

NCFE Vocational Sport

TRANSITION PROJECT

2020



WOKING COLLEGE
PE DEPARTMENT

NCFE Level 3 in Sport and Physical Activity (Sports Coaching)

Welcome to NCFE Vocational Sport!

At Level 3 we follow the NCFE Level 3 in Sport and Physical Activity (Sports Coaching) Specification and will study a range of topics such as:

Anatomy and Physiology

Practical Team Sport

Physiology of Fitness

Leadership in Sport

Fitness Testing for Sport and Exercise
Science

Exercise Health & Lifestyle

<https://www.qualhub.co.uk/qualification-search/qualification-detail/ncfe-level-3-certificate-in-sport-and-physical-activity-sports-coaching-3710>

The Vocational course has a balance between all areas of sport and exercise. Work through **one or more** of the investigations outlined below.

We'd like you to bring your investigation(s) to enrolment in August, but if you'd like to get in touch about the project, get some feedback or find out more about the course, please email Steve Winter-Fuller at swf@woking.ac.uk.

Good luck!

Task 1 - Exercise and lifestyle factors that have an effect on health

Exercise

Task 1

How are people staying fit during the lockdown period?

Physical activity guidelines and/or recommendations from the government.

Has there been an upsurge in people running and cycling due to the closure of gyms? How does Strava support people? Do charitable causes help people such as 'five for five' support people to get out and exercise?



Task 2

The impact of sedentary lifestyles.

With more people than ever working from home, and schools closed. What are the lock term impacts of having a sedentary lifestyle?



Lifestyle

Task 1

Keeping the nation healthy

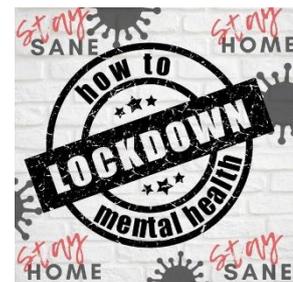
Nutrition is an essential factor to staying healthy. Explain the recommendations and guidelines and the possible benefits of a healthy diet compared to the effects of poor nutrition?



Task 2

Looking after your Mental Health during Coronavirus

At times of stress, we work better in company and with support. Try and keep in touch with your friends and family, by telephone, email or social media, or contact a helpline for emotional support. Explain the benefits of staying connected and discussing problems openly within your support group.



For each task, the learner must give examples of national/local strategies or initiatives and guidelines which aim to try to address each health and lifestyle factor.

Evidence could include:

- assignment
- report or presentation
- statistics
- web pages.

Task 2 - Current issues in sport

Understand how the media influence modern sport with reference to the Coronavirus

The spread of coronavirus has impacted the staging of sporting events around the world. Collectively all professional sport has been postponed, including all football competitions and the 2020 Olympics. Sport governing bodies across the world are releasing constant updates as to how they see a future within their competition. The public health issues are without question the most important of these considerations

The debate concerns

- public health issues,
- social contact,
- sporting integrity,
- legal issues.



Task 1

Write a discursive essay (arguments for and against) answering the questions below.
'These sporting events (*Cheltenham Race Festival, Champions League, Six Nations*) were right to held during a global health crisis'

To what extent do you agree with the statement

Arguments to consider

- Did the media companies have an influence within the hosting of these events?
- Why were Spanish people allowed to travel from a Coronavirus hotspot to Liverpool?
- Did the betting companies push these events for TV audiences?
- Were the event organisers following Government guidance?
- Was public health under consideration?



Useful resources

Experts call for inquiry into local death toll after Cheltenham Festival – April 22nd 2020

<https://www.theguardian.com/sport/2020/apr/21/experts-inquiry-cheltenham-festival-coronavirus-deaths>

Coronavirus: Cheltenham defends decision to go ahead with Festival – April 4th 2020

<https://www.independent.co.uk/sport/racing/cheltenham-festival-coronavirus-latest-news-a9447296.html>

Fatality adds to Government pressure over pressing Cheltenham Festival to proceed – April 3rd 2020

<https://www.telegraph.co.uk/racing/2020/04/03/fatality-adds-government-pressure-allowing-cheltenham-proceed/>

Liverpool vs Atletico Madrid: The Champions League match that should never have happened – April 21st 2020

<https://inews.co.uk/sport/football/champions-league/liverpool-atletico-madrid-coronavirus-merseyside-spain-champions-league-fixture-march-2020-2545398>

Task 2

Can the sports industry survive the coronavirus shutdown?

Your research should consider events cancelled or postponed, revenue streams drying up (broadcasting deals, sponsorship contracts and “match day” income), how event organisers can reduce expenses for future tournaments, big money television and branding deals are all being revaluated, business models (Sky & BT Sport) that are reliant on live sport to hold on to subscribers.



Task 3 - Skills in Sport: Success in Sport



Task 1

Part 1: In your own words, answer the following question;

'What makes a performer successful?'

Part 2: Choose **2 performers from the same sport** and provide a *description* of what team they play for, what position (if appropriate), their career and success to date. *Identify* the skills that they have which make them successful in their sport.

*You may wish to consider both physical and psychological skills. Include at least 8 skills and describe what they are.

Task 2

Using the **skills** that you have included from **Task 1**, provide an *explanation as to why* those skills make both a successful performer.

Task 3

Compare and contrast the **similarities and differences between your 2 performers** in terms of the physical and psychological skills from Task 1 and 2. Summarise with clear detail which performer you believe is more successful and why.







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Returning for 2021...
Club La Santa, Lanzarote



At enrolment we will be handing out trip letters for our sports training and fitness week to Club La Santa, Lanzarote in early 2021!