GCE Physical Education – Exemplar Materials

Unit 4: The developing Sports Performer (6PE04)

Task 4.4 – Life Plan (Gymnastics)

Commentary

This is a very good life plan that is well written to an appropriate length (there is no word limit associated with this task, however it is marked out of 10 and it may be sensible for candidates to use the mark allocation as a guide). The candidates has detailed her time line stages and included additional detail on health and family considerations. Se of referencing and the inclusion of a bibliography support the awarded mark.

The candidate explores their current participation and the factors that have influenced their choices and the option pathways open to them while in full time education. This is qualified by reference to the import health considerations and the need to undertake appropriate exercise. The task further develops to explain the University of choice and the options for sports participation but having just started playing rugby there is no indication why this would not be an option at University. The candidate has identified her course and how this will influence sports participation.

The aged band 23-33 is well researched and the link between a career and sports participation is sensibly explained. While traditional club/team sports are not considered a feasible option the proposed alternatives are a logical way of maintaining an active life style. Health issues relevant to the age band are detailed and in particular that do increased weight gain.
The development of a demanding career combined with the inevitable commitments to a changing family life is discussed as the candidate moves into mid to later life. The task unfolds the issue of changing priorities and the corresponding health issues. Sensible sports options are offered that allow for a flexible approach to exercise.

Moving finally into later life the candidate has discussed family and personal issues and the need not only to take part in regular physical activity but also to explore the need for a balanced diet and to undertake those activities which may not be 'sporting' by nature but are based around personal body maintenance such as Pilates.

Overall the task provides a well written account but would have benefited from the inclusion of more factual detail on participation rates for the participation options at the various time line stages and while the comments made on health issues have validity similarly more factual detail on the issues facing individuals as the move into mid and alter life were needed. Finally the task would also have benefited from a more detailed review of the effects and influence of the candidate's chosen career and this would have moved the task away from being a subjective account, although the task demands this, into a factual objective Life Plan. If the candidate had included the information suggested the task could be placed the top band.

Unit 4.4 - Life Plan

My name is [redacted] and I have been involved in sport since a young age, predominantly taking part in gymnastics and netball. I have also recently started playing rugby for my school team and I run regularly. Though I am no longer an active gymnast, I have been part of the coaching team at Pegasus Gymnastics Club for 4 years (currently working 6 and a half hours a week), fully qualified as a certified level 1 coach. I have applied to study Physiotherapy at university.

(**(A...)** = Appendix reference)

BIRTH

PRE-SIXTH FORM

Throughout my time in compulsory education, I was very active. I trained 5 hours a week with the floor and vault gymnastics squad at Pegasus (Mondays and Thursdays), and also came in on Saturday mornings as a volunteer coach with the junior classes. I trained with Maidstone and Malling Netball club on Wednesday nights, playing matches on Sundays. In addition to this I took part in 2 1-hour sessions of compulsory PE during school hours, on top of GCSE PE practical lessons, and was part of the school's netball team.

Floor Exercise - Pegasus Open Competition – 2008

In total I was taking part in at least 14 hours of physical activity each week (not including coaching). I was therefore greatly exceeding the government guidelines for a 5-18 year old, which are - *'Moderate-to-vigorous intensity physical activity for at least 60 minutes and up to several hours every day.'* **(A1)**.

SIXTH FORM

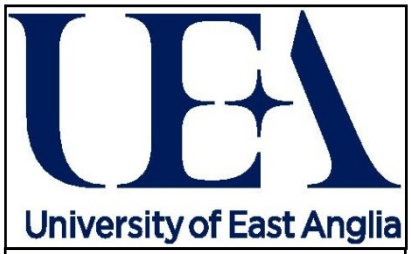
When my summer exams started at the end of Year 11, I felt the amount of free time I had decrease dramatically. I was becoming physically exhausted from all my training on top of revision and the amounting school work, and as such felt it was time to retire as a gymnast. However, my club asked if I would stay on so they could train me as a coach; it would become my part time job.

I also lost the compulsory PE lessons as I was now out of compulsory education, and at the beginning of the season in year 12 my netball team unfortunately folded. I was therefore left practically without physical activity (apart from my coaching) so I decided to join my school girls' rugby team. I was also lucky to receive an invitation to join the Sylvia Young Theatre School in London on Saturdays, so that would add 3 hours worth of activity (dancing) to my weekly schedule.

