

PRE-INDUCTION TASK
ARE ATHLETES BORN OR MADE?

READ THE ARTICLES



ARE ATHLETES BORN OR MADE

shorturl.at/ewDKR



**CHAMPION SPRINTER HAS CHEETAH
LIKE MUSCLE FIBRES**

shorturl.at/npYBD



**HOW ONE KENYAN TRIBE PRODUCES
THE WORLD'S BEST RUNNERS**

<http://tiny.cc/7yjylz>

WATCH THE VIDEOS



**DAVID EPSTEIN: ARE ELITE ATHLETES
BORN OR MADE**

[https://www.youtube.com/watch?
v=Tn4X-D8Y9_w](https://www.youtube.com/watch?v=Tn4X-D8Y9_w)



**HOW ONE KENYAN VILLAGE FUELLED
THE WORLDS FASTEST DISTANCE
RUNNERS**

<https://bit.ly/37DNqis>



COLIN JACKSON: THE MAKING OF ME

[https://www.youtube.com/watch?v=j_
mHQACvZfc](https://www.youtube.com/watch?v=j_mHQACvZfc)

Using the articles and videos above undertake the comprehension, research and debate planning tasks on the next page.

You will use these tasks in your first two weeks on the Public Services course.

See you in September!

COMPREHENSION TASK

Using the articles above, answer the following questions

ARE ATHLETES BORN OR MADE

1. What does David Epstein author of 'The Sports Gene' believe about athletic greatness?
2. What is Elizabeth Quins role and what is her opinion about the effect of genes on athleticism?
3. What is the flaw with Dan McLaughlin's experiment?
4. What is your opinion after reading the article: Does training have a bigger impact on athletic greatness than DNA?

CHAMPION SPRINTER HAS CHEETAH LIKE MUSCLE FIBRES

1. Where was the research conducted and what did they find?
2. What are the 3 categories of muscle fibres?
3. What % of each fibre was Jackson found to have? Compare this to the average human.
4. What is the impact of the make-up of Jackson's muscles?
5. Has your opinion changed? Can you add anything to your argument? Does training have a bigger impact on athletic greatness than DNA?

HOW ONE KENYAN TRIBE PRODUCES THE WORLD'S BEST RUNNERS

1. When the article was written what was the fastest marathon of all time, who set it and where was he from?
2. What were the other finishing positions of his Kenyan Team mates?
3. What was so remarkable about Dennis Kimettos record?
4. What is so remarkable about all the Kenyans mentioned in the article? Where are they all specifically from?
5. Quote the statistics comparing the American results to the Kalenjin Tribes
6. What is genetically different about the Kalenjin Tribe members, which gives them a sporting advantage in endurance events?
7. What was remarkable about Kipchoge Keino? What was John Manners explanation for this?
8. Has your opinion changed? Can you add anything to your argument? Does training have a bigger impact on athletic greatness than DNA?

RESEARCH TASKS

Activity 1

"Individuals living in warm climates near the equator tend to have longer limbs than do populations living further away from the equator in colder environments"

Find research that supports this statement and make a notes on this
Think about the impact would this have on sporting performance?

Activity 2

Research the physiological changes that occur in populations who live at high altitude

Think about the impact this would have on sporting performance?

DEBATE PLANNING TASK

What does it take to be a great athlete? Some say that "DNA is destiny" or "it's all in the genes." Other people will answer this question with "it just takes hard work". This last response supports the theory of the "10,000 hour rule"—which states that it is practice which makes athletes great. This thinking is also supported by Daniel Coyle's book *The Talent Code* about how greatness isn't born, it's a matter of how it's nurtured.

This, of course, brings us to the age-old nature-nurture debate. In order to prepare to take part in the debate in the first week of college you should collect research to allow you to either agree or disagree with the statement "All sporting champions are born to win".

Once you have completed your research you must make a decision on which point of view you are supporting and make notes to ensure you can support your argument.