



Sport at HCFE

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@HCFESPS 

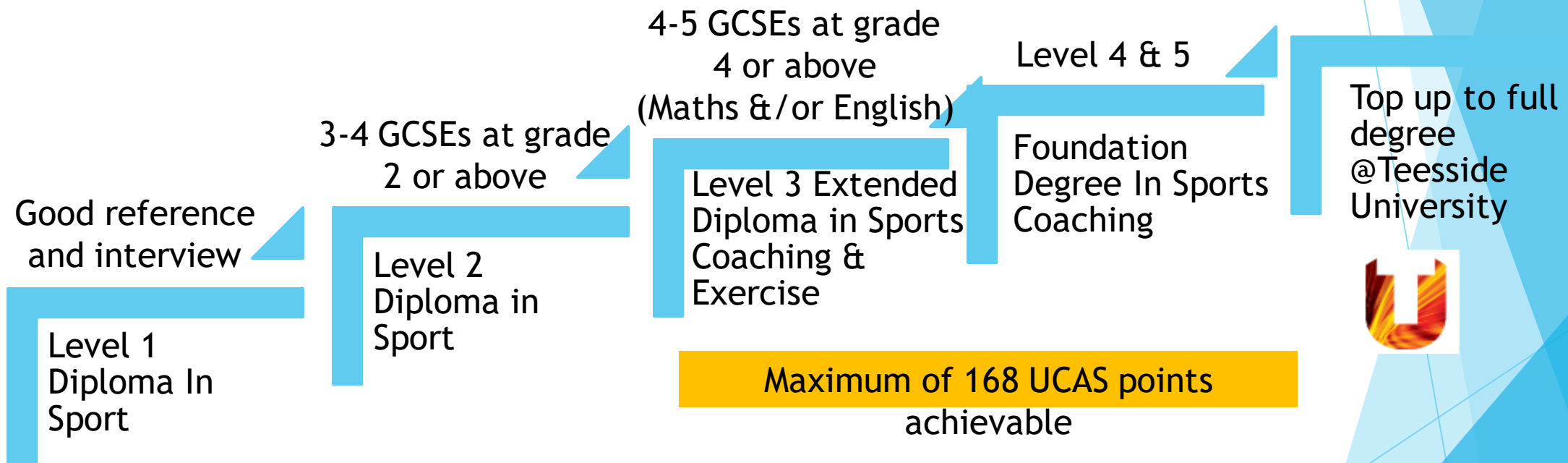
HCFE Sport and Public Services

Meet the staff

In the sport team we have 4 members of academic staff:

