



Tameside College

Sport

Applicant Study Pack

Description of the course:

Welcome to your Sports Leadership & Coaching Course. As a Sports student we expect you to have a keen interest in learning and participating in a wide range of sports and fitness-based activities in a bid to have a successful career in the sports industry. As a sports student it is important that you can demonstrate a number of key skills & attributes to be best suited for this type of course, these include; leadership skills, organisational skills, enthusiasm, determination and commitment.

As part of your course preparation we would like you to undertake a series of activities and tasks. These activities and tasks are designed to help you get an understanding of some of the course content you will cover.

During the time between the present and your first day in the college there are a series of tasks we would like you to complete.

Task One

Coaching Science

Watch the following documentary and write an argument for and against banning heading in football? (Alan Shearer & Dementia)

https://www.youtube.com/watch?v=vMoDtIJ_b8I

Consider:

- How does CTE occur?
- Is it due to heading or other injuries?
- Sub-concussive injury- how do we research this?
- 850000 people suffer from dementia- how many are footballers?
- Is the football lighter now?
- Brain changes are different to damage - repeating these changes can cause injury/long term damage.
- Small change when heading 20 times- what is the accumulative effect of heading?
- Will football change the rules?
- Young girls have more concussion than boys, why do you think this may be the case?
- Would the damage of reoccurring change be visible in a scan immediately?
- USA banned heading for under 11s
- How can they prove that concussion is a result of heading the ball?
- Should it be banned until research suggests it is safe?

You may also research further into this topic and add evidence from alternate sources to support your arguments.

Task Two

Performance Analysis

Using a sports team of your choice we want you to watch 15 mins of a game and carryout a performance analysis using the two different methods of assessment below identifying strengths and areas for improvement in the development of a team performance. NO HIGHLIGHTS PACKAGES PLEASE!

State the team & game you watched:

Add the web link or application here:

Analysis of a Team Tally Observation

Activity/Skill	Attempts	Completed Accurately	% Success
E.G. Passing the ball	30	8	$8/30 \times 100 = 26\%$ success

SWOT Analysis

Strengths:	Weaknesses:
Opportunities: (What could they do to improve?)	Threats: (What might stop them improving?)

Further Reading / Links

Documentaries and films to watch:

- Coach Carter (Netflix)
- Ronaldo (Netflix)
- Lance Armstrong Stop at Nothing (Netflix)
- Losers (Series on Netflix)
- The Last Dance (Series on Netflix)
- Free Solo (Disney +),
- Hillsborough (<https://watchdocumentaries.com/hillsborough/>)
- Bigger, stronger, Faster (<https://watchdocumentaries.com/bigger-stronger-faster/>)

Articles to read:

- Nike Says Its \$250 Running Shoes Will Make You Run Much Faster. What if That's Actually True?
- Performance-Enhancing Drugs: A New Reality in Sports?
- Should Pro Wrestling be deemed a Sport? (<https://www.thenational.ae/arts-culture/television/the-great-debate-should-pro-wrestling-be-deemed-a-sport-1.950553>)

Recommended websites:

- Sky Sports - <https://www.skysports.com>
- Top End Sports - <https://www.topendsports.com>
- BBC Sport - <https://www.bbc.co.uk/sport>
- Guardian Sport- <https://www.theguardian.com/uk/sport>

What next?

- Visit our website – www.tameside.ac.uk for more information.
- Attend our New Students' Day.
- Make it official, join us for enrolment in August. Letters will be sent to all applicants at the end of July with more details.