

GCE Physical Education – Exemplar Materials

Unit 4: The developing Sports Performer (6PE04)

Task 4.4 – Life Plan (Golf)

Commentary

This is a satisfactory life plan written by a golfer who had detailed his progressive participation and provided some factual support to the information on his proposed pathways. The tasks contain an appropriate time line detailing the various stages he will progress through from his current participation profile to that through University and onto adult sport.

The initial life plan stage 16-18 sets the scene of a golfer who has made significant progress in his sport and one who plays regularly in a competitive environment and even at this early stage is able to make reference to the importance of a healthy lifestyle. The level of factual supporting data is very good.

Progression onto his post school plan the candidate has offered alternatives through University, Employment and Gap year options. Once again there is reference to health issues and to the facilities at Leeds University. One observation is that there is no clarity on the course to be studied at University or what the candidate's proposed career will be. This is an important omission as is the level of golf played at University and the competitive options open to him.

The Next time line stage is the age group 24-35 which is by tradition the most competitive age band for adults in traditional games. At this point there is reference to undertaking a sports management degree at university and a potential career in golf events. This of course would involve a more transitory life style but given this would be in the candidates sports arena would perhaps not be a hindrance to participation. This time line phase would have benefited from a more detailed account of participation.

The wider time line band of 35-55 is a realistic division as golf participation does not suffer the same age and injury factors associated with main stream competitive sports. However, there is an interesting factual reference to the falling participation rates. Mention is made of involvement in cricket but this is for the first time and no reference is made to participation in this sport earlier in his life. Reference is made to family life but is not supported by sociologically based factual data.

The final time band 55+ highlights a continued participation in golf with some factual data to support his involvement. Reference is made to potential injury and to the financial implications of playing.

The task overall lacked the depth of factual detail on participation rates, sports and sports role alternatives, health issues and family circumstances that will inevitably affect sporting participation. The task should have included logical alternatives to playing golf and while some comment has been made to golf tuition there is no actual information on how this could be achieved. The task has been completed to a word count under 1000 and the additional information missing from this task could have been included, as there is no word count limitation. However we would normally recommend the task is no longer than 1500 words, given tasks worth more marks are limited to 1000 words.

16 - 18

I play for Buckingham Golf Club in the Junior and Scratch team competing in the Vale league. The league consists of all Golf Clubs in the local county. I have played for 3 years. I have improved from a handicap of 13 to 5. I also played football for Brackley and cricket for Brackley midweek/men's and Culworth



u17's. Playing team sports like cricket helps me to keep a healthy body and get regular exercise; socially golf is a good aspect as I play with different people. Motivation in the future is to keep healthy which will encourage me to participate in sport. BBC health states "healthy lifestyle now, you'll continue to reap the rewards in the future" showing that exercising at a young age benefits you in the future (1). In 2008 24% men and 25% women aged 16+ are obese (6. This data is shown via the information below). (Word count 140).

