



**BE BURY  
COLLEGE  
READY**

**SPORT**

## **Welcome to the Bury College Sport Department**

The Sport department would like to wish you a warm welcome to Bury College, we are here to support you to be successful and enjoy your studies.

You have joined us at an unprecedented time for the Sports industry, as it has been well documented, sport will soon be available allowing people to continue playing and watching the Sport/s they love.

Sport is very popular throughout the UK, it is worth an estimated £23.8 billion to the UK economy.

Throughout your time on the course, you will develop a range of skills and qualities which will become invaluable to you for a career in the sports industry. You can be sure of a positive future with us, as you will develop your resilience, commitment, collaboration and communication skills to prepare you for industry.

This booklet has been designed to support your transition into college in readiness for a new exciting challenge. It includes lots of useful research links, recommended reading, TV shows, websites and activities for you to complete.

Please complete as much as you can, as you will be required to show this to your tutor during your induction.

We look forward to meeting you soon.

**The Sport Department.**

## Developing your knowledge

### Documentaries / Movies to watch

GAMECHANGERS – *Netflix*

THE LAST DANCE – *Netflix*

ICARUS – *Netflix*

SIR ALEX FERGUSON – SECRETS OF SUCCESS – *Netflix*

SUNDERLAND – TIL I DIE – *Netflix*

FIRST TEAM JUVENTUS – *Netflix*

BARCA DREAMS - *Netflix*

MO FARAH AND THE SALAZAR SCANDAL - *BBC iPlayer*

ALL OR NOTHING: MANCHESTER CITY - *Prime Video*

MONEYBALL - *Netflix*

COACH CARTER - *Netflix*

Next Goal Wins – *Prime/Sky Documentaries*

UCLA Gymnastics: The New Era - *Youtube*

The Last Dance – *Netflix*

### Podcasts /Radio

The Peter Crouch podcast

Jake Humphrey -The High-Performance Podcast

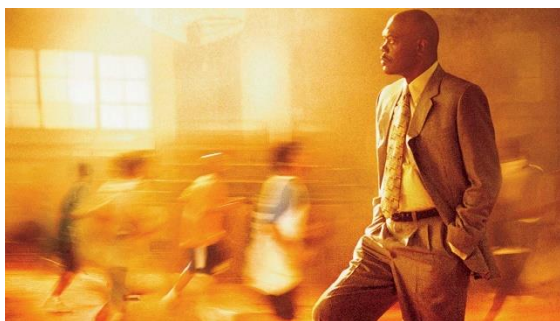
The Sports Psych Show

The good, the bad and the rugby



### Kit

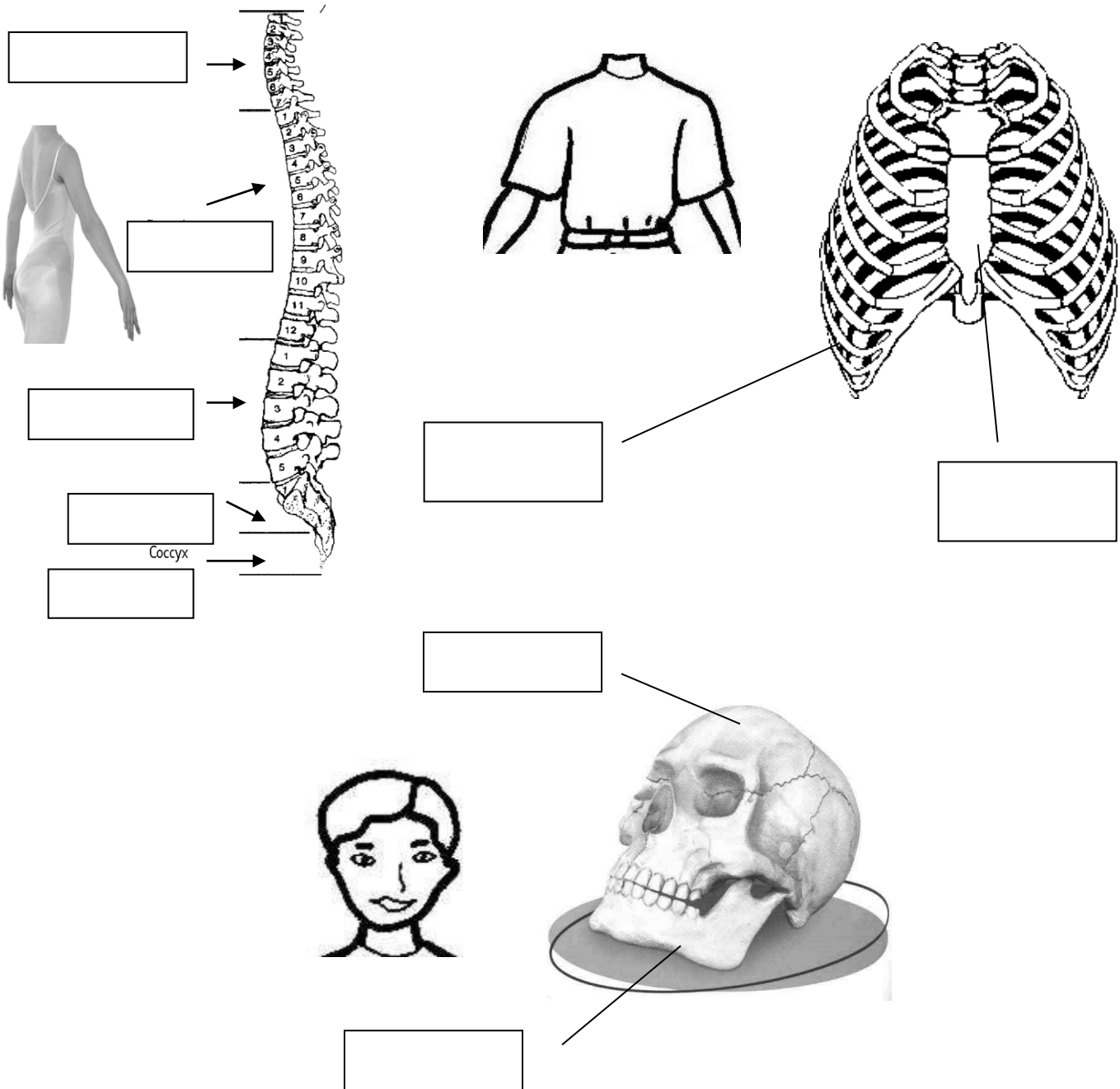
Bury College sport kit must be worn for all practical activities. Details will be provided at induction.



