

Assignment 1.3 - Peer Review of Three Definitions Assignment

To: Hilton Ma

From: Claire Eccles

Subject: Peer review of Post-Activation Potentiation

Thank you for submitting the definition of post-activation potentiation. I have peer reviewed the term and enjoyed getting the opportunity to understand a definition from a different field. Good job with the assignment, please continue reading to see my thoughts and suggestions.

Initial Impressions:

My initial impression and understanding of the definition was that triggering post-activation potentiation leads to an increase in physical performance and muscle ability. Particularly in exercises that require explosive muscle movements. In addition, there is a fair amount of biology that is behind explaining how certain exercises affect the muscles in our body.

As I read the definition, I had three questions come to mind:

1. How long should a recovery period be between exercises?
2. Is PAP beneficial for non-explosive movements?
3. Is PAP the same as warming up your muscles to get them activated?

Comments about Purpose and Audience

The purpose of the definition was clearly stated in your criteria. The only point of suggestion would be to deliberately state the intention to make the definition more simple is so consumers who are less knowledgeable in this field can understand what it means.

The intended audience was also clearly provided. As an athlete myself, I know some information about the science behind improving my physical ability and gaining muscle. With that said, the concept of force production and optimizing muscle fibre angles is something which could be less familiar for a general audience and if possible would require more explanation. Finding a way to break it down into an example of what exactly occurs in a certain movement or involving a specific muscle group would be helpful.

Organization

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Methods of Expansion

- History (provided theories of how PAP may operate)
- It was not very clear which other expansion methods were used, using a title or a way to identify which method was chosen would strengthen the definition
- A visual was missing

Suggestions

Including the three theories which are at the basis for how PAP occurs was a good addition. Providing a compare/contrast example for situations when PAP does not occur in muscles and when it does would be beneficial for deeper understanding. Differentiating between the two may make it easier to understand in general.

Double checking all the steps from the assignment instructions will increase the chances all criteria is met and nothing gets overlooked. Step 5 mentioned how the definitions were supposed to include a visual expansion method, as well as three other types of expansion methods from the textbook.

For a typical, non-expert client, it may help to relate to exactly why a client being trained would benefit from reaching PAP. Why should they want to achieve this muscle state? Is it the best for their health, or will they see the best results in the mirror as this occurs more frequently?

Technical Errors

- In the first sentence of the last paragraph, “inconclusive” is the proper word rather than “unconclusive.”
- For APA 7, for three or more authors means only the first author needs to be mentioned with “et al.” and the date following it. If using APA 6, naming all the authors the first time is required, then the rest of the citations would be “(Name et al., 2020).” If this were an essay, all the lines in the reference list would need to be double spaced, however this may not be essential for this assignment. Check with the instructor for clarification.

Final Impressions

1. The element of this document is most in need of improvement and why?

- Including a visual of sorts could have been a helpful tool in terms of explaining more of how PAP works.

2. The most effective element of this document and why?

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- Having the theories behind the PAP mechanisms is a helpful tool for the audience to gain a fundamental understanding of how PAP is initiated and what occurs in the body.

Overall this was a very interesting read and well done with explaining what post-activation potentiation means. The expanded definitions were thoughtful and detailed and provided more insight on what it means and how it occurs.