

Name:



## Highlands College Sport Department

### Summer Task 2023



#### Rationale:

Sport is an interesting vocational choice and exciting career profession. Your sport aspirations start here by developing your knowledge by researching a sports related topic.

Your first task is to complete some research as per template on the next few pages.

Include [links to website and sources used](#) and [use your own](#).

Please complete this summer task as which will inform you of the nature of the work undertaken in the core units of the sport course and will help us understand your aspirations and interests related to you studying and playing sport.



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### Topic 1 - You and your future vocational career

Discuss where you see yourself in 5 years time and the type of career in sport you would like and type work placement you could undertake which may inform future HE choices and work experience options.

Where do you see yourself in 5 years' time?

Choose an organisation and a work-based experience in sport that would be suitable for you and give reasons as to why this is good for you?

Create an action plan to get to where you want to be including additional qualification that may be useful to you?

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## Topic 2 - Your Exercise and health

Describe the following lifestyle factors and their effect on health.

- alcohol – recommendations, guidelines for consumption and the risks associated with
- smoking and the associated risk factors, e.g., coronary heart disease, cancer, lung infections
- stress and mental wellbeing

Outline your diet – overview what you have eaten and drunk over the last week.

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### Topic 3 - Coaching in Sport and learning

Describe Kolb Learning Cycle and how it relates to sports coaches.

Discuss the way in which people learn e.g., audio, visual, kinaesthetic learners and discuss how you learn best.

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#### Topic 4 – You, Sport and fitness - Tell us about you!

What sports have you played and what sport/s you are currently involved and to what level of performance?

Tell us about your current fitness routines - if you have any training you might attend for sport or going to the gym etc.?

Where are you hoping to get from Highlands and this course skills and qualification and experiences?