

Getting Ready to Study Sport at College

The 'Getting Ready' list below gives you resources and activities you can use to get ready for when your course starts at Colchester Institute in September. We have picked mostly resources and activities you can access on-line and we have some suggestions too of other resources in the 'Going Further' section.

Getting Ready to study Sport at Colchester Institute

1. Research the recommended activity levels for Under 5s, 5-18, 19-64 and 65+ year olds. Take notes of your findings ready for September.
2. Produce an instruction video to share with friends and family for how to stay physically fit during the lockdown. Keep your recording safe.
3. Design a set of 'Fit in 5' activities that can be done in small spaces. For example, a dynamic 5-minute workout video. Keep your recordings safe.

Going Further to study Sport at Colchester Institute

1. Watch a clip from the Crossfit games <https://www.youtube.com/watch?v=PMSiZWB5p7M>. Identify what components of fitness are being used and give examples. Design and produce a written copy of your own Crossfit games that uses each component of fitness and can be done at home in limited space. This needs to be no more than 400 words.
2. Identify and list what you think you might struggle with whilst studying a sports course at CI and what actions/strategies you could do to overcome these struggles.

You can find information for new students at:

<https://www.colchester.ac.uk/further-education/applying-full-time-courses/>