

# **SPORT PROJECT**

**EXTENDED DIPLOMA**



# INTRODUCTION



- **OVER THE NEXT FEW WEEKS YOU ARE BEING ASKED TO COMPLETE A NUMBER OF TASKS BASED AROUND A PROFESSIONAL/HIGH LEVEL SPORTS TEAM OF YOUR CHOOSING E.G. MANCHESTER UNITED, THE BRITISH CYCLING TEAM OR AN INDIVIDUAL PERFORMER THAT WILL HAVE A SUPPORTING TEAM AROUND THEM.**
- **THE PROJECT WILL LOOK AT 4 MAIN AREAS: 'ANATOMY AND PHYSIOLOGY', 'HEALTH AND FITNESS TRAINING', 'CAREERS IN SPORT' AND 'SPORTS LEADERSHIP'**
- **YOU WILL NEED TO DO SOME RESEARCH TO COMPLETE THE TASKS. USE THE LINK ON EACH PAGE AS A STARTING POINT.**



# DEADLINES

**ONCE YOU HAVE COMPLETED THE TASKS YOU NEED TO SEND THEM TO:**

- **MRS BROWN – [BECKY.BROWN@TDA.EDUCATION](mailto:BECKY.BROWN@TDA.EDUCATION)**

**BY FRIDAY 7<sup>TH</sup> JUNE**

# ANATOMY AND PHYSIOLOGY

## TASK 1 – MOVEMENT ANALYSIS

**FOR THE SPORT YOU HAVE CHOSEN IDENTIFY 3 SIMPLE SKILLS THAT ARE PERFORMED. FOR THE EXECUTION PHASE COMPLETE A TABLE THAT INCLUDES THE FOLLOWING INFORMATION:**

SKILL	BONES INVOLVED	MUSCLES INVOLVED	JOINT/S INVOLVED

**DESCRIBE THE MOVEMENT THAT IS TAKING PLACE DURING EACH SKILL USING SOME OF THE FOLLOWING WORDS: FLEXION, EXTENSION, ABDUCTION, ADDUCTION, ROTATION AND CIRCUMDUCTION. (YOU CAN ADD THIS AS A COLUMN ON THE END OF YOUR TABLE OR IN A SEPARATE PIECE OF WORK.)**

**[HTTPS://WWW.BBC.CO.UK/BITESIZE/GUIDES/ZCPTYCW/REVISION/1](https://www.bbc.co.uk/bitesize/guides/zcptycw/revision/1)**



# **ANATOMY AND PHYSIOLOGY**

## **TASK 2 – CIRCULATORY AND RESPIRATORY SYSTEMS**

**PICK A PERFORMER ON YOUR TEAM AND COMPLETE ONE OF THE FOLLOWING TASKS**

**OPTION 1 – DISCUSS HOW THEIR HEART RATE AND BREATHING RATE WOULD CHANGE AT DIFFERENT POINTS IN THEIR PERFORMANCE.**

**OPTION 2 –DISCUSS HOW THEIR HEART RATE AND BREATHING RATE WOULD DIFFER DURING A PERFORMANCE IN COMPARISON TO SOMEONE PERFORMING IN A DIFFERENT POSITION. E.G. CENTRE VS GOALKEEPER IN NETBALL**

**[HTTPS://WWW.BBC.CO.UK/BITESIZE/GUIDES/Z367TYC/REVISION/1](https://www.bbc.co.uk/bitesize/guides/z367tyc/revision/1)**

# HEALTH AND FITNESS TRAINING

## TASK 1 – LIFESTYLE ANALYSIS

**PICK A PERFORMER ON YOUR TEAM AND A 'NORMAL' ADULT YOU KNOW QUITE WELL. USING THE FOLLOWING HEADINGS COMPARE THE TWO PEOPLE YOU HAVE SELECTED AGAINST EACH OTHER AND ASSESS THESE IMPACT AREAS THESE WOULD HAVE ON THEIR HEALTH.**

- **EXERCISE/PHYSICAL ACTIVITY**
- **DIET**
- **SMOKING/ALCOHOL/DRUGS**
- **STRESS**
- **SLEEP**

**[HTTPS://WWW.BBC.CO.UK/BITESIZE/GUIDES/Z3SHYCW/REVISION/2](https://www.bbc.co.uk/bitesize/guides/z3shycw/revision/2)**

**[HTTPS://WWW.BBC.CO.UK/BITESIZE/GUIDES/Z3SHYCW/REVISION/3](https://www.bbc.co.uk/bitesize/guides/z3shycw/revision/3)**

# HEALTH AND FITNESS TRAINING

## TASK 2 – FITNESS TRAINING

**FOR THE PERFORMER YOU HAVE SELECTED PICK 2 COMPONENTS OF FITNESS THAT YOU THINK ARE THE MOST IMPORTANT TO THEIR POSITION THEN:**