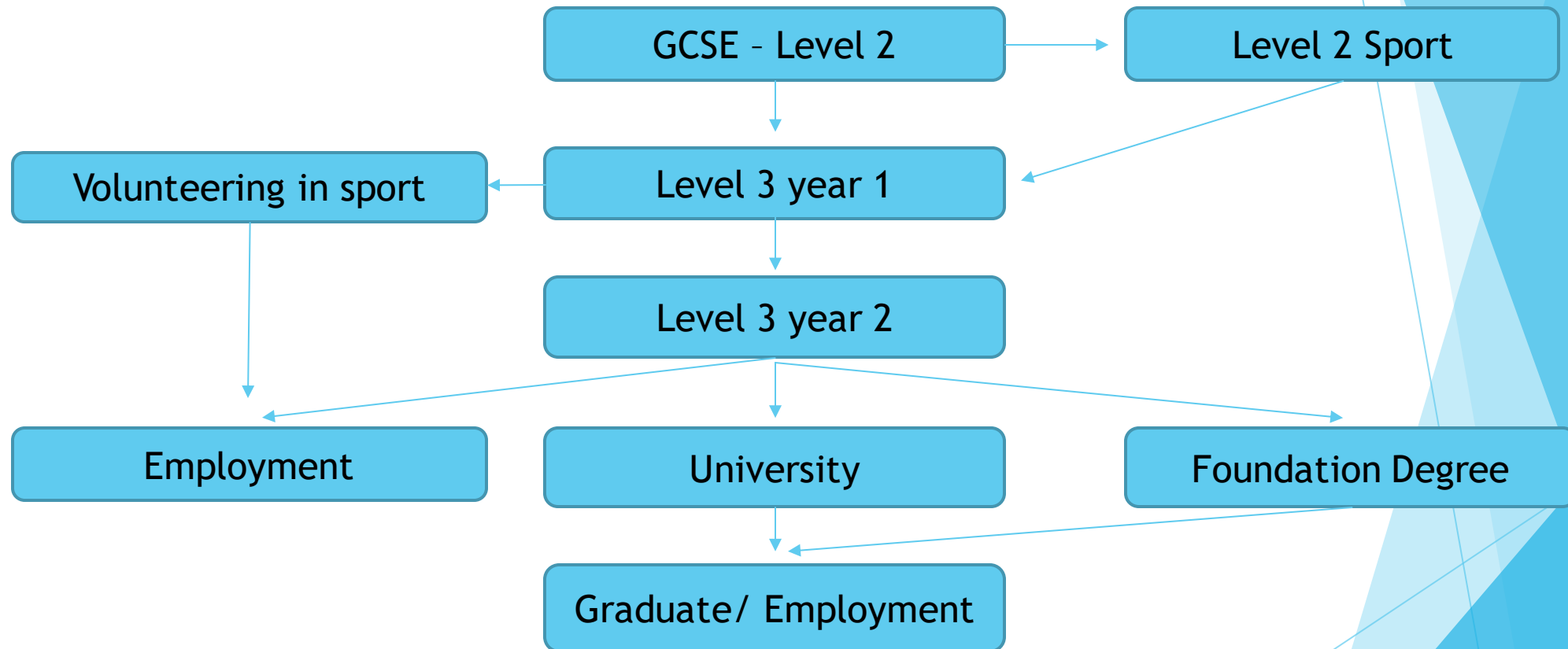
- ❖ Ian Clark - Ex- professional footballer, Sports Coaching degree and A Licence football coach.
- ❖ Sharon Weatherill - Sports Science degree and huge experience in sport, highly successful basketball coach.
- ❖ Dave Lancaster - Masters degree in Psychology, World Champion in martial arts.
- ❖ Anthony Brownbridge - Sports Science degree, sports development background and athletics champion.

Our Courses



We use a wide range of assessment methods such as: assignments, presentations, observations and practical tasks. There are no exams within our programmes.

Progression



Coaching Task

- ▶ Write a report on the attributes needed to be a successful coach
 - ▶ Include what qualities make a successful coach?
 - ▶ Why are they successful?
 - ▶ Evaluate against other coaches?
 - ▶ Give evidence/examples?

Fitness Task

1. Design a poster that describes, explains and justifies the following 7 main components of fitness:

- ▶ Muscular Endurance
- ▶ Muscular Strength
- ▶ Cardiovascular endurance
- ▶ Speed
- ▶ Flexibility
- ▶ Power
- ▶ Body Composition

2. Provide sporting examples to help explain your components of fitness.

3. Justify why a sports performer would need each of these components to succeed in their chosen sport.

Psychological Assessment

Pick a sport and rate yourself (1 being the lowest and 10 the highest) for the attributes on the performance wheel. (colour in where you think you are) Then do the same with a professional athlete in the same sport. Write a comparison about the differences between you and the athlete you have chosen.

