



huish **HEADSTART**

VOCATIONAL SPORT



If you have any queries, please contact Matthewm@richuish.ac.uk

We look forward to seeing you in September.

Understand the career and job opportunities in the sports industry

Task 1.

Pick a job role that interests you in sport (for example Coach, PE teacher, Physiotherapist, Personal Trainer, S&C Coach)

Create a powerpoint with your name and chosen job role on the front slide.

Task 2.

Explain what your chosen job role is, what do they do? Use the link below as an example of the information. Good practice here is to make sure you copy the link so you reference this work.

<https://www.prospects.ac.uk/job-profiles/sports-coach>

Task 3.

Explain 3 **responsibilities** of the job role you have chosen:

Two examples of what a **sports coach** would be responsible for could be:

- assessing strengths and weaknesses in a participant's performance and identifying areas for further development
- communicating instructions and commands using clear, simple language

Task 4.

Explain 3 **skills** your job will need

Two examples for a sports coach could be:

- enthusiasm, flexibility and patience
- a strong interest in maintaining professional skills and knowledge.

Task 5.

Safeguarding children and vulnerable adults is extremely important in many roles in sport.

What is a **DBS** and do you need one in your role?

Task 6.

What would you expect the **salary** to be in your chosen job?

Task 7.

Explain and discuss the difference between the **public sector and private sector**. They both play a part in sport organisation.

What is an **NGB**?

Explain the role of an NGB within your sport. As an example in Rugby Union the NGB is the RFU.

<https://www.premiershiprugby.com/about-premiership-rugby/about-us/who-we-work-with/the-rfu/>

Have a look at the link and in **100 words** briefly explain what they do and what they are responsible for. Of course if rugby is not your sport investigate the NGB for your sport <https://network.streetgames.org/our-work-changing-sport/national-governing-bodies>

NGB's for other sports could be [The Football Association](#), [The Lawn Tennis Association](#) and England [Athletics](#).

If you do more research make sure you add in and reference where you got the information from.

My Sporting / Physical Activity Background

Describe your sporting background under the following key areas. Try and include all areas where relevant. You can use a word document or hand write.

Key Content:

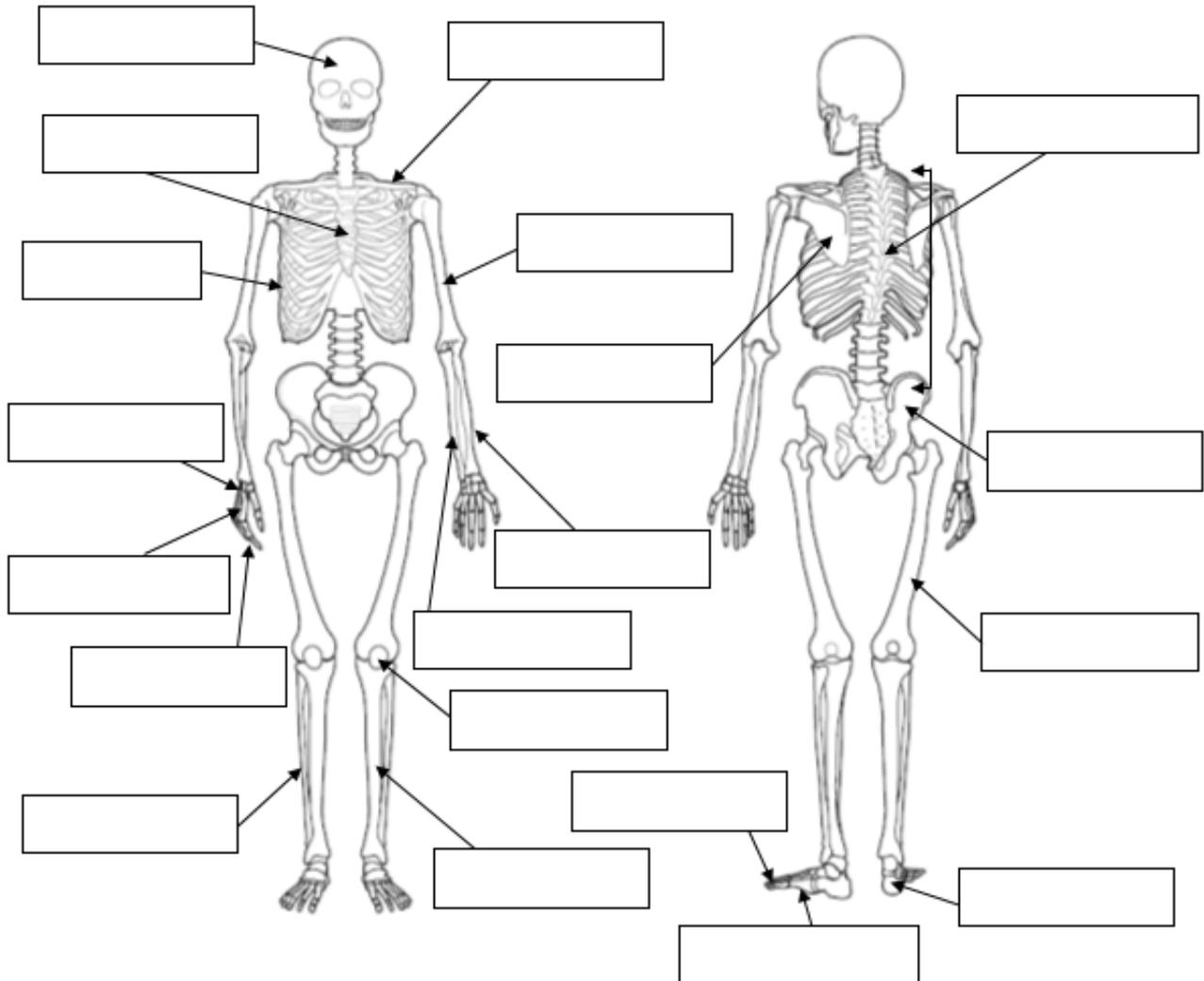
Include as many sporting / physical activity experiences as you can. These may include:

