Exemplar 1

I am excited to study Sport and Exercise Science because I enjoy both the physical and the theory aspect of sport and I feel that university will strengthen my knowledge in the theories behind sport as well as my athletic abilities. I have always imagined myself as being involved with sports, and hope that studying Sport and Exercise Science will help me to develop a purposeful career in sport. I have a wide range of sporting activities that I participate in including hockey, netball, swimming, tennis, athletics, rounders, sailing, windsurfing and skiing. I play some competitively and others recreationally but also enjoy supporting the school clubs, where I help coach the younger students.

Whilst participation in sport is my passion, I am also fascinated by learning the anatomy, such as the muscle types, the movement created at each synovial joint and which muscle will contracting during an exercise or movement. Furthermore, learning how to improve performance by types of training and nutrition helps link with my own development as a performer. A-level PE has developed my knowledge of sport psychology and history alongside the anatomy and I have enjoyed the increased focus on theory since GCSE. My analysis skills have developed by studying videos of my main sport at competition level to identify strengths and weaknesses in the performance, then suggesting how to improve in future. This has also improved my written communication skills, which will be useful at university.

In Geography, I have demonstrated my organisation skills from planning and preparing work to meet set deadlines. There is a lot of critical analysis in my essay writing and independent research, showing I will be able to cope with university style learning. Furthermore, in geography fieldwork, I have furthered my teamwork skills when helping others during investigations.

Art has helped me develop patience and allowed me to experiment with new styles and techniques. Like sport, my skills require practice and repetition to develop. I am able to work under time and pressure constraints, which is important to be able to complete assignments, as well as maintain discipline and adapt to changing situations in competition in sport.

Aside from my academic studies, I have gained skills from extra-curricular activities. As my tutor group school council representative, I developed my communication skills from the debates discussed to improve the environment around school. I also needed to remain impartial when seeking my tutor group’s views so that they were represented fairly in council meetings. At university, I would contribute to the groups and societies using my experience from having contributed to my school community.

Sport games and clubs in general have developed my athletic abilities. I started sport at a very young age and this has developed me personally. I am committed and dedicated to a range of sporting teams, best shown in my achievements and awards such as medals and shields for commitment; recently I achieved the trophy recognising my achievements AS Level in sport. Furthermore, I also played County Netball and have been offered other high-level sport performance academies throughout my life.

Overall, I am a hardworking student with determination and enthusiasm in my academic work and sporting interests. I am excited to be able to combine these studying Sport and Exercise Science at university. Throughout my life, I have been convinced my future lies in sport but I want to keep as many options open to me as possible, hence my choice of course at university. I will not just be turning up to lectures but will contribute widely to the whole community alongside my studies.

Exemplar 2

I found my passion for sport when I started netball 10 years ago, playing for my primary school and joining a local sports club, which advanced skills such as teamwork and leadership. I went on to trial for the elite team, Old Chelts, in 2014 and successfully achieved a place. I feel learning about sport is vital for young people as it gives them an insight into healthy lifestyles. Sport can help people of all ages develop practical skills such as teamwork and leadership, as well as other skills like confidence and time management. To be able to study sport to degree-level will enable me to have a career in teaching or coaching and this course is well suited to my aspirations.

Whilst studying PE, I have developed coaching plans using them successfully with Y7 pupils; they responded well to my style. The students’ attitudes showed they were willing to work and learn new skills. They fed back that they enjoyed the session and the plan and structure to their lesson needed very few changes. I also spent a term coaching rugby to a Y5 group at my local primary school. I enjoyed seeing both boys and girls getting actively involved and encouraging them to develop their skills. This was a new sport for me to teach and I gained confidence that I could develop new skills and motivate the pupils.

To help with my chosen career path, I undertook work experience at a primary school, which allowed me to gain more of an understanding into the day-to-day requirements when considering teaching as a potential future career. During my week of work experience, I had to plan a poetry-themed assembly where the students had to learn specific lines of poems as well as some background knowledge. By the end of the week, from working with pupils individually and helping them to prepare for their presentation, I was more confident putting my skills into practice such as, communicating effectively and taking leadership of the assigned task. Alongside completing work experience in a primary school, I have volunteered regularly since Y7 at The Milestone School to help with a learning and physical disabilities club for young adults. Volunteering has enabled me to develop communication skills with a wide range of people from a range of backgrounds; I gained great satisfaction from seeing them come out of their shells and enjoy having time where they were able to socialise with others.

In 2015, my resilience was tested when I had to take a break from sport after suffering two serious knee injuries needing surgery. The support from coaches and sport therapists were crucial in my recovery and their encouragement, combined with my determination, meant that in 2018 I was able to play again and for a Premier and Division 3 team, where I have since found a new love for the sport. Whether it be playing on court with my teammates or supporting from the side-line, having a break it made me widen my interests in sport and health and social care to not just playing, but to coaching as well.

During my sixth form studies, I have demonstrated my thinking skills when getting involved with class discussions. In Science I make sure I am putting my thoughts across in discussion taking place within practical work. My PE sessions are a mixture of practical and theory. In practical lessons I like to get involved and lead sessions as well as play a part in supporting a team, whereas I enjoy learning the theory and researching work for my assignments independently. In Health and Social Care, I have had to bring together assignments on a range of subjects that can be linked to topics close to sport. My coursework on physiological disorders caused me to consider ways I can adapt the sport to cater for meeting their needs and further developed my written communication skills.

I feel my passion, determination and resilience will be key skills needed when at university and am looking forward to contributing to both academic and the wider community whilst studying this course.