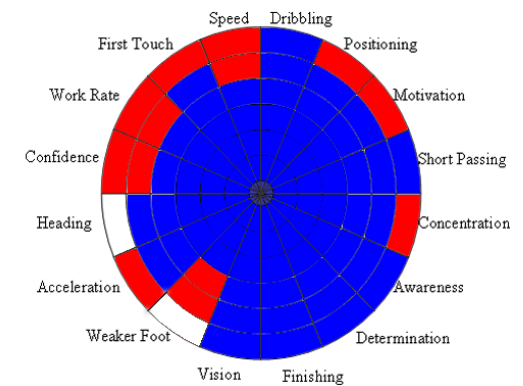
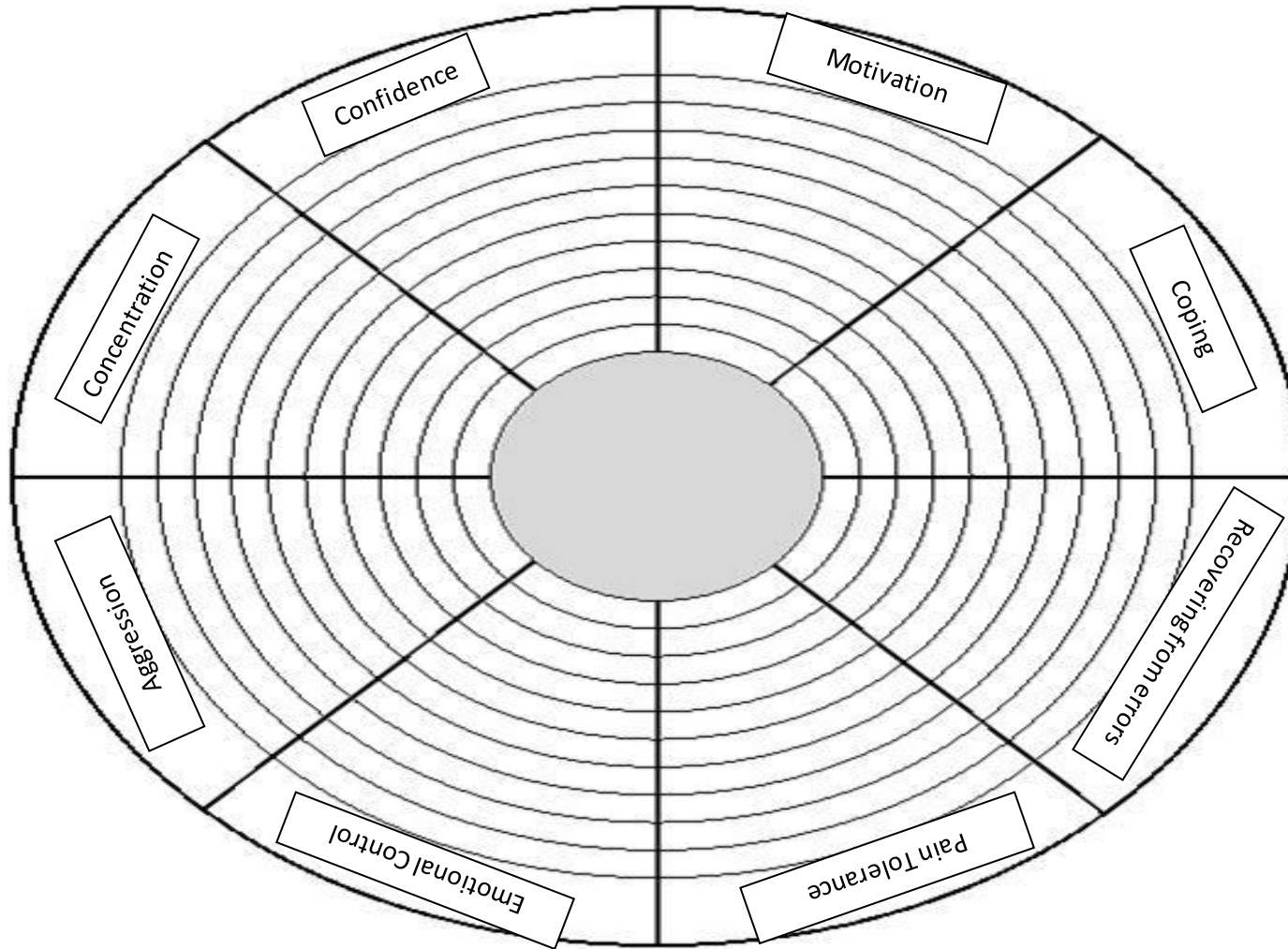


Figure 3: Performance Profile for a Centre Forward actual present level