

## FIND YOUR FEET TASK

# A LEVEL PE

### TASKS

Watch the video on the website provided to get a general overview. Once you have started to develop an understanding of these different contraction types, you will be required to think about specific sporting examples of when they can be used.

Provide a sporting example of when the four different types of muscle contractions (concentric, eccentric, isokinetic and isometric) take place in different sports. Provide a picture example and brief description of how and why this contraction is used.

### RESEARCH

Research different sporting examples of when the different contraction types are used. These should be sports specific examples and not gym based exercise that are already provided in the video.

### RECOMMENDED READING

General Overview: <https://courses.lumenlearning.com/suny-fitness/chapter/types-of-muscle-contractions-isotonic-and-isometric/>

### WEBSITES AND ONLINE LEARNING MATERIALS

<https://www.teachpe.com/anatomy-physiology/types-of-muscle-contraction>

### CONTACT

For any questions about your Find Your Feet task, please e-mail:

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