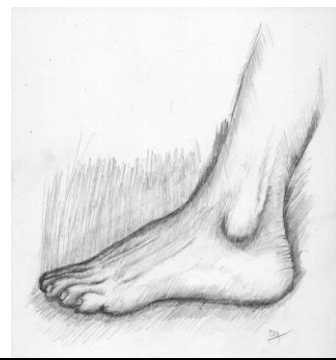
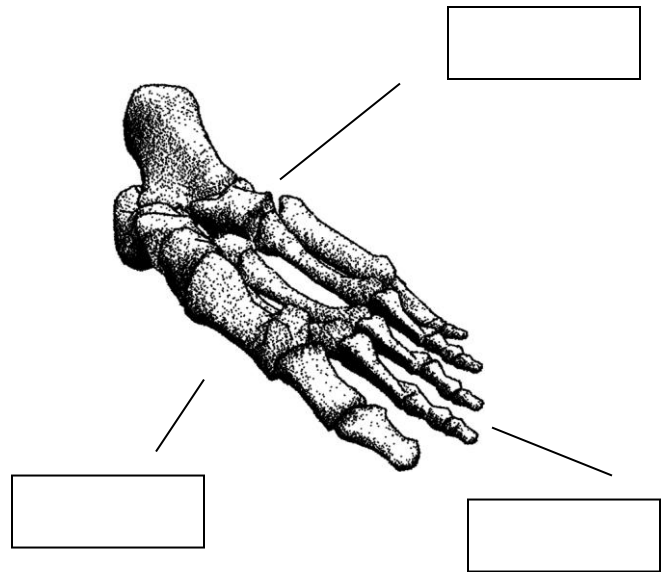
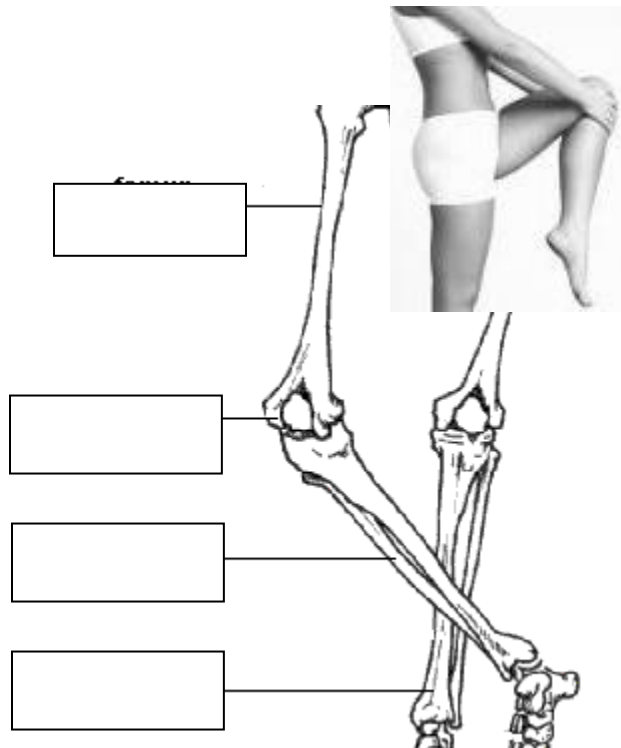
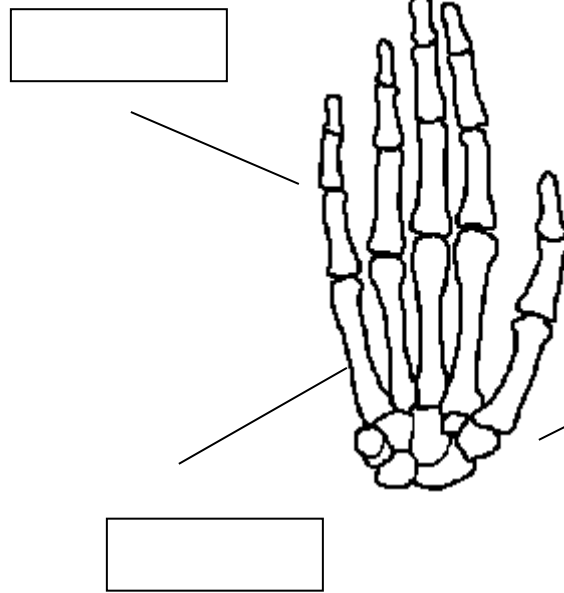
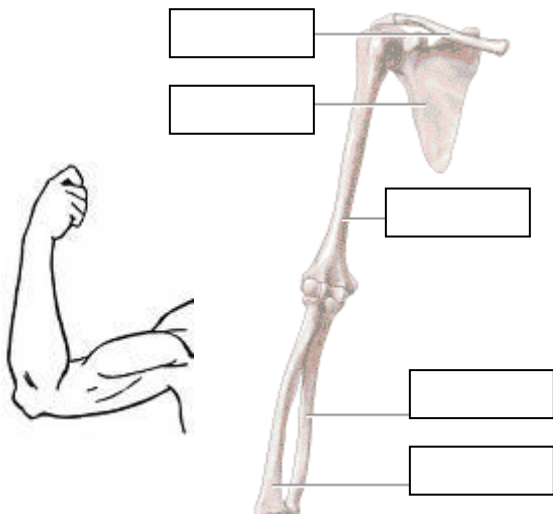
# Activities: *Please complete as many as possible*

## Anatomy and Physiology

Your job is to rebuild this skeleton – making sure that all the major bones/regions of his axial skeleton are clearly labeled and ready for action!!



See what you can do here to help!



**Bones..... Bones..... Bones....**

There are 25 questions for you to answer. Let's test your knowledge on the bones. A description has been provided, you simply need to add an answer to what bone is being described.