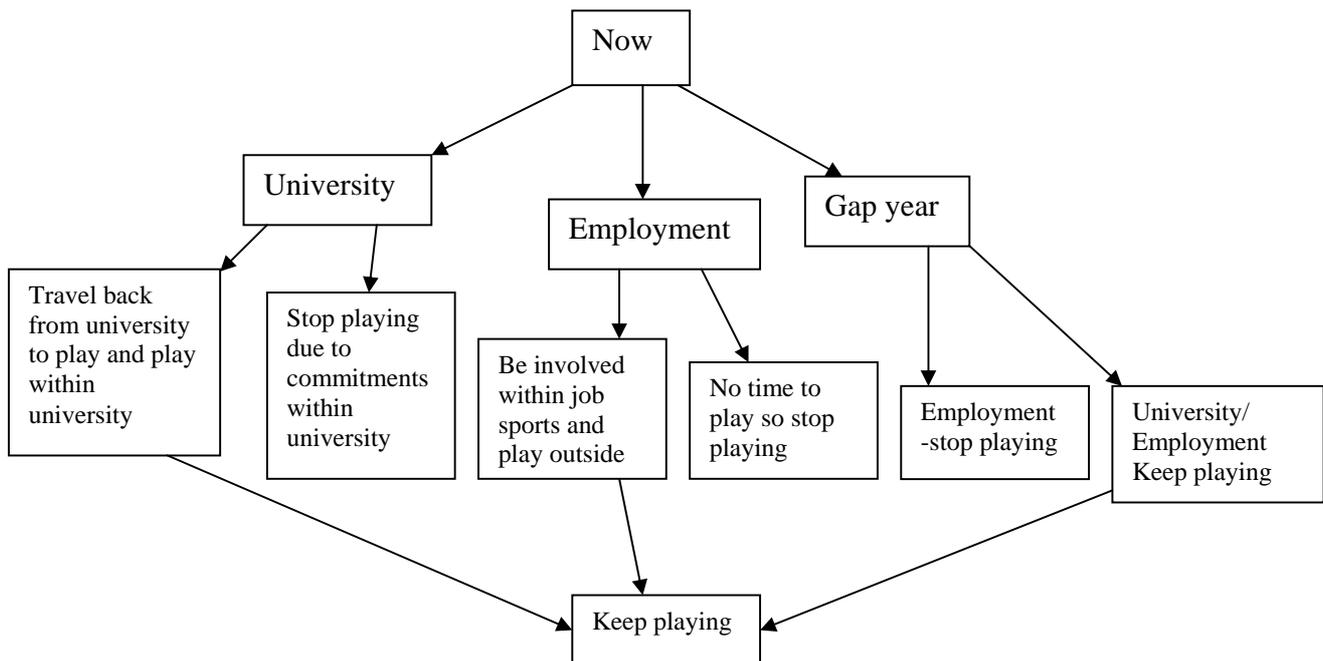
In October 2005/2006 there was 1.24% 16-19 year olds participating in golf. A survey in January 2008/2009 1.12% 16-19 year olds were participating and the figure decreased again in October 2008/2009 were 1.04% are participating (2. Please refer to the pdf file for this data). Reason for the decrease of participation is to do with education as it's the time for people to be taking GCSE's and A levels. Not engaging in a healthy lifestyle at this age may lead to living a sedentary lifestyle whereby they never exercise. 'Club Coaching Grant' with the EGU are giving 519 golf clubs grants to improve there players, last year this helped 41,000 golfers improve (3). This will help get more people participating. Young generations are the future, the EGU want to support them well. A membership at my local club is £126 (10).

'Whether you're an experienced junior golfer who wants to be the best or a youngster who is thinking about starting the game' (11) this program tries to get young people involved.

Injury does not limit playing sport as you are able to recover quickly. (Word count 172).

18-24

There are 1.32% people participating in golf (2. Please refer to the pdf file for this data). This means that there is not a great view on golf for English players. With so little participating and of those so little with potential it creates a bad future for the game. (Word count 39).



World health organisation says ‘Physical inactivity is an independent risk factor for chronic diseases, and overall is estimated to cause 1.9 million deaths globally’ which shows that it is important for a greater majority of people to participate in sport (12). I’m going into university and planning on playing golf. Improving will get me into the University team and qualify for a county team or play on tours.

When at university I will also expect to join the cricket team, I am looking at attending Leeds University which has “largest sports facilities of any university in the UK, including The Edge, the new £12.5m fitness, sport and wellbeing centre” (4. This data is shown in the text box below) this shows I have a place to exercise. There’s a Golf club near the university which I can join. These facilities will allow me to participate in golf at a high level. There are positives to playing for the University teams as it provides a social life. I might not be good enough to play so un-motivation to participate occurs. Training and matches interrupt learning. Sport outside University maybe a problem to attend due to education.

