

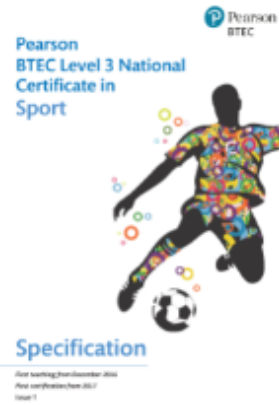


Sport Getting prepared

A Level Specification

Read through the specification to gain an understanding of the course. Pay particular interest to units 1,2, 3 & 7 as those will be the units we will be covering during your course.

[Link](#)



Task 1

Watch the short video clip about a sports therapist by clicking the image below.



Based on the short video clip, using word, discuss in 1-2 paragraphs what the role of a Sports Therapist involves.

Task 2

Select 3 different jobs that can relate to the sector of Sport/Leisure. These could range from the Business of sports companies to Coaching to Professional Sport for example, there are 100's.

Write a short bio of each of the 3 jobs you select being sure to comment on the following:

Job Title:

Average Salary:

How can you progress/ be promoted:

What does a typical day in the job look like:

Qualifications needed:

If you are considering studying Sport next year, then these are activities that you should seriously consider completing over the next few months to prepare yourself for the very large step up to Post 16 from GCSE.

The activities are divided into:

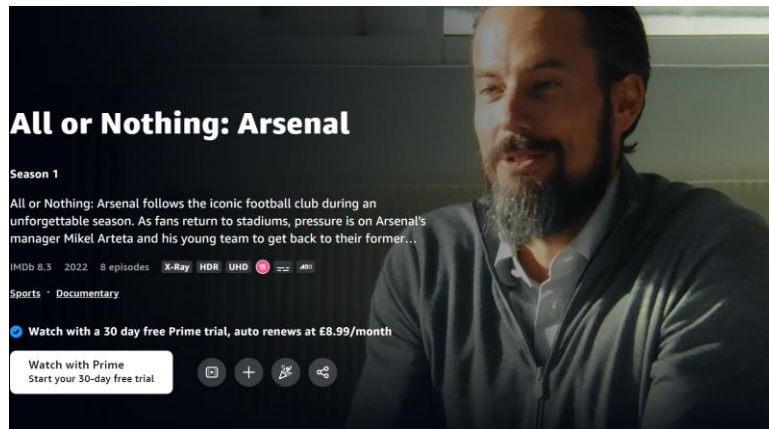
Essential - suggested as good preparation for the course.

Recommended - suggested to support the essential activities for the course

Optional - suggested to support wider learning around the subject; you are expected to do this independently at Post 16.

Recommended to watch

Click the image



Sporting matches to watch over the summer:

- 28th July to 6th August – Netball World Cup
- 19th August to 27th August – Athletics World Championships
- 28th August to 10th September – Tennis US Open

Listen to this

Dan Carter: The Art of Winning

[Link](#)

Jill Scott: Inspire before you expire

[Link](#)

Tracey Neville: How sacrifice leads to success

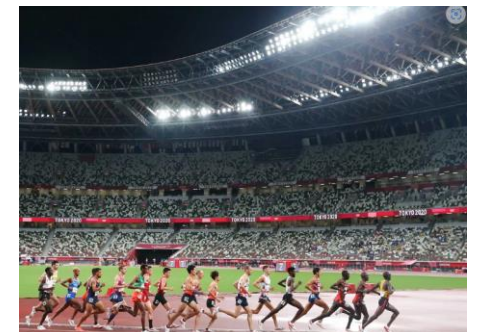
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Read this

Five Ways Humans Evolved to Be Athletes

[Link](#)



Energy Systems in Sport & Exercise

[Link](#)

Anaerobic and aerobic Energy Pathways

[Link](#)

