

PE E-Portfolio
Improvement of skills in performance
leads to enhanced aesthetic
understanding.

Key Concept: Change

Global Context: Personal and Cultural Expression

Related Concept: Refinement

Factual: What are aesthetics? Which components of fitness contribute to an aesthetic performance?

Conceptual: What is aesthetic appreciation in sport and health related activity? How does awareness of ones body and knowledge of how to control it provide experiences that build confidence, coordination and control of the whole self?

Debatable: Who determines a performance is visually appealing.

Task 1

What are the aesthetics of Shot Put :

For a shot put throw to be aesthetically pleasing, the throw itself must be smooth and powerful. The athlete's arms must stay stable and the body must look firm and strong. When throwing the shot, the shot put athlete must have a fluid throw, with arms looking stable and strong, not wobbly and shaky. If all of these criteria are met, the throw will be aesthetically pleasing.

First observations and analysis

My client chose shot-put as her field event. This sport entails pitching a 3kg (U-16 weight requirement) small metal ball, known as the shot put. Technically it requires using the arm, body strength and sport specific techniques to hurl as far as possible. To be successful at this sport, the athlete further requires excellent upper body strength for the throw, powerful leg strength for a high-quality push off, and a thorough understanding of the technique in order to achieve the best distance measurements. Technique also teaches how to avoid injury and be aesthetically attractive when practicing the sport.

Shot Put Criteria for U-16 Girls:

The aim of this field sport is to see how far an athlete can hurl a shot with maximum forward velocity at an angle of approximately 40 degrees. The world record for the furthest thrown shot put is 22.63m, thrown by Natalya Lisovskaya on the 7th of June 1987. The world average for U-16 is 8m. At the moment, the furthest thrust on record is 6m.

To qualify for the sport, U-16 athletes have to abide by the following criteria listed below:

1. Use 3KG (U-16 weight) small metal ball (shot put)
2. Stand within a 2.135-meter circle, which has a 1.22-meter wooden stop board (marker for athlete's maximum foot advancement). Maximum wooden step height must be 10cm, placed at the front of the circle.
3. Throw within a 40-degree sector from the circle.
4. Trust with one hand; this hand is kept in close proximity to the athlete's chin.
5. Pitch the ball from a stationary position; otherwise they will be disqualified.
6. Exiting from the rear half of the circle after completing the shot; otherwise they would be disqualified.
7. Collect the shot put after completing the throw.
8. Meet above U-16 world standards by throwing the shot put for a minimum distance of 8m.

Techniques and standards for high quality shot put throw

Safety is one of the most important parameters in this sport. Injuries can be of a very serious and complicated nature if athletes do abide by the specific and explicit techniques of the sport. To avoid injury, such as snapping of wrist, the following measures must be respected:

1. The shot must be positioned in the base of the first three fingers.
2. Fingers should be evenly spread out with the thumb and pinky finger properly supporting the shot put.
3. The hand with the shot must be placed under the chin and if at any point, the shot loses contact with the neck, the throw will be disqualified.
4. The elbow must be held high at all times to prevent injury
5. The shot must be in line with the shoulder

To test if the positioning and placement of your shot put is accurate:

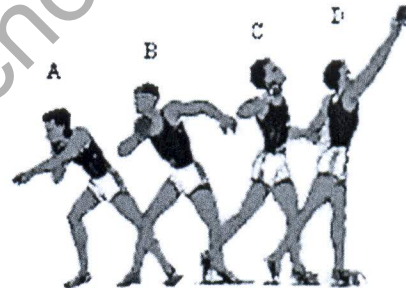
1. Stand with feet shoulder width apart
2. Shadow the thrust of the shot put in the direction of the throw
3. Ensure that your elbow stay high
4. Twist your upper body to give a further thrust force as you throw

To guarantee optimal and furthest distance possible when throwing a shot put, two methods can be applied: the shift or the rotation.

The Shift/Glide:

To use the shift technique, the athlete must use the following procedures:

1. Stand at the very back of the circle, with the body twisted away from the throwing area (the area becomes invisible)
2. Ensure hips and shoulders are parallel to one another
3. Exert weight onto the right while in stance position
4. When throwing, hop on the right foot in the direction of the stop board, rotating the body in the process towards the throwing pit.
5. Use leg power and the power of your hips in addition to the shift to throw the shot put as far as possible and have maximum power to support velocity.