	Box-like cavity that contains and protects the brain  <i>Answer:</i>	Long flat bones, 12 pairs.  <i>Answer:</i>	Elongated, flat bone that lies in the centre of the chest  <i>Answer:</i>	Also known as the tail bone, 4 vertebrae fused together at the end of the spine  <i>Answer:</i>
Extends from the base of the cranium to the pelvis. 33 irregular bones  <i>Answer:</i>		The largest bone of the upper limbs. The head of the bone articulates with the scapular  <i>Answer:</i>	Both bones are found in the forearm & articulate distally with the wrist  <i>Answer:</i>	Seven bones found in the foot and heel, they form the ankle joint with the tibia and fibula  <i>Answer:</i>
Top vertebrae in the neck. The first two are known as the atlas and axis  <i>Answer:</i>	Long slim bones that form the anterior part of the shoulder girdle  <i>Answer:</i>		Five cylindrical bones in the palm of the hand  <i>Answer:</i>	Five short bones found in the foot  <i>Answer:</i>
5 vertebrae in the mid spine. They increase in size from top to bottom  <i>Answer:</i>	Large triangular flat bones at the posterior part of the shoulder girdle  <i>Answer:</i>	Small bones in the wrist  <i>Answer:</i>		Found below the ilium and forms the mid part of the pelvis  <i>Answer:</i>
Situated in the upper back. Largest vertebrae, which produce a concave curve in the back  <i>Answer:</i>	Small bones found in the fingers and toes.  <i>Answer:</i>	Longest and strongest bone in the body. The head fits into the pelvis in the hip joint  <i>Answer:</i>	The upper and largest of the three bones in the pelvis  <i>Answer:</i>	
Five vertebrae fused together. A triangular bone situated between the two hip bones  <i>Answer:</i>	A large triangular sesamoid bone found in the quadriceps tendon. Protects the knee joint  <i>Answer:</i>	Long bones found in the lower leg. The upper end forms the knee joint  <i>Answer:</i>	Also known as the pubic bone  <i>Answer:</i>	Name the 2 skeletons in the body  <i>Answer:</i>

## 6 of the Best! - 6 Successful Sports Coaches

Demonstrating your knowledge and understanding of Sports Coaching requires you to use examples of previously successful sports coaches. Show your knowledge and ability to carry out research by completing each task below.

TASK 1: In column 1, write the name of the coach next to their photo. **NB: See overleaf for some helpful prompts.**



TASK 2: List the sport coached by this person in column 2.

TASK 3: Research each coach and summarise their successes or achievements in column 3.

TASK 4: Following your research, list at least 2 qualities that you think this coach has in column 4.

TASK 5: Complete the table by adding a Sports Coach of your own and completing the whole row. This could be your current or previous sports coach or perhaps a former PE Teacher.

Coach	Sport	Success / Achievements	Qualities / Roles
			
			
			

			
			
Your Coach			

After trying to complete as much as you can without research, use the internet to find out more about what each person achieved as a coach, briefly adding what you find to the appropriate column.

**Coaches:** Dave Brailsford / Glen Mills / Vince Lombardi / Casey Stoney / Your Coach / Tracey Neville

**Qualities:** Are these coaches; Determined / Committed / Good at working in teams / Confident / Resilient / Focused

**Roles:** Are these coaches good at being; Motivator / Innovator / Teacher / Friend / Leader / Manager



# Coaching Skills and Techniques

During your time at college you will get to experience a wide variety of sports. You will also learn how to coach to individuals and teams and the different skills and techniques to help you do so.

One of the sports we focus on is volleyball.



It's a sport not a lot of people have experienced and so everyone is at an equal starting point..... Until now!

Please watch the below video on a skill called the dig

<https://www.youtube.com/watch?v=XgHKbjP5mRI>

To do a skill effectively you must be able to master all of the **Key Coaching Points**.

Can you name 3 key coaching points from the above video?

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## Your Challenge

How many 360 degree controlled rotations can you complete?

Each rotation earns a point

You must have at least 8 digs in each rotation.

### **Bonus point to stretch and challenge!**

If you complete a 360 degree rotation clockwise and then go anti clockwise, then clockwise, then anti clockwise etc you will receive a bonus point.

### **Skills**

There are 3 types of skills. Discrete, continuous and serial.

Discrete is where a skill has a clear beginning and an end. For example, a pass in football or a shot in netball. Can you think of 3 other discrete skills?

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Continuous skills are those which don't have a clear beginning or an end. For example, running in a game of rugby. Can you think of 3 other continuous skills?

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Serial skills are where a number of parts are put together to make a skill complete. For example, a triple jump is made up of 3 phases; the hop, the skip and the jump. Can you think of 3 other serial skills?

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### **Techniques**

The correct technique is how you would carry out a skill. For example, to kick a football over 10 yards you would follow these steps:

1. Approach the ball at an angle
2. Place your non-kicking foot next to the ball
3. Put your arms out for balance
4. Lean over the ball so your knee and chest are over the ball
5. Look at where you are going to pass
6. As your foot swings down rotate your foot 90 degrees to hit the ball with the side of your foot

7. Kick the ball with reasonable force and follow through with your foot.

Can you repeat this exercise to describe how you would **technically** complete a **skill** in another sport? All 7 points may not be required. Some skills may require more.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

## Exercise, Health & Lifestyle

What are the main 5 lifestyle factors that have an effect on health?

