

Starting with confidence >>

Physical Education

The following is a list of activities you may like to do during your summer holidays, in preparation for studying Physical Education.

During each year we see a number of huge sporting events take place all over the world. In the UK alone, this year, we are seeing Wimbledon for Tennis, the ICC Champions Trophy in Cricket, the World Cup for Women's Cricket, The World Championships in Athletics alongside the British Lions touring New Zealand.

All prospective Physical Education students should spend some time over the summer watching and observing at least one major sports event.

Think about and record your thoughts on the following:

- The role of the media, the advertising and sponsorship
- Fitness and performance levels of elite sports people
- Psychological aspects of performance- mental strength
- Drugs and cheating ethics
- Injury – the effect on teams and personally on the performer
- Media reaction to success and failure
- History of the Olympics and the Olympic ideal

In September, it would be advantageous if you are able to name the major bones and muscles of the arms, legs, ankle, torso and feet.

There are a number of websites useful for following and monitoring breaking stories, comments on sporting events and information on anatomy and physiology:

- www.bbc.co.uk/sport
- www.skysports.com
- www.olympic.org/olympic-games
- www.brianmac.co.uk/index.htm