

# SPORT

# STUDY PACK

**HCUC**

A merger between Uxbridge College and Harrow College

**H**arrow  
COLLEGE

**UC**  
UXBRIDGE  
COLLEGE

# ***A Very Warm Welcome***

***Dear Student***

***Thank you for expressing interest in the Sports Course at Uxbridge  
College and Harrow College (HCUC)***

***The following activities are designed to help develop and enhance  
your knowledge of sport prior to you joining our course.***

***We hope you find these activities useful and we look forward to  
welcoming you on our course.***

***The Sports Department***

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# TASKS TO COMPLETE

## Task 1

**Find a blank image of a skeleton, like this one**  
(scan the QR code on your phone)



**Can you identify the bones listed below and label them on your skeleton?**

Cranium	Clavicle	Ilium	Patella	Tibia	Radius	Ulna
Pubis	Carpals	Metacarpals	Humerus	Ribs	Tarsals	Metatarsals
Ischium	Sternum	Phalanges	Femur	Fibula	Vertebral Column	Scapula

## **Task 2**

- a. Identify the 6 physical components of fitness and the 5 skill-related components of fitness
  
- b. Select an athlete of your choice. Put the components of fitness in order of importance for your chosen athlete, e.g. Simone Biles (gymnast) 1. Flexibility, 2. Speed, 3. Power...
  
- c. One physical component of fitness is 'Body Composition'. What somatotype would suit your athlete best?

# FILMS & DOCUMENTARIES TO WATCH

## FILMS YOU COULD WATCH

- 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)

## DOCUMENTARIES YOU COULD WATCH

- 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)
- Barça Dreams on Netflix (Current Issues in Sport)
- Conor McGregor: Notorious on Netflix (Elite Sports Performance)

# PREPARATION RESEARCH

## INTERNET RESEARCH

Can your choice of running trainers, football boots or training attire really influence your performance? - Is Technology the New Performance Enhancing Drugs? (Huffington Post)

If you have a career path in mind, do some research into your next steps after College. Look on the National Careers Service government website to see requirements for different jobs in Sport. Alternatively, you could research what careers there are in the Sport sector, if you're a little unsure.

## 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
- Why We Sleep Matthew Walker

## RECOMMENDED WEBSITES

- BBC Sport [www.bbc.co.uk/sport](http://www.bbc.co.uk/sport)
  - Sky Sports [www.skysports.com](http://www.skysports.com)
  - Guardian Sport [www.theguardian.com/profile/guardian-sport](http://www.theguardian.com/profile/guardian-sport)
  - Bleacher Report [www.bleacherreport.com](http://www.bleacherreport.com)
  - TED Talks – Sports [www.ted.com](http://www.ted.com)
  - FourFourTwo [www.fourfourtwo.com](http://www.fourfourtwo.com)
  - Planet Rugby [www.planetrugby.com](http://www.planetrugby.com)
  - London 2012 Highlights [www.olympic.org/london-2012](http://www.olympic.org/london-2012)
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# CONTACT US:

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