



Southam
College

**BTEC SPORT LV.3
SUMMER PROJECT**

UNIT 3 – PROFESSIONAL DEVELOPMENT IN THE SPORTS INDUSTRY

TASK 1:

1. Find an actual job advert for a career in either physiotherapy or PE teacher.

What important information do you require on a job advert? *(Job title, deadline, payment scale, brief outline of the job etc)*

2. Job analysis – What are the important duties, roles, responsibilities of the job?

3. Job description – describe the exact job role. What are the requirements of the job on a day to day basis?

4. Person specification – personal skills, qualities, experience, competencies. List all the skills/qualities that are essential or desirable for your job.

5. Find an example of an application form for your job.

6. Complete/update your own CV *(you can use the template provided)*

7. Complete a letter of application for your chosen job (please see next page for guidance).

This is a letter to the future employer explaining everything about YOU *(academic achievements, personal achievements, what you can bring to the job, experiences that you have benefitted from that link to the job, what you want to learn/gain from the job, why are YOU the best candidate for the job, what challenges you have faced, what are you looking forward to about the job etc.)*

8. Research 10 interview questions that link directly to your chosen.

These are the questions you might be asked in your actual interview *(Think about the content of your letter of application, job description and personal specification)*

LETTER OF APPLICATION

This is a letter to the future employer explaining everything about YOU and your professional skills and qualities. The purpose is to tell the employer what YOU can bring to the job.

Include the following;

Address a specific person

You need your address, phone & email

Name of job and position applying for.

Opening statement about you and your ambition

Inform the reader why you have applied for the job

What is it about the organisation that you like? What attracted you to the job? Why would you be well suited?

Your skills, qualifications and experience and how they match the job description, specification and the organisation itself. Draw on your strengths and areas for development.

Draw on information from their website to show you have researched the organisation

Why will hiring you benefit the organisation? What new initiatives or areas can you look to develop?

Any additional skills or experiences that make you stand out

Thank them for the opportunity of applying and you look forward to discussing your application further

CURRICULUM VITAE

Personal Details

Name	
Address	
Telephone	
Email	
Age	

Personal profile

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Education

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Achievements

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Hobbies

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Referees

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CV
EXAMPLE

TASK 2:

Research information on the following lifestyle factors:

Positive lifestyle factors: Exercise, balanced diet

Negative lifestyle factors: Smoking, alcohol, stress, sleep, sedentary lifestyle

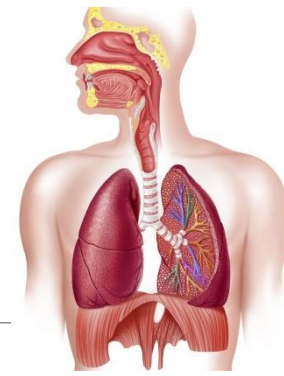
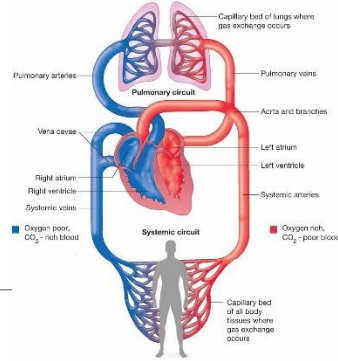
Information on the factor (What is it? What are the government recommendations for each? What)

On each of the negatives – what are the health risks of each factor?

On each of the negatives – what are the strategies to quit/improve lifestyle?

Your above research should be placed into mindmaps/posters.

TASK 3:



For each of the following sports performers:

- Mo Farah
- Cole Palmer
- Keely Hodgkinson
- Emma Raducanu
- Armand Duplantis

1. Create a personal profile which includes an image, their age, date of birth, sport and career highlights.
2. Pick a movement from their sport and create a movement analysis for that action. This needs to have muscles, bones, joints as well as muscle actions.
3. For each performer you need to identify and explain which muscle fibre types they would use most and why?
4. Explain the health benefits of taking part in that sport.
5. What happens to the cardiovascular system when each performer exercises/performs?
6. Which energy system does each sporting performer use most and why.