**Getting Ready For College**

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| Subject  | Sport |
| Level | Level 3 |
| Qualification  | Sport & Exercise Science/Sports Coaching & Development |
| Exam board / awarding body | Pearson |

**Getting Ready To Study**

Sport and society cannot be separated and just as society is coming to terms with new ways of working given the challenges presented by a the Covid-19 pandemic so sport is coming to terms with a set of unprecedented limitations that in some sports threaten their very existence. It is important that in order to prepare for your level 3 course you have an understanding of the current sporting landscape including professional sport, the fitness and coaching industry and how sport both impacts on, and reflects the society in which we live.

1. **Reading**- Read the following article: [**https://www.bbc.co.uk/sport/athletics/52354320**](https://www.bbc.co.uk/sport/athletics/52354320)
* What elements of the athlete's lifestyle have helped him towards success?
* What can the athlete's lifestyle teach us about our own approach to being successful?
* Is there anything they do that you could adopt in your approach to your sport and your studies?
1. **Watching**- Watch any one of the following:

Stop at Nothing- The Lance Armstrong Story (Netflix)

The Redeemed and the Dominant. (Netflix)

Bats, Balls and Bradford Girls (BBC I Player)

Inside the Cage: The Rise of Female Fighters (BBC I Player)

* What pressures do the athletes face in their pursuit of success?
* How do athletes justify cheating if indeed they do cheat?
* How would you summarize the professional athlete's approach to their sport in terms of mentality towards training and competition?
1. **Listen and Stay Current**- Listen to Radio 5 Live Sport for a range of sports current affairs. This is on Radio 5 Live every evening at 7pm. You can find this on line on the BBC sounds App or traditional radio on 909AM.
2. **Get involved**- It is really important that you maintain your own personal fitness for either your own sport or in general for you career in the sports industry. There are a whole range of fitness programmes you can follow so try to stay active. The following link is from the NHS. They provide 10-minute workouts that you can group together for a longer exercise session.

<https://www.nhs.uk/live-well/exercise/10-minute-workouts/>

As with any exercise ensure you only exercise within your abilities. Push yourself to improve but don’t overdo your work. Build in rest days to help you recover and repair.

Here are some examples of colleges which have already set tasks for Year 11:

**Queen Mary Sixth Form** <https://www.qmc.ac.uk/preparing-college>

**Farnborough 6th** - [https://prepwork.farnborough.ac.uk/](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fprepwork.farnborough.ac.uk%2F&data=02%7C01%7Cdarren.dellamaestra%40alton.hsdc.ac.uk%7C9d81d2d2e3a94c843ed008d7d23cadda%7Cc4afb14da1d04981ba6ad9b2bd5ca70c%7C0%7C0%7C637209030362753588&sdata=aLP1KAmesoeMsWkC1q8HzJ66s1Z3HK%2B8Pxbt5KwqcmA%3D&reserved=0)

**Worcester 6th Form College** - [https://www.wsfc.ac.uk/preparing-for-sixth-form-study/](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.wsfc.ac.uk%2Fpreparing-for-sixth-form-study%2F&data=02%7C01%7Cdarren.dellamaestra%40alton.hsdc.ac.uk%7C9d81d2d2e3a94c843ed008d7d23cadda%7Cc4afb14da1d04981ba6ad9b2bd5ca70c%7C0%7C0%7C637209030362763585&sdata=OyjPeKrwJyT%2B2RsO%2B1KgxMb%2F1bkcgFNK5IktULouVnw%3D&reserved=0)

**Wanstead High School** - [https://www.wansteadhigh.co.uk/docs/sixth\_form/SIXTH\_FORM\_2020/YEAR\_11\_SUMMER\_ASSIGNMENT\_2020\_BOOKLET\_MASTER\_260320isp.pdf](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.wansteadhigh.co.uk%2Fdocs%2Fsixth_form%2FSIXTH_FORM_2020%2FYEAR_11_SUMMER_ASSIGNMENT_2020_BOOKLET_MASTER_260320isp.pdf&data=02%7C01%7Cdarren.dellamaestra%40alton.hsdc.ac.uk%7C9d81d2d2e3a94c843ed008d7d23cadda%7Cc4afb14da1d04981ba6ad9b2bd5ca70c%7C0%7C0%7C637209030362763585&sdata=vuc9zImtBDEklRmXumIrCA5V3sEBShMtcp3FiFEOWqY%3D&reserved=0)

**The Billericay School** - [https://www.billericayschool.com/sixth-form/summer-induction-tasks/](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.billericayschool.com%2Fsixth-form%2Fsummer-induction-tasks%2F&data=02%7C01%7Cdarren.dellamaestra%40alton.hsdc.ac.uk%7C9d81d2d2e3a94c843ed008d7d23cadda%7Cc4afb14da1d04981ba6ad9b2bd5ca70c%7C0%7C0%7C637209030362773579&sdata=Og4bc%2FFd3V%2FlhNFTVo0EtSJYhudLjfX9QaoY2eJ7lzA%3D&reserved=0)

**Marling 6th Form** - [https://marlingsixthform.org/media/DOC5D2C53741129D/SUMMER%20WORK%202019.pdf](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fmarlingsixthform.org%2Fmedia%2FDOC5D2C53741129D%2FSUMMER%2520WORK%25202019.pdf&data=02%7C01%7Cdarren.dellamaestra%40alton.hsdc.ac.uk%7C9d81d2d2e3a94c843ed008d7d23cadda%7Cc4afb14da1d04981ba6ad9b2bd5ca70c%7C0%7C0%7C637209030362773579&sdata=Z6%2FuSbL%2By6q7iz%2BuF2qLi2IjkYa1EdF6ju%2FCAScRDF0%3D&reserved=0)