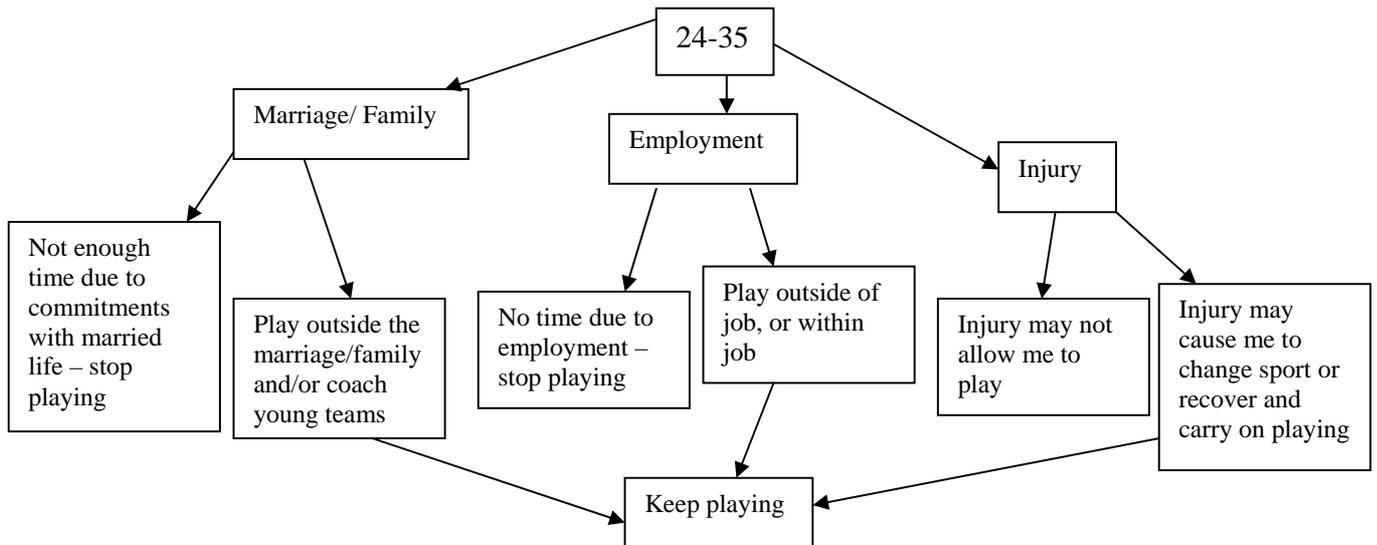
The feel good factor will help me live a healthy life. I will take this route as education and sport are important. Progressing more I can use Whittlebury Park when I return home which has some of the finest teaching and practice facilities in the country (8). **(Word count 230)**



24-35

October 2008/2009 participation rates for 25-29 year olds 0.97% and the participation rates for 30-34 year olds 1.18% (2. Please refer to the pdf file for this data). Drop in participation is social and psychological reasons or employment and not having time to participate.

Brian mac states 'Increased stress of competitions can cause athletes to react both physically and mentally in a manner that negatively affects their performance' (13). (Word count 58).