- **EVALUATE WHY YOU THINK THEY ARE MOST IMPORTANT TO THIS PERFORMER**
- **IDENTIFY WHAT TRAINING METHODS WOULD YOU USE TO IMPROVE THEIR PERFORMANCE IN THESE AREAS**

**[HTTPS://WWW.BBC.CO.UK/BITESIZE/GUIDES/Z2B9Q6F/REVISION/2](https://www.bbc.co.uk/bitesize/guides/z2b9q6f/revision/2)**

# CAREERS IN SPORT

**IN THE CASE OF ALL PROFESSIONAL ATHLETES WHETHER THEY PLAY A TEAM SPORT OR PERFORM IN AN INDIVIDUAL SPORT THEY WILL BE SUPPORTED BEHIND THE SCENES BY AN ARRAY OF DIFFERENT PEOPLE INCLUDING PHYSIOTHERAPISTS, COACHES, MANAGERS, PUBLIC RELATIONS, SPORTS SCIENTISTS, NUTRITIONISTS AND MANY MORE.**

## **TASK**

**FOR 3 OF THE CAREERS THAT INTEREST YOU THE MOST (NOT THE PERFORMER) FIND OUT THE FOLLOWING:**

- WHAT IS THEIR ROLE? WHAT DO THEY DO TO SUPPORT THE PERFORMER?**
- WHAT QUALIFICATIONS DID THEY NEED TO ACHIEVE?**
- HOW MUCH CAN THEY EARN IN THIS ROLE?**
- ARE THERE ANY PROMOTIONS THEY COULD GET?**

**[HTTPS://CAREERS-IN-SPORT.CO.UK/JOBS/](https://careers-in-sport.co.uk/jobs/)    [HTTPS://WWW.PROSPECTS.AC.UK/](https://www.prospects.ac.uk/)**



# LEADERSHIP IN SPORT

**A LEADER IN SPORT CAN BE ANYONE FROM THE CAPTAIN TO THE MANAGER OR COACH, THERE MAY EVEN BE A PLAYER OR COACH IN CHARGE OF DEFENCE AND ANOTHER IN CHARGE OF THE OFFENCE. ALL ADOPT VARYING LEADERSHIP STYLES THAT SUIT THEM TO TRY AND GET THE BEST OUT OF THEIR TEAM.**

## **TASK**

**RESEARCH THE LEADERSHIP STYLES ON THE NEXT SLIDE, GIVE A SHORT EXPLANATION OF WHAT EACH OF THEM ARE AND THEN DISCUSS WHICH FITS A LEADER OF YOUR CHOOSING WITHIN THE TEAM YOU'RE ANALYSING. DO YOU THINK THIS STYLE GETS THE BEST OUTCOMES? COMPARE THEM TO ANOTHER LEADER IN SPORT YOU ADMIRE THAT USES A DIFFERENT STYLE (DOESN'T HAVE TO BE FROM THE SAME TEAM). WHAT IS IT ABOUT THEM THAT YOU THINK MAKES THEM A SUCCESSFUL LEADER?**

# LEADERSHIP IN SPORT

- **SITUATIONAL LEADERSHIP**
- **TRANSFORMATIONAL LEADERSHIP**
- **TRANSACTIONAL LEADERSHIP**

**[HTTPS://WWW.YOUTUBE.COM/WATCH?V=9ZSPVXQ8WNU](https://www.youtube.com/watch?v=9zspvxq8wnu)**

**[HTTPS://WWW.INFORMA.COM.AU/INSIGHT/LEADERSHIP-STYLES-UNDERSTANDING-AND-USING-THE-RIGHT-ONE-FOR-YOUR-SITUATION/](https://www.informa.com.au/insight/leadership-styles-understanding-and-using-the-right-one-for-your-situation/)**

**[HTTPS://FILES.ERIC.ED.GOV/FULLTEXT/EJ1189931.PDF](https://files.eric.ed.gov/fulltext/EJ1189931.pdf)**