- 1.
- 2.
- 3.
- 4.
- 5.

Let's have a look deeper into diet. What are the 3 main food groups/macronutrients?

- 1.
- 2.
- 3.

Each of these macronutrients provides us with energy in the form of calories. Can you match up the food to the correct macronutrient?

Proteins	Beef	Nuts	Avocados
Carbohydrates			
Fats	Potato	Chicke	Rice

It is important to understand what we are eating and how many calories we should be intaking per day for our health.

How many calories is recommended for a male per day?

-

How many calories is recommended for a female per day?

-

## Activity:

Now that you know a bit more about diets you are now going to have a look at your own diet and see how many calories you have each day and see if it is under or over your daily intake. Then we will see if the fats, carbohydrates & proteins are in the correct proportions!

Download my **fitness pal** on to your phone, if you don't have one with you then don't worry you can pair up with someone else. This is what it should look like below.

Pick a day where you have eaten quite a lot to make it fun but be truthful.



The screenshot shows the 'Diary' screen for 'TODAY'. At the top, there are five columns: GOAL (1,210), FOOD (1,077), EXERCISE (285), NET (792), and REMAINING (418). Below this, the 'Breakfast' section is highlighted in blue with a total of 500 cal. It lists: Strawberries - Raw (1 cup, halves, 49), 1 Scrambled Egg White (1 egg white, 17), Honey (100 g, 304), and Nonfat Greek Strained Yogurt (Fage, 1 cup (227 g), 130). The 'Lunch' section is also highlighted in blue with a total of 577 cal. It lists: Cilantro Lime Vinaigrette Dressing (Nordstrom Cafe, 2 TBSP, 180), Beans - Black, cooked, boiled, with salt (1 cup, 227), 100% Apple Juice (Old Orchard, 8 oz, 120), and Guacamole Medium (50).

Category	Item	Calories
GOAL	1,210	
FOOD	1,077	
EXERCISE	285	
NET	792	
REMAINING	418	
<b>Breakfast</b> 500 cal		
	Strawberries - Raw (1 cup, halves)	49
	1 Scrambled Egg White (1 egg white)	17
	Honey (100 g)	304
	Nonfat Greek Strained Yogurt (Fage, 1 cup (227 g))	130
<b>Lunch</b> 577 cal		
	Cilantro Lime Vinaigrette Dressing (Nordstrom Cafe, 2 TBSP)	180
	Beans - Black, cooked, boiled, with salt (1 cup)	227
	100% Apple Juice (Old Orchard, 8 oz)	120
	Guacamole Medium	50

Step 1. Click on to the + button and select food, which will bring up a list of:

**Breakfast**

**Lunch**

**Dinner**

**Snacks**

Step 2. Select which section you wish to add food to for example breakfast.

Step 3. Search for food in the search bar and select the food you wish to add.

Step 4. Once selected there will be a tick in the top right which you will select.

Step 5. Repeat until you have inputted all the food for one day.

Step 6. You will be able to see how many calories and macronutrients you have in taken by scrolling down and selecting nutrition.

**A well-balanced healthy diet for one day would look something like this below. This will help you gain an idea of what a good diet should look like and compare to your own to see how well your diet does or doesn't match up. The 2 tables below this can also be used to compare to your own diet and see whether you are having the correct grams (g) or portion sizes.**

**Breakfast:**

1. Porridge with a sliced banana included
2. Omelette with mushrooms, ham and onion
3. Scrambled egg on brown toast

**Morning Snack:**

1. Smoothie with berries, strawberries & Kiwi (or whatever you desire)

**Lunch:**

1. Chicken sandwich on brown bread
2. A salad with chicken, ham or eggs
3. Jacket potato with tuna & sweetcorn
4. A bowl of vegetable soup with 1 slice of brown bread

**Lunch Snack:**

1. Apple
2. Greek yoghurt & berries
3. Peanut butter on brown bread
4. Rice & corn cakes (Snack a jacks)

**Dinner:**

1. Salmon and salad
2. Chicken breast with sweet potato & broccoli
3. Spaghetti Bolognese
4. Vegetable stew

**Dinner Snack:**

1. Nuts, raisins and almonds
2. Protein bar
3. Pair of orange

The proportion of macronutrients in percentages should be somewhere in these margins depending on your personal goals.

