

Macclesfield College



CURRICULUM

**SPORTS &
PUBLIC SERVICES**

YOUR
**NEXT
CHAPTER**

PRE-ENROLMENT PACK

A bit about the department

SPORTS & PUBLIC SERVICES

Welcome to the Sports and Public Service Department. The department delivers an incredibly diverse and interesting range of courses, which also includes the Macclesfield Football Academy and Golf

Performance Academy. Our staff are extremely friendly, supportive and committed to the enhancement of your learning experience.



Our sport and public service courses have been taught at the College for several years and your lecturers have developed a depth of knowledge and understanding of these areas. The practical and written aspects of coursework also mean that you can showcase your learning and achievements to the best effect as feedback and support is given to develop work of the highest standard. A variety of teaching methods and learning experiences will be used ranging from classroom-based activities through, trips and visiting specialist speakers.

The majority of our students progress onto Higher Education to study a wide variety of Sports and Public service related degrees. Past sports students have completed degrees in Sports Coaching, Sports Science and Primary/Secondary School Teaching. Whilst Public Service students have entered higher education to study Psychology, Sociology and Policing degrees. Our students also progress into employment after completing their course, gaining employment in roles such as sports coaching or roles within the armed forces and National Health Service. Students have the opportunity to continue their studies in both areas through the HNC and HND courses run at the college.

Students on sport and public service courses also have access to Lifestyle Fitness. Student membership is just £15 a month, with entry to the gym from 6.30am-5pm daily, Monday-Thursday, and unlimited use on Friday-Sunday.

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A task to get you started

Pick a task from below to complete as a taster to your experience at Macclesfield College.

Task 1 Macclesfield Ultimate Team

As many of you will be aware the image above is taken from the popular game series FIFA Ultimate Team. The idea of these cards is to summarise the key attributes of players across the world of football. This allows you to see that main skill components of some of the best players across the game.



You are all on a pathway to join a football academy programme with the dream of playing at a professional level and have your own card on FIFA one day. Why don't we give this a test run and see what your card would look like today? Your task is to create your own ultimate team card. There are plenty of websites or apps that you can access to make this easier with a quick google search of 'FIFA Ultimate Team Card Creator' however feel free to hand draw your card if this is easier for you. Although a bit of fun we want you to be critical of your attributes, being able to analyse your own game and pick out strengths and areas for improvement will help you develop over your time both in football and in your education.

Remember to be realistic with your stats, you are comparing yourself to the level of the other players of your age and on your programme, not to the professional athletes you see on today's game. This means you may believe you have 90 shooting in the context of who your analysis is in comparison too. Use the image above to guide you, what your card should look like and what attributes make up each category.

EXTENSION TASK

If you have created your card and want to look further into analysing your game, you can pull up a more detailed stats breakdown of how FIFA rates the individual attributes of a player. You can then recreate this for yourself.

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Task 2 Performance Analysis Task

or your pre-enrolment task, the sports department would like you to analyse the performance of an elite tennis player. You can choose either Novak Djokovic or Roger Federer. We would like you to perform notational analysis in the form of a tally chart and then provide qualitative feedback on your personal views and opinions.



Please access the below link to start this task:
Novak Djokovic vs Roger Federer Wimbledon 2019 final highlights - YouTube
<https://www.youtube.com/watch?v=mnLdAeSXZv0>

Tennis Player -

| Actions | Attempted | Successful | Unsuccessful |
|-----------|-----------|------------|--------------|
| Forehand | | | |
| Backhand | | | |
| Volley | | | |
| Serve | | | |
| Drop Shot | | | |
| Lob Shot | | | |

What did the athlete do well? Please provide a justification.
What aspects of the game could the athlete improve on? Please provide a justification.



Additional Resources

BTEC Level 2 in Sport

Term 1 Units

Unit 7 -Anatomy and Physiology

Unit 1-Fitness for Sport and Exercise

Unit 6 -Leading a sports Activity

Unit 9 – Lifestyle and well-being

Course Specification

BTEC Firsts Sport (2018) | Pearson qualifications

BTEC Level 3 Extended Diploma in Sports Development and Coaching

Term 1 Units

Unit A – Careers in the Sport and Active Leisure Industry

Unit B – Health, Well-Being & Sport

Unit 5 – Anatomy & Physiology

Course Specification

Sports Coaching and Development (2019) | Pearson qualifications

BTEC Level 3 Extended Diploma in Sport Science

Term 1 Units

Unit 2 - Functional Anatomy

Unit 3 - Applied Sport and Exercise Psychology

Unit 10 - Physical Activity for Individual and Group-based Exercise

Course Specification

BTEC Nationals | Sport and Exercise Science (2016 and 2017) | Pearson qualifications



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Additional Resources

Useful Internet Links

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

<https://www.uk sport.gov.uk>

<https://www.gov.uk/government/organisations/department-for-digital-culture-media-sport>

<https://www.nhs.uk/>

<https://www.bbc.co.uk/sport>

Relevant Films

The Program: Lance Armstrong Movie on Netflix (Current Issues in Sport)

Happy Gilmore on Netflix (Practical Individual Sports)

Coach Carter on Netflix (Sports Leadership)

Ronaldo on Netflix (Elite Sports Performance)

Moneyball on Netflix (Sports Leadership)

Next Change U (Sports Leadership)

The English Game (Current Issues in Sport)

Concussion (Sports Injuries)

Programmes

Mo Farah and the Salazar Scandal on BBC iPlayer (Current Issues in Sport)

All or Nothing: Manchester City on Prime Video (Sports Coaching)

Game Changers on Netflix (Sports Nutrition)

Sir Alex Ferguson: Secrets of Success (Sports Coaching)

Conor McGregor: Notorious on Netflix (Elite Sports Performance)

Pass the Ball (Sports Coaching)

Living with Lions (Practical Team Sports)

Recommended Reading

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

Inverting the Pyramid: The History of Football Tactics Jonathan Wilson

Kicking Off: How Women in Sport are Changing the Game Sarah Shephard

Achieve the Impossible Professor Greg Whyte OBE

The Expected Goals Philosophy James Tippett



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