*SEC3SP4AF- Sports Coaching Year 1*

*Submission deadline: Tuesday 3rd September 4.30pm*

*Summer Task*

*Part A: Using microsoft word or google docs, explain FOUR roles and FOUR responsibilities of sports coaches and activity leaders.*

*Part B: Using the same word or google doc, explain the THREE different leadership styles, outlining which one is applicable to you and why, linking in examples within your own practice.*

*Key words to help you form your explanations*

*Roles: planner, instructor, mentor, facilitator, demonstrator, adviser, supporter, fact finder, counsellor, organiser)*

*Responsibilities: s (e.g. sets agreed ground rules, fair, consistent, ethical, duty of care, safeguard, assess risk, promote health and wellbeing, codes of conduct, importance of being a role model, rules and regulations of the sport or activity)*

*Leadership Styles: Autocratic , Democratic and Laissez Faire*

*SDP3SA4BF – Sports Coaching Year 2*

*Submission deadline: Friday 6th September 4.30pm*

*Summer Task*

*Create a Google Slide/Microsoft Powerpoint Presentation, in preparation for Assignment 1 for the Health and Fitness Testing unit.*

*Within this presentation detail the following information:*

1. *Choose TWO sports that you can relate to. Make sure these are contrasting Sports e.g. team and individual.*
2. *Outline the demands of these two sports i.e. what components of fitness does an individual/team need to have to be successful within this sport i.e. Cardiovascular Endurance*
3. *Outline FOUR different fitness tests for each sport that you could use to measure the overall fitness for that particular Sport e.g. hockey and the Cooper run to measure Cardiovascular Endurance. Within this outline, identify the purpose of the test, the normative data and an explanation for the protocols of the tests – all in your own words!*
4. *Compare these two sports with the different fitness tests required to measure overall fitness.*
5. *Finish within a comparison explanation discussing why you would use these tests to measure the fitness for the individual/team in these Sports.*