I am now taking part in around 6/7 hours per week, normally more as I run as much as I can (a much cheaper option than going to the gym). Again, I am lucky in that I am above average in the 16-64 year old guidelines from patient.co.uk – *'Over a week, activity should add up to at least 150 minutes (2½ hours) of moderate intensity activity in bouts of 10 minutes or more. For example, 30 minutes on at least five days a week.'* **(A2)**

18-22 - UNIVERSITY

I have applied to several universities, UEA is my choice, if I get a place for September then all activity here in Kent will cease, though I obviously intend to continue physical activity if I do go up to Norwich. As physiotherapy is a fairly full-on and active course, I will be getting some (albeit less vigorous) exercise whilst training/studying. I intend to use my free Wednesday afternoon off to make use of the Sports Park, which is the largest indoor centre in Britain **(A3)**.



(A4)

When home on university leave, these facilities will not be available. I therefore intend to continue running. I will have to be careful because even though I would run for at least an hour a few times a week, I would only just be achieving a respectable amount of exercise.

According to research conducted by the 'Kids Health' foundation and the 'New York Times', '*college students gain an average of 3 to 10 pounds during their first two years at college. As a college student, you are in a new environment and might not be able to keep up the same exercise level you were accustomed to in high school.'* They also highlight potential health impacts such as weight gain, less social bonding and lower grades **(A5)**. I must therefore be vigilant in keeping on top of my exercise.

23-33

Having left university as a member of the Chartered Society of Physiotherapists, I should be able to secure a job in a hospital (as many junior Physios do) as part of a 'field-rotation'. This means I would get to work in different areas of Physiotherapy such as Musculoskeletal, Neuromuscular and Cardio-Respiratory. Having this experience should then give me some idea of where I would like to specialize. At the moment I am particularly keen on becoming a Physio for a sports team (e.g. a professional rugby team). The hours for this job could be pretty irregular, and so the chance for regular exercise could be pretty limited. In this situation I think I would most likely join a gym, which would allow me to exercise when I have the time. Some gyms, such as David Lloyd (Maidstone), have an 'off-peak' membership which may be the best option for me money-wise as I would be attending at irregular hours **(A13)**. As a qualified individual with a full-time job, this would now be an option for me financially.

In terms of health concerns during this age bracket, my priorities won't be too different to those when I was at university. Small changes will occur such as slowing of metabolism (as I will most definitely stopped growing by then), so I must keep a regular exercise routine. The routine is vital to keep a decent level of fitness constant; allowing too much fluctuation will also result in fluctuations in my levels of health **(A7)**. In addition to this I need to have started developing lifelong eating habits. I will no longer be at university I will no longer be limited in terms of cooking and what food I eat. I should build as balanced a diet as I can. I must also get into the habit of not rushing my food as *'It takes 20 minutes for our stomach to tell our brains that we*

are full. If we eat fast, we can eat way past what we need.' In this way I can help to avoid excess weight gain **(A8)**.

Weight gain is a huge issue for anybody from this bracket upwards; especially someone isn't partaking in enough exercise. Excess weight gain can lead to obesity, which causes numerous other health related problems such as type 2 diabetes and heart disease **(A10)**. Obesity is defined as having a BMI above 30. It is worrying that *'in 2009, almost a quarter of adults (22 per cent of men and 24 per cent of women aged 16 or over) in England were classified as obese (BMI 30kg/m2 or over)'* **(A11)**.

34-55

By this time I would hope to be very steady in my job, and most definitely have established my specialty, even if it is no longer as a sports physio. I may have returned to working in a hospital, or even have set up my own clinic in order to regain normal hours. This will be important as I will most likely have my own family by then.

Throughout this stage I would like to be able to keep my membership at a gym and aim to go at least twice each week, however family commitments come first and I will try and do things like taking my children to the park or go on bike rides as often as possible, which will keep them active as well as myself.

On top of my gym sessions and visits to the park, I need to be looking at doing around 30 minutes of resistance training around 3 times each week as *'this is vital for women in order to help prevent osteoporosis and osteoarthritis'* **(A9)**. Health problems will no longer just include weight gain, brittle bones are common in women above the age of around 35; I'll need calcium in my diet as well as other vitamins and minerals to help fight off infection and disease.

(A12)

55+

By this time my children will be much older, and will probably have left home. This will create more time for me to fit a decent amount of exercise around work. Exercise at my gym will continue (still at least twice a week I would hope), and I should make an effort to focus some of my time on core strength exercises and stretching. As a gymnast I have a very good core and decent flexibility, but poor muscle elasticity is a common effect of ageing. Remaining strong is massively beneficial to older people - those with good core stability will have much better balance allowing them to enjoy simple things like walking.

At the beginning of this age bracket, in order to remain strong, I may look into joining a Pilates class at my gym as this will be a good and easy way to help maintain my strength. Pilates can be defined as *'A system of exercises using special apparatus, designed to improve physical strength, flexibility, and posture, and enhance mental awareness'* **(A14)**. It has also been proven that older people with good posture are much less prone to trips and falls as they do not hunch over; **(A15)**.