**Carbohydrates: 45 – 65%**

**Fats: 20-35%**

**Proteins: 10-35%**

# The table below gives you an indication of how many grams (g) you should be having for each food group for a male & female to ensure that you are eating the correct macronutrients in the correct proportion and therefore have a balanced diet.

**Reference intakes (RI)**

	Men	Women
Energy (kcal)	2500	2000
Protein (g)	55	50
Carbohydrates (g)	300	260
Sugar (g)	120	90
Fat (g)	95	70
Saturates (g)	30	20
Salt (g)	6	6

# The table below gives you an indication of the kind portion sizes that you need to make sure you are having for each food group to ensure you are not overeating and rising above the recommended daily calorie intake or percentages.

Foods	Portion size
Carbs like cereal/rice/pasta/potato (include 1 portion at each main meal and ensure it fills no more than ¼ of your plate)	<u>Your</u> clenched fist
Protein like meat/poultry/fish/tofu/pulses (aim to have a portion at each meal)	Palm of <u>your</u> hand
Cheese (as a snack or part of a meal)	2 of <u>your</u> thumbs

Nuts/seeds (as a snack or part of a meal) 1 of your cupped hands

Butter/spreads/nut butter (no more than 2 or 3 times a day) The tip of your thumb

Savouries like popcorn/crisps (as a snack/treat) 2 of your cupped hands

Bakes like brownies/flapjacks (as an occasional treat) 2 of your fingers

**Now that you can see what a balanced healthy diet does and doesn't look like, what would you recommend improving to make your diet more balanced and healthier? Think of as many as possible!**

- **E.g. Eat your five a day**

-

-

-

-

-

-

-

-



## Quiz Time!

1. What are the 3 macronutrients?
2. Can you list 3 different proteins?
3. How many calories should a male & female intake in a single day?
4. What should you have the highest proportion of in your diet?
  - Fats
  - Carbohydrates
  - Protein
5. What is the purpose of proteins?
6. What are the 5 lifestyle factors that have an impact on your health & well-being?
7. Give me an example of a good fat and a bad fat?
8. What impact do you think having a bad diet can have? List 3!

### Sports and Exercise Massage

A sports massage therapist needs to be able to help prepare an athlete by using different techniques.

Before exercise the muscles need to be warmed up and switched on in order to be ready to work, techniques for this are called **'tapotment'** and can be performed through clothes if needed.

Tapotment techniques can be performed in a clinic, in the changing rooms, the side of a pitch or even in the gym.

Purpose	Effects	Application (types of tapotment)
To stimulate the sympathetic nervous system	<ul style="list-style-type: none"><li>• Stimulate a reflex contraction</li><li>• Increase local circulation</li><li>• Stimulate nerve endings</li><li>• Invigorate the athlete</li></ul>	<ul style="list-style-type: none"><li>• Hacking</li><li>• Cupping</li><li>• Beating</li><li>• Pounding</li></ul>



### Task 1

Watch this short video to observe tapotment on the quadriceps.

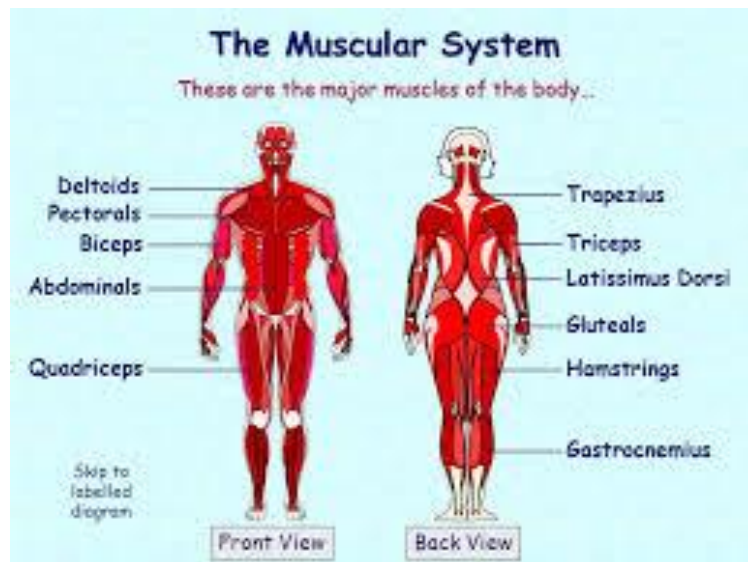
[https://www.youtube.com/watch?v=NSd\\_NkvazVg](https://www.youtube.com/watch?v=NSd_NkvazVg)

Then watch again but copy the movements using a pillow or a cushion instead of a leg. Once you feel confident that you have control of your hands try them out on a member of your household but be careful not to use too much pressure – FAST and LIGHT is the way to obtain the greatest benefit.