Exemplar 3

For over a decade of my life, I have been playing a vast array of sports; ranging from gymnastics to kung fu and archery. All of which have led me to my passion of football. Transferring this interest into my studies, I have chosen related qualifications which are intrinsically linked to the three key aspects of a sports science degree; biomechanics, physiology and psychology. With these subjects, I wish to attain a greater understanding of the human body and how it can be utilised to push its’ perceived limitations.

My interest lies in physiology and how different mechanisms within the body function together to keep us alive. As a student prefect at school, I have mentored younger students in all three sciences and have found that I am most enthusiastic when teaching them about the structure and functions of specific organs, like the circulatory system in the heart or neural pathways within the brain. A lot of this information can be transferred into my studies of psychology and physical education; providing me with a more in-depth understanding of these subjects.

Longstanding volunteer work with Age UK has allowed me to integrate within a multigenerational dynamic and promote the general participation of different sports within my community.Ensuing a recent walking football competition, my father unfortunately had a heart attack. This struck me, as we have a history in our family of heart conditions; I began to research and read more around the subject. My wider reading lead me to the conclusion that more needs to be done in society to combat issues concerning heart health, such as, preventing sedentary lifestyles and combating obesity. For my research project at University, I would like to find ways to provide assistance to patients with heart problems; whether that be through diet, drugs or exercise. My outcome goal would be to help them return to, or start leading a more healthy and positive lifestyle.

Online, I have immersed myself in the fitness culture, subscribing to newsletters, YouTube channels and podcasts. These platforms have allowed me access to information from qualified health professionals and doctors. Watching the documentary ‘Forks over Knives’ and following content creators like Dr. Leo Venaas on YouTube, has changed my perspective of how a plant-based diet can be used as a leading preventative healthcare strategy and how athletes can use plant-protein to fuel their performances and aid recovery. Other content creators, such as Dr. Stefanie Cohen, DPT have taught me about the more physiological aspect of training and recovery. I have applied this knowledge into my own strength and conditioning training in the gym, seeing an increase in my performance and an improved recovery rate. Additionally, I have completed online courses such as the FA Level 1 Psychology Award to learn more about the overall well-being of the human body.

Recently, I went on a residential trip to Bath University and gained invaluable knowledge about how undergraduates research and execute a dissertation. Throughout the week, I learned how to use references and citations to back up my research evidence. Going into University with this prior knowledge will help me to excel and attain my goals.

With this degree, I would want to help as many people as possible, not just cardiac patients. Therefore, as I am interested in sports injury rehabilitation, I have booked future work experience placements at Gloucester Rugby for wheelchair rugby physiotherapy and at Cheltenham General Hospital for NHS-delivered physiotherapy. This will provide me with the clinical experience required to provide rehabilitation to injured sports people and will allow me to kinesthetically develop my knowledge of physiology and anatomy.

I believe that this course will facilitate my journey in achieving my goals; therefore, I will bring hard work and perseverance to my time spent at University.

Exemplar 4

Since the age of 7, sport has been an integral aspect of my life. Whether it be watching or playing, I’m constantly consumed with the world of football; I played at county level at primary school, followed by some years with Cheltenham Town, and whilst injury has prevented me from pursuing a professional career, it didn’t stop me becoming captain of the Sixth Form football team. Playing football and sport in general has taught me skills useful in terms of education and work. For example, being captain brought out leadership qualities in me such as driving a group or team forward; this skill is useful for group work in a class or leading a training session. Playing football has taught me how to function in a group, which both helps those around me and improves my ability or knowledge personally.

Since beginning Sixth Form, I have found a love for physical strength and conditioning alongside an interest in nutrition. I used Lockdown as an opportunity to do further research in this field. My main interest was muscle growth, the function of each muscle group and how to work every individual muscle to achieve strength and growth. My passion for sport prompted my interest in pursuing a career in the field, specifically teaching Sport, Coaching and Psychology. At school, I maintained a balance of school, gym and work with a part-time job working weekends. A clear example of time management and adaptability in terms of working in different scenarios, this enabled me to flourish in my education, physical and mental health and financial stability. I was appointed Vice House Captain, giving me leadership roles in an array of events, including House Music, Sports Day and House Bake Off.

Coaching was my preferred unit in sport and it allowed me to learn the basics of teaching individuals and teams, whereas IT taught me software skills that I can use to develop training plans and the administrative side of physical education. It also helped me understand and put into practice the ability to meet deadlines for coursework; and learn independently. Economics allowed me to learn about finances and marketing, key to sport and physical education in terms of ownership and advertising events and teams. The exam consisted of an array of essay-based questions which taught me how to effectively structure answers and strengthened my exam skills.

During my gap year, I am pursuing online courses in Football Coaching, PE Teaching and First Aid, enabling me to go into a course with a quality background knowledge. I have continued to play 6-a-side football to maintain my involvement in the sport. Prior to the matches, I will lead a warm up for the players, consisting of stretches and shooting drills to meet the demand of the sport and to prevent muscular injuries. The COVID pandemic has restricted my access to the gym, forcing me to use and research home workouts in order to maintain my fitness and physique. My plan also was to volunteer with grassroots football, helping coaches and leading training sessions, while also potentially helping after school clubs at primary school, however this has been restricted by the pandemic; but hopefully I will still get the opportunity to do this in the near future.

Achieving this degree will be key in reaching my aspiration of teaching Sport and Physical Education. The degree would also give me relevant knowledge to coach football whether it be voluntarily or professionally. I will be fully committed to the course; my long-term passion for physical education will drive and motivate me to earn this degree. I see maximum effort as a minimum requirement in life and in education. I will transfer this mindset into teaching and coaching during my career.