(A16) – Some examples of Pilates exercises.

As a person gets older their cardiovascular system has to work harder due to hardening arteries and fatty deposits. A healthy diet containing fruit, vegetables and whole grain, and regular exercise can help reduce blood pressure and the risk of heart disease greatly **(A17)**. Other concerns include decreased bone density, making an older person more susceptible to fractures and osteoporosis. It is important to include calcium and vitamin D in my diet, as well as the light weight-bearing activity mentioned in the previous age bracket **(also A17)**.

DEATH

Appendix and Bibliography

(A1)

http://www.patient.co.uk/health/Physical-Activity-For-Health.htm

Children and young people (aged 5-18 years):

- Moderate-to-vigorous intensity physical activity for at least 60 minutes and up to several hours every day.
- Vigorous intensity activities, including those that strengthen muscle and bone, should be incorporated at least three days a week.

(A2)

http://www.patient.co.uk/health/Physical-Activity-For-Health.htm

Adults (aged 16-64 years):

- Over a week, activity should add up to at least 150 minutes (2½ hours) of moderate intensity activity in bouts of 10 minutes or more. For example, 30 minutes on at least five days a week.
- Comparable benefits can be achieved by 75 minutes of vigorous intensity activity spread across the week or combinations of moderate and vigorous intensity activity.

(A3)

http://www.uea.ac.uk/about/campuslife/ents

Sportspark

The University's £30 million Sportspark is now the biggest indoor sports centre in Britain, thanks to the opening of the £3.8 million Haydn Morris Sports Hall in 2009.

The sports facility boasts a state-of-the-art Olympic-sized swimming pool, athletics track and gym, as well as an extensive range of activities including aerobics, archery, athletics, badminton, basketball, climbing, cricket, fencing, hockey, indoor football, martial arts, squash, table tennis, trampolining and yoga.

(A4)

http://www.google.com/imgres?q=uea+logo&um=1&hl=en&safe=active&sa=N&biw=1280&bih=827&tbm=isch&tbnid=JstGWG_4yRLHeM:&imgrefurl=http://shiva.iup.uni-heidelberg.de/p_uea.html&docid=cqa1DTEg1eoiYM&imgurl=http://shiva.iup.uni-heidelberg.de/image/uea_logo.jpg&w=478&h=289&ei=du5pT-yhFqmh0QX2maTuCA&zoom=1&iact=hc&vpx=581&vpy=162&dur=390&hovh=174&hovw=289&tx=150&ty=93&sig=114789169432033898458&page=1&tbnh=115&tbnw=191&start=0&ndsp=20&ved=1t:429,r:2,s:0

(A5)

http://www.livestrong.com/article/154524-problems-college-students-face-when-they-dont-exercise/

College is a transitional time, when students are often placed in a new environment for four years and face immense pressure to study and do well in classes. Since students' focus is often not on exercise, they may be less likely to exercise than they were in high school or will be after college. Problems students face by not exercising in college include weight gain, less social bonding and lower grades.

The rumor of the "Freshman 15"---the 15 pounds you supposedly gain during your first year of college---is grounded in some truth. According to Kids Health, college students gain an average of 3 to 10 pounds during their first two years at college. As a college student, you are in a new environment and might not be able to keep up the same exercise level you were accustomed to in high school.

If you go away to college, it may be the first time you have been fully responsible for your own meals, your class load and your time management. Often college dining halls offer unlimited food choices that are not always eaten in healthy amounts or combinations. It can be tricky to fit exercise into a busy schedule of classes and studying. College weight gain occurs when you are eating more and exercising less because of studying. Weight gain in college is particularly likely to occur if you respond to the stress that school can cause by eating more, instead of exercising away these anxieties.

(A6)

http://www.netdoctor.co.uk/allergy-and-asthma/medicines/flixotide.html

Flixotide evohaler, accuhaler, diskhaler and nebules all contain the active ingredient fluticasone propionate, which is a type of medicine known as a corticosteroid.

Corticosteroids are hormones that are produced naturally by the adrenal glands. They have many important functions, including control of inflammatory responses. Fluticasone is a synthetic corticosteroid and is used to decrease inflammation in the lungs. (NB. Corticosteroids are often simply called steroids, but it should be noted that they are very different from another group of steroids, called anabolic steroids, which have gained notoriety because of their abuse by some athletes and body builders.)

When fluticasone is inhaled into the lungs it is absorbed into the cells of the lungs and airways. Here it works by preventing the release of certain chemicals from the cells. These chemicals are important in the immune system and are normally involved in producing immune and allergic responses that result in inflammation. By decreasing the release of these chemicals in the lungs and airways, inflammation is reduced.