- Pre-school experiences
- Primary school
- Secondary School
- Clubs
- Sport playing / Physical activity experience eg. What sports / What levels? / Coaching, leadership and officiating experience- any qualifications / Fitness – What do you do / have you done / any gym experience, what else? / Outdoor activities eg. Surfing / walking / canoeing / mountain biking
- Influences eg. Family, Friends, Teachers/Coaches, Ability, Facilities
- Why do you play the sports you do. What sports would you like to play? Why don't you?
- Best moments in Sport and PE
- Worst Moments in Sport and PE
- The reasons why you have chosen to study BTEC Sport
- Your favourite Sportsperson with reasons
- Your future aspirations in Sport / Physical Activity

Anatomy and Physiology

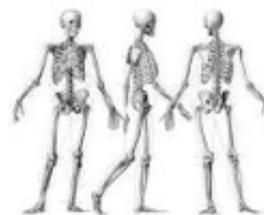
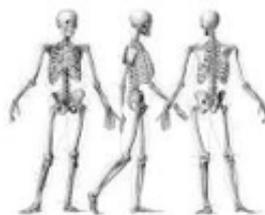
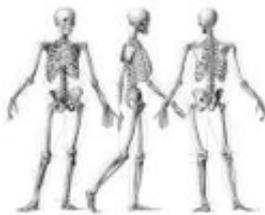
The Structure of the Skeleton

Fill in the missing blanks!



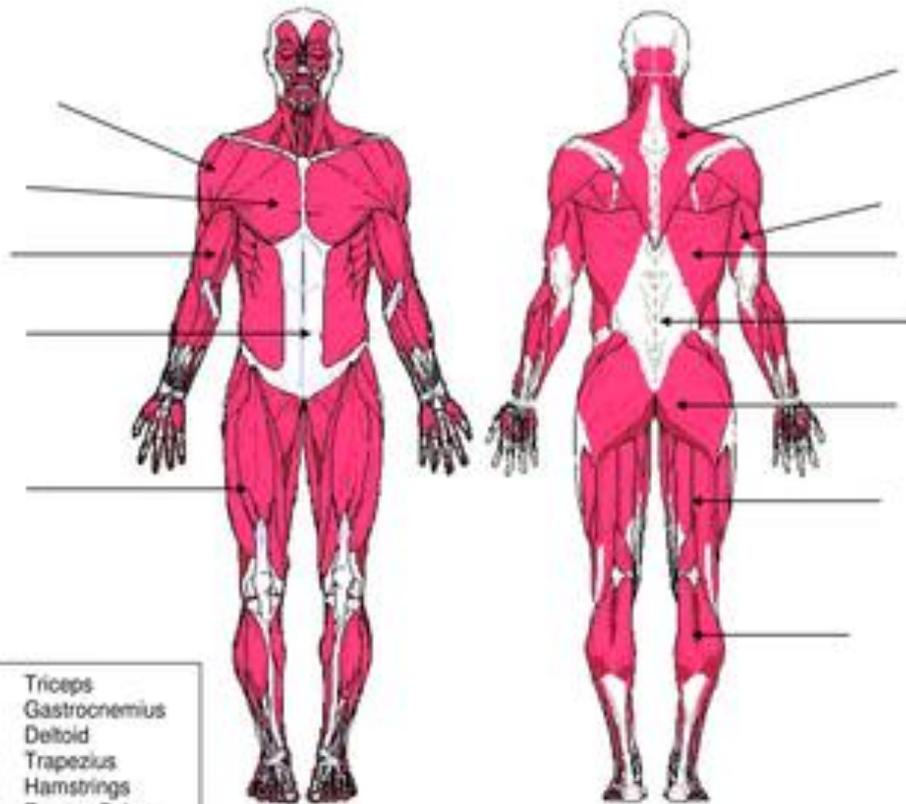
Key Words

Ulna	Tarsals	Radius
Pelvis	Cranium	Carpals
Femur	<u>Humerus</u>	Scapula
Tibia	Ribs	Vertebral Column
Fibula	Patella	Sternum
Metacarpals	Clavicle	Phalanges
Metatarsals	Phalanges	



