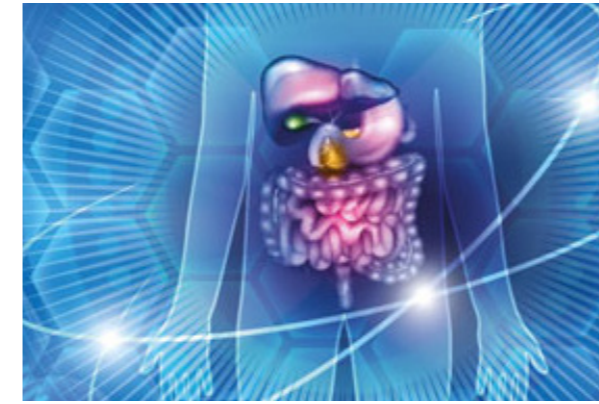


STEAM for good MUHDO Tasks

The tasks will get you to look at the DNA genetics of athletes and the key impact they have and how we can all be an athlete.

How athletes unlocked their amazing ability to play sport and be an athlete by training, eating and recovering in the correct way, to maximise their genetic strengths and reduce their genetic weaknesses.



STEAM for good MUHDO Tasks



Task 1

List 10 areas that will affect an athlete's ability to perform at the highest level.



Task 2

Now choose 5 key areas you believe will be required as most important in athletic performance. Put them in order of most important to least important.

STEAM for good MUHDO Tasks



Task 3

Provide a brief explanation why you choose the 5 areas and why you have put them in the order you have?



Task 4

What areas would you now choose to build your athlete – Select 5 areas?

STEAM for good MUHDO Tasks



Task 5

Did you select any different areas from your original choices you made and if so, what were they and why did you select these changes?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



Task 6

Think of the attributes you have chosen above to help you to select different athletes body parts to form your unique athlete.

- Brief explanation to why your athlete would be the best all round athlete?
- Explain each part of your athlete.

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....