

SPORT - STUDY PROGRAMME

SPORT, EXERCISE & FITNESS LEVEL 2

Thank you for applying for a place to study at Craven College in September 2020. To give you a head start, our tutors have created a list of resources and activities to help you prepare for your course.

READING MATERIALS (BOOKS, MAGAZINES AND NEWSLETTERS)

Bounce: The Myth of Talent and the Power of Practice – Matthew Syed

SOCIAL MEDIA ACCOUNTS TO FOLLOW

Instagram: @craven_college_sport_exercise_

Youtube: The Body Coach and Adrienne yoga

WEBSITES

www.brianmac.co.uk

Research your favourite team and be ready to share links to websites

WORK EXPERIENCE LINKS

Local Gyms

Leisure Centres

ACTIVITY - PLEASE COMPLETE THIS BY FRIDAY 26 JUNE

Watch the video with your challenge. <https://youtu.be/2XeIXBse97U>

Design your own circuit training plan and follow it. Assess what is good and what can be improved. Research the components of fitness (www.brianmac.co.uk – components of fitness) and be ready to explain which exercise is designed to improve which component.

APPLICANTS

Please complete this activity by **Friday 26 June** where you will present the results of the activity at our Future Student Morning.

The Future Student Morning will be delivered as a virtual event where your course area tutor will give you an online webinar, you will shortly receive an email with a link to sign up for this event.

If you have applied for a course starting September 2020, it is essential for you to sign up for this event as you will receive information about your course, enrolment and key dates.

Further details can be found at www.craven-college.ac.uk/events.

If you can't attend the event, please email marketing@craven-college.ac.uk with your name and the subject area you have chosen to study and we will arrange for your tutor to contact you.