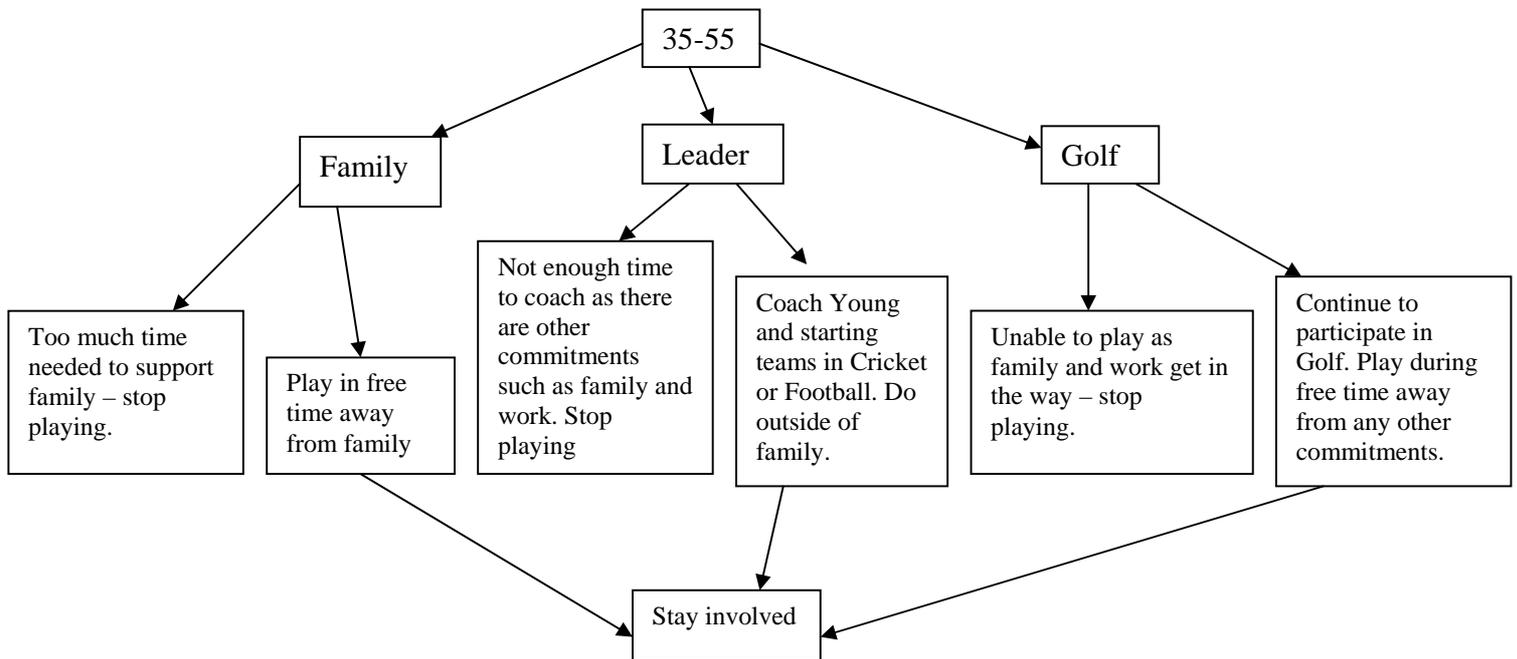
I am drawn towards marriage route. This will take up time and money paying for a house or having children. You can be flexible with golf and a personal life. Golf isn't physically demanding so age wouldn't be a limiting factor.

I am taking a degree in Sports Events Management. I want a job involving sport so would like to manage Golf events. I want to run the sports events at JLP events as they "strive to be the most reliable and creative events company in the UK" (5) which is the motivation I want. (Word count 94).



35-55

Golf isn't physically demanding so I am able to participate however if I wanted to remain part of cricket I would need to become a leader. Leading in Golf would consist of teaching the basics to young golfers. Participation rates for 35-54 year olds October 2005/2006 2.06% and October 2008/2009 1.95% (2. Please refer to the pdf file for this data) Participation is still falling as families are being formed and work pressure building. Spare time will be devoted to the partner. (Word count 72).



Route I'm taking is golf were I continue to participate but save time for family. I find playing golf once a week can keep me healthy and not playing the sport too much won't un motivate me. Playing golf will allow me to socialize and also be competitive. To play with a member it is £20 and £40 without at my local club. There are discounts at winter such as a junior it will be half price (9. This data is shown below in the table). (Word count 76).

	18 Holes		Day Ticket	
	Summer	Winter	Summer	Winter
Visitor	£40.00	See special rates	£45.00	£30.00
Member's Guest	£20.00	£12.50	£22.50	£17.50
Junior Visitor	£20.00	£12.50	£22.50	£17.50
Junior Guest	£10.00	£6.25	£11.25	£8.75

55+

Participation rates in Golf are 3.35% (2. Please refer to the pdf file for this data), an increase as golf isn't physically demanding so Golf seems fairly relaxing. I will play at this age as I also find it leisurely. Easy to keep in touch with friends. Negatives for ageing bodies are being prone to injury. Bones lose their ability to resist the formation and growth of cracks that lead to breaks (7. Refer to the text box below for this information). Positives are gain in experience. Discounted green fee's to have a membership at any club. This generation can use the programs available to proceed in participation such as the GFG (Grandfathers for Golf), 'GFG School is for beginners and Youth on Course for players having completed GFG School and can demonstrate a skill level to play on course independently' (14). (Word count 118).



Main findings:

Obesity

In 2008, almost a quarter of adults (24% of men and 25% of women aged 16 or over) in England were classified as obese (BMI 30kg/m² or over).

A greater proportion of men than women (42% compared