

INTRODUCTION

First of all, this questionnaire is not to be understood as a classical school test and is not intended to create pressure. There's no reason for that.

This questionnaire supports your process and questions your previous understanding of what you have learned, experienced and worked on in the course of our collaboration so far. It will show you where you might need to ask again or where you could do your own research a bit deeper. The questionnaire is an important part of our philosophy in dealing with students and their learning process.

Use these questions as a reflection and a chance to dig deeper and better understand the process and everything that goes with it and open new doors and questions.

HOW TO USE AND ANSWER THIS QUESTIONNAIRE DOCUMENT

Before you start to read and answer the questions we would recommend to watch the Recap Video – Mesocycle 1. After you've done this please go through the following questions and answer them. If you don't know the answer or only a small part do not just continue with the next question. Have a certain demand on yourself, find out the answer by going through the respective article again or search in the world wide web.

When you're done please save the edited questionnaire as a PDF file under the name 'Phase XY_Questionnaire' and send it back to me in our regular mail-chat.

QUESTIONS

1. What did you take out of the story of the chained elephant?
 - 1.1 Have you already experienced a situation where you had to remember the story - if so, what was the situation like?

2. What was your greatest „Aha-Moment“ during the first mesocycle? Do not only remember it, but try to really feel it again, really get back into the moment. Describe it a little bit...

3. What are the eight shoulder positions? Write down with 1., 2., 3. etc.

3.1 What shoulder positions do you assume during a Push-Up? Describe what's happening in the shoulders during a repetition.

3.2 How is the range of shoulder movement with the arms in front of or behind the body called?

4. What does Posterior Pelvic Tilt (PPT) and Anterior Pelvic Tilt (APT) mean?

4.1 Which tilt do you assume in a Push-Up?

4.2 Which tilt do you assume in a Good Morning exercise?

5. What cue do you always remember when you push yourself off the floor in any way? Describe the cue and, if applicable, a changed feeling that resulted for you.

6. Explain the breathing we use predominantly during exercises.

7. How do we define the term Training in our practice? Write down some key points.

7.1 Do you agree with our definition or did you/would you define it differently? If so, how and why?

8. What are the two main abilities into which motor skills are divided in sports science?

8.1 Can you also go one level deeper? Name the sub-items of the two main abilities you just mentioned.

9. What does TuT mean?

10. What is the Repetition Maximum (RM)?

10.1 Why do we use it in training planning?

11. Can you describe the terms Eccentric, Isometric and Concentric in terms of a movement?

12. When and why should you use Mechanical Advantage Set scheme or Cluster Set scheme?

13. What is the Homeostasis?

14. Tell us all you know/learned about Stress.

14.1 Why and how is stress related to adaption?

15. You just wrote about stress and adaption – what is the principle of supercompensation?

16. Can you name three classical ideas for Progressive Overload?

17. We see Strength & Coordination as the foundation of movement – describe the term Coordination.

17.1 Which coordination abilities do you know? Add a short description to each.

17.2 Do you already gained a better understanding of the importance of coordinative training and do you feel it in your practice/daily life? If so, let us be part of this development and describe a bit.

18. Explain the concept of Differential Learning.

19. Reflect a bit: To which learning type would you RATHER classify yourself? Which "learning tools" do you find easier RATHER? Have you already been confronted with ways of learning that were difficult for you? - If so, how did you deal with them and how did your approach change?

20. What is your reaction if you can't do something directly? How do you then proceed - theoretically and practically?

21. After reading our lecture on this - do you also distinguish between learning & practicing and if so, how?

22. Name the main principle we use in strength training.

23. Reflect once again: what are your three biggest take-ways of the Online Support so far?