from which means we were restricted to what we learnt."

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The debate whether we are born athletes or made athletes will be ongoing. Every year an athlete is taking 0.01 second <sup>off</sup> on a 100metre sprint or jumping that extra metre. Is this purely down to training our bodies to adapt to these conditions or is the secret to top success hidden in our genetic make up waiting to be unleashed.

In 1954, Roger Bannister ran a four minute mile. Back in 1940, this was only a dream to be able to do it so fast. These days it is rather an expectation. Many of us are born with fast twitch or slow twitch muscles, generally speaking this controls whether we are short distance or long distance runners and what we are ~~fastest at~~ can excel in. In saying this, these fast/slow twitch muscles can be trained in order to be even faster or slower. ~~to~~ This is of great importance to those especially in