The Rotation/Spin:

This technique is similar to the technique used by athletes throwing the discus. Shot put athletes, similarly as discus throwing athletes, can use the same stepping technique, with the slight but important difference: shot put players have to stay balanced and when hurling the shot, with their feet placed as seen in figure 1. They use rotational momentum for power.

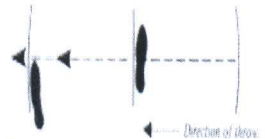


Figure 1

Client Analysis:

The first cursory viewing of my client's video attempting to throw a shot put depicted that she was not particularly familiar with all the basic and fundamental techniques of this sport.

Her weak upper body strength resulted in a throw that only reached 5m, which is below the average of 8m for U-16 girls. In addition to that, there was no fluidity in her throw, nor was it aesthetically pleasing to watch her shot put attempt. My client also looked like she was in pain while throwing the shot rather than confident and strong.

Another re-run and careful observation of the video revealed some of my client's strengths.

I was able to pick up on some of the basic rules that were performed well by my client in this particular sport. My client was proficient in the technique of holding a shot put. The grip demonstrated safety and agility with the hand. This implied that my client had some basic knowledge about the sport and its rules. The shot put was held proficiently with three fingers, leaving, as required, most of the support of the shot put on the thumb and pinky finger. Also, the elbow was raised to a good height, while the throw, if not to international standards, was average. In addition to that, when the shot put ball was thrown, my client did not step over or on the stop board. It was clear that this a conscious step taken by my client, who seemed to know it would be a disqualifying error. She also collected the shot put exiting from the back of the circle, showing further awareness of the disqualifying rules of this sport. All the above-mentioned techniques and rules were well applied and showed a certain degree of proficiency.

However, there were some techniques my client seemed not to be aware of, such as the use of the rotation or the shift technique to support the throw. Applying either of the two techniques would have supported the shot put throw. It would have allowed the ball to travel with stronger velocity to reach farther distances. I believe my client is not familiar with these techniques and hence does not know how to apply them. Furthermore, my client's weaknesses included the fact that she did use any of her upper body power when throwing the shot. She also did not use any leg power when throwing it. While throwing the shot put, she relied on the power of her wrist and hand, rather than arm and legs.

To prevent this from happening again, I will need to teach my client the different shot put techniques that will allow her to improve her thrust. I will give her the freedom to choose the technique she feels will best fit her style. My client must feel support is being provided, emotionally, physically and professionally. Also, I will need to focus on training the upper body and legs in order for improve the power if the thrust, which will result in higher speed and farther throws.

Furthermore, in order to understand further the needs and wants of my client, I conducted an interview, which will be used to help me create her personalized workout plan.

The Interview Questions and Answers:

- 1) What is your chosen event?
My chosen event is shot put for this MYP E-Portfolio
- 2) What is your current distance for shot put?
5 meters is my current distance
- 3) What is your goal at the end of the six weeks?
To increase my endurance as a fitness goal, and improve my upper body and leg strength in order to throw my shot put better and increase my distance
- 4) How do you hope to achieve this goal?
Work on my body strength by doing exercises that target my arm strength and leg strength and by also becoming more generally fit.
- 5) How will you know you have achieved this?
My shot put distance would have improved, as my throw will have more velocity in it. In addition to that, it will be more aesthetically pleasing as I will know the right techniques to use and have analyzed others Olympic athletes throws
- 6) Is this a realistic goal?
I believe this goal is achievable and realistic because and achievable because with the right training, I will be able to increase my distance by a realistic amount. Through the use of analysis of training, all my goals can be achieved.
- 7) Do you think you know the techniques needed for your event?
I know basic techniques and rules, but not a lot

Analysis of interview with Client:

Throughout the interview with my client, I discussed what she believed her strengths and weaknesses were and what she hoped to achieve by the end of the four weeks. I learnt that my client is aware of her weakness in upper body strength; however, she believes that the technique she is using is correct. In addition to that, she was able to identify that her distance was below world average and she stated that her goal for the end of the four weeks was to be at least on par with average. I personally believe that focused training and skills practice will help and enable my client to reach optimum potential. I aim for my client to achieve world average score, or hopefully even surpass this challenge by aiming for a higher goal than the average.

Practice makes perfect!