## Task 2

All athletes have different needs. Complete the table below identifying which muscles would need tapotment techniques applied to help warm the athlete up. Choose muscles from the diagram provided.

Athlete	Main muscles to treat
Footballer	
Boxer	
Sprinter	
Rugby Player	
Netball Player	
Powerlifter	



### Task 3

You may need to explain to the athlete why they need the treatment. Pick one of the athletes from Task 2 and write out an explanation telling them how they will benefit from having tapotment to warm them up.

You would benefit from tapotment before competition because.....




Label and annotate the following information on the periodisation table

Profile - Conor McGregor – Sport - MMA

Macrocycle, Mesocycle, Microcycle

Long term goal – Fight in 3 months

Medium Goals – Endurance, strength, power and technique

Short-term goals – Develop different disciplines (boxing, judo, jujitsu, wrestling, karate, taekwondo)

Requires 3 recovery weeks before flight (low volume and intensity) prevent overtraining


Label and annotate the following information on the periodisation table

Profile – Andy Murray - Sport - Tennis

Macrocycle, Mesocycle, Microcycle

Long term goal – 2 Grand Slams – French Open and Wimbledon

Medium Goals – (aerobic endurance) (strength) (power and technique)

Short-term goals – forehand, backhand, serves, gym, fitness, etc.

Requires a recovery week the week prior to each competition


Label and annotate the following information on the periodisation table

Profile – David Silva - Sport - Football

Macrocycle, Mesocycle, Microcycle

Long term goal – Fully fit for start of season

Medium Goals – (aerobic endurance) (strength and speed) (power and technical)

Short-term goals – testing, cardio, gym, games, speed drills, set plays





## Case Study 1

Joe is a 17 year old amateur basketball player. He is currently playing for his college team and trains once a week on a Wednesday afternoon for 1 hour. Training consist of suicide runs and lots of set plays. The coach takes them into the gym every third Wednesday to work on their strength, and power using dumbbells and plyometrics. The fixtures run up until May when Joe finishes college for the summer and he rarely trains outside of college.

<b>Frequency</b>	
<b>Intensity</b>	
<b>Time</b>	
<b>Type</b>	
<b>Progressive Overload</b>	
<b>Specificity</b>	
<b>Individual Differences</b>	
<b>Reversibility</b>	
<b>Variation</b>	
<b>Rest and Recovery</b>	

Extension – Evaluate strengths and areas for improvement, suggesting ways Joe’s training could be improved using each of the training principles.

<b>Frequency</b>	
<b>Intensity</b>	
<b>Time</b>	
<b>Type</b>	
<b>Progressive Overload</b>	
<b>Specificity</b>	
<b>Individual Differences</b>	
<b>Reversibility</b>	
<b>Variation</b>	
<b>Rest and Recovery</b>	

## Case Study 2

Bobby is a professional MMA fighter. He has an upcoming fight in 6 weeks' time. His main goal is to increase his stamina and strength in preparation for his fight. He trains 5 days per week, which consists mostly of sparring with other fighters at the gym. For the rest of the training, his coach takes him into the gym where he uses the resistance machines to increase his strength.

<b>Frequency</b>	
<b>Intensity</b>	
<b>Time</b>	
<b>Type</b>	
<b>Progressive Overload</b>	
<b>Specificity</b>	
<b>Individual Differences</b>	
<b>Reversibility</b>	
<b>Variation</b>	
<b>Rest and Recovery</b>	

Extension – Evaluate strengths and areas for improvement, suggesting ways Bobby's training could be improved using each of the training principles.

<b>Frequency</b>	
<b>Intensity</b>	
<b>Time</b>	
<b>Type</b>	
<b>Progressive Overload</b>	
<b>Specificity</b>	
<b>Individual Differences</b>	
<b>Reversibility</b>	
<b>Variation</b>	
<b>Rest and Recovery</b>	