The Muscular System

Major muscles of the human body



- | | |
|------------------|----------------|
| Abdominals | Triceps |
| Biceps | Gastrocnemius |
| Quadriceps | Deltoid |
| Pectoralis major | Trapezius |
| Latissimus Dorsi | Hamstrings |
| Gluteus Maximus | Erector Spinae |

Fitness Training & Programming

Let us introduce you to Christine!

Christine is a 48-year-old female. She works as a personal assistant for the managing director of a large company. Christine drives 2.5 miles to work every day. This takes an average of 30 minutes because of the heavy traffic.

Christine's workload has increased a lot and she also has some problems in her personal life. She has started to lose her appetite and she often doesn't have breakfast. This is having a negative effect on her health and wellbeing. Recently Christine has started to feel both physically and mentally ill. She has needed to have a lot of time off work.

Christine has decided to get some advice and guidance about her lifestyle. She is also going to go to her doctor for a health assessment. Christine knows that her lifestyle is not healthy and that she needs to make some important changes. She would like to maintain a healthy work-life balance and to improve her general health and wellbeing.

Below is a Physical Activity Readiness Questionnaire that was completed when Christine went for her health assessment.

Read it through and using all of the information about Christine have a go at the tasks. Again, you can write your answers in word or by hand. Good luck!

Lifestyle questionnaire

Section 1: Personal details

Name: Christine Timms

Address: 32 The Avenue
Smalltown
The City

Home telephone: 01234 667455

Mobile telephone: 07153 644888

Email: timms09@email.com

Age: 48

Please answer the following questions.

Occupation

1. What is your occupation?
A personal assistant
2. How many hours do you work each day?
9 hours per day
3. How far do you live from your work?
2.5 miles
4. How do you travel to work?
Car
5. How active would you say your job was?
Not very active

Section 2: Activity levels

1. How many times a week do you take part in physical activity?
None
2. What type of activity/exercise do you mainly take part in?
N/A

Section 3: Nutritional status

1. Complete the food diary for the previous two days.

Day 1	Breakfast	Lunch	Dinner	Snacks
Y/N	N	Y	Y	Y
Time of day	6 am	1 pm	9.30 pm	Variable times throughout the day
Food intake	Nothing	Mixed salad 1 piece of fruit	Chicken and vegetables	1 x yoghurt 1 x chocolate bar
Fluid intake	5 x cups of coffee, half a bottle of wine			

Day 2	Breakfast	Lunch	Dinner	Snacks
Y/N	N	Y	Y	Y
Time of day	6 am	1 pm	10 pm	Variable times throughout the day
Food intake	Nothing	Vegetable soup	Work event buffet 2 small sandwiches, small portion of crisps	1 piece of fruit Carrot sticks
Fluid intake	5 x cups of coffee, 1 x bottle of wine			

2. Do you take any supplements?

No

If yes, which ones?

Section 4: Your lifestyle

Please answer the following questions.

- 1. How many units of alcohol do you usually drink in a week? **25**
- 2. Do you smoke? **No** If yes, how many cigarettes a day? **N/A**
- 3. Do you experience stress on a daily basis? **Yes**
If yes, what causes you stress (if you know)?

Increasing workload and changes in personal life

- 4. On average, how many hours sleep do you get per night? **5**

Section 5: Health monitoring tests

Test results

Test	Result
Blood pressure	120/80 mmHg
Resting heart rate	85 bpm
Body mass index	16.5
Waist-to-hip ratio	0.70
Weight	47.7 kg
Height	1.7 m

Section 6: Physical activity/Sporting goals

What are your physical activity/sporting goals?

To improve my general fitness levels for health and wellbeing.

CLIENT DECLARATION

I have understood and answered all of the above questions honestly.

Signed client: C. Timms Print name: Christine Timms

Date: 22/5/18

Task 1

List the positive and negative aspects of Christines lifestyle

Positive	Negative

Task 2

Research the national norm ranges for Blood Pressure, Resting Heart Rate, BMI and Waist to Hip Ratio

Task 3

Compare Christine's results for each test to the norms. What do the test results suggest about her health?

Task 4

What changes could Christine make to improve her lifestyle?

Describe a number of strategies to help increase exercise, lower stress, reduce alcohol and promote better sleep.

Task 5**Plan a better diet for Christine:**

Day 1	Breakfast	Lunch	Dinner	Snacks
Time				
Food Intake				
Fluid Intake				

Day 2	Breakfast	Lunch	Dinner	Snacks
Time				
Food Intake				
Fluid Intake				