**Week 4 – Bridging Course – Getting off the start line and where to find sources**

**Please record below what you have achieved this week:**   
  
You may want to make a note of:

· what you have done   
· what discussions you have had   
· any changes that you have or will need to make to your plans   
· what resources you have found or hope to find   
· what problems you are encountering and how you are solving them   
· what you are going to do next

**I am enjoying looking at the question are sporting champions born or made, as there is a lot to get in to. For example I was researching and found one reason why Jamica may be so good at sprinting is because Jamica was the last on the journey only the difficult ones were left. This may be because of higher level of testosterone, linked to higher level of muscle mass important for sprinting. Also only the strongest would survive the journey over so the gene pool would be strong. This is an aspect I wouldn’t of thought of and I find it really interesting.**

**Maybe for a primary research tool I could send off my own DNA to be tested to see if I have the gene potential to be an athlete and compare the results to famous people.**

**You could talk about many psychological theories like Carol Dweck theory of a fixed and closed mindset, which we were taught in GCSE but also I have saw on many websites.**

**I am half way through both the Mike Tyson book and a psychology book called girl interrupted.**

**Even though I don’t do pe and don’t plan to do it is it ok if I pursue this option?**

**I will keep wider reading and try to find some documentary's on the subject, like I heard there is a good one the runner Michael Johnson has done.**