

GETTING AHEAD



Start to develop skills that are relevant to your course before you join HSDC this September!

Sport – CTEC Level 3 Extended Certificate & Diploma



Sports Coaching

Identify three different sports coaches (from local and national sport).

Research what they have done in their career and state what makes them a good coach. What skills do they have?

<https://www.ukcoaching.org/>

Watch a coach from your sport giving an interview; what do they do well? Try and watch when they have lost and won.

Think about the sport you would like to lead and come up with at least **three different original drills** that you may like to lead in your session. Be creative.

Fitness Testing

For an elite sport of your choice:

Research what fitness tests they carry out. Can you carry out any fitness test at home?

Design around your home/garden some inventive exercise that you could do. Have a look at what Joe Wicks has done.

<https://www.youtube.com/watch?v=Rz0qo1pTda8>

We look forward to seeing you in September!

For further information about your College and being a student at HSDC, please visit [hsdc.ac.uk/Alton](https://www.hsdc.ac.uk/Alton)

Watch an online workout (maybe even take part).

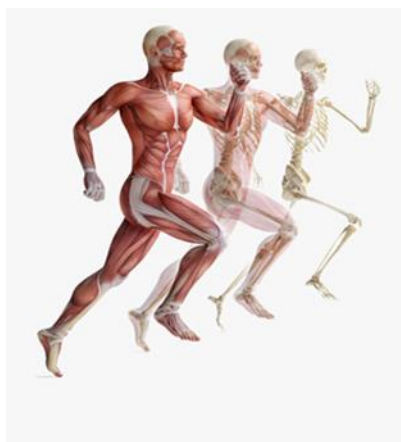
Create your own fitness circuit that you can do, with no kit, at home. Then: how could you change this session if you had dumbbells and kettlebells?

Anatomy & Physiology

Find a blank diagram of the human body showing all the major muscle groups and another that shows the bones. See how many you can label correctly (without using the internet!).

Find a diagram of the heart and try and understand how it works. Locate the different types of joints within the body. Write a couple of sentences on how they work.

Take your pulse and count your breaths at rest. Then, complete 30 mins exercise and recount your pulse and breathing rate: one minute after finishing, 10 minutes after finishing. **Describe:** What happens to both? Why is this? What is the body doing?



We look forward to seeing you all in September!

For further information about your College and being a student at HSDC, please visit [hsdc.ac.uk/Alton](https://www.hsdac.ac.uk/Alton)