In asthma, the airways tighten due to inflammation and can also be blocked by mucus. This makes it difficult for air to get in and out of the lungs. By preventing the inflammation and excess mucus formation, fluticasone helps prevent asthma attacks. It is not used to treat an asthma attack.

(A7)

http://longevity.about.com/od/inyour20s30sand40s/tp/todo_20s.htm

Establish an Exercise Routine

Use your 20s to establish a healthy exercise schedule. Figure out what kind of exercise you like and what works with your schedule. The most important thing is the routine. Exercise at least 3 times per week. You'll have more energy and fitness now and you will establish a lifelong habit of exercising.

(A8)

http://longevity.about.com/od/specialconditions/ht/forkdown.htm

Slow down, you eat too fast!

It takes 20 minutes for our stomach to tell our brains that we are full. If we eat fast, we can eat way past what we need. This causes us to be overweight, develop chronic health problems and reduce our quality and quantity of life.

(A9)

http://bcbstx.com/health/achieving_wellness/customize_your_exercise.html

35–50 years old

Strength training should be a part of your fitness goals. Perform 30 minutes of resistance training at least three times per week. This is vital for women in order to help prevent osteoporosis and osteoarthritis.

(A10)

http://news.bbc.co.uk/1/hi/health/7151813.stm

Experts are worried that the increase in obesity will lead to more health problems as people who are overweight have a higher risk of heart disease, Type II diabetes and other diseases including some cancers.

(A11)

http://www.ic.nhs.uk/statistics-and-data-collections/health-and-lifestyles/obesity/statistics-on-obesity-physical-activity-and-diet-england-2011

Key facts

- In 2009, almost a quarter of adults (22 per cent of men and 24 per cent of women aged 16 or over) in England were classified as obese (BMI 30kg/m2 or over).

(A12)

http://www.google.com/imgres?q=vitamins+and+minerals&um=1&hl=en&safe=active&sa=N&biw=1280&bih=827&tbm=isch&tbnid=P_orMNFNkn1W-M:&imgrefurl=http://mayorshealthline.wordpress.com/2011/03/28/why-are-vitamins-and-minerals-so-important/&docid=UzCL5aTIhzz6IM&imgurl=http://mayorshealthline.files.wordpress.com/2011/03/vitamins-and-minerals.jpg&w=598&h=395&ei=FpJ1T5qyEcfO0QXW0ZSPDQ&zoom=1&iact=rc&dur=93&sig=118199150100637952325&page=1&tbnh=137&tbnw=215&start=0&ndsp=23&ved=1t:429,r:2,s:0&tx=111&ty=60

(A13)

http://www.davidlloyd.co.uk/home/clubs/maidstone/membership

(A14)

http://www.google.co.uk/search?hl=en&gbv=2&q=pilates%20exercises%20diagrams&bav=on.2,or.r_gc.r_pw.r_qf.,cf.osb&biw=1280&bih=685&wrapid=tlif133440411884631&ie=UTF-8&sa=N&tab=iw&ei=M2SJT8vBMYaa8QPwmvDOCQ#hl=en&gbv=2&q=Pilates&tbs=dfn:1&tbo=u&sa=X&ei=7GSJT-_vH8-l8gPVqejlCQ&ved=0CDQQkQ4&bav=on.2,or.r_gc.r_pw.r_qf.,cf.osb&fp=438c73ba8048f58&biw=1280&bih=685

'A system of exercises using special apparatus, designed to improve physical strength, flexibility, and posture, and enhance mental awareness'

(A15)

http://www.bodyzone.com/site/posture-aging/

Not only are there intuitive reasons why people with good posture are healthier and more active, but poor posture also has a dramatic effect on another growing problem facing older adults: falls and poor balance. According to the National Safety Council, over 1.5 million people over 65 are seriously injured each year in falls, which cause nearly 14,000 deaths, with another

quarter suffering debilitating injuries that affect them for the rest of their lives. In addition, poor posture affects how well your heart can pump blood, and even how well you can breathe.

(A16)

http://www.google.co.uk/imgres?q=pilates+exercises&hl=en&biw=1280&bih=685&gbv=2&tbm=isch&tbnid=v3N7pn_fwxB5GM:&imgrefurl=http://www.my-healthy-lifestyle-choices.com/pilates-exercise.html&docid=-oeZ9Cvq2UuQ0M&imgurl=http://www.my-healthy-lifestyle-choices.com/image-files/pilates-postures.jpg&w=292&h=261&ei=BWuJT7LAJsuT8gOo4PzXCQ&zoom=1&iact=hc&vpx=559&vpy=187&dur=702&hovh=208&hovw=233&tx=176&ty=127&sig=108780534335605097579&page=1&tbnh=156&tbnw=175&start=0&ndsp=18&ved=1t:429,r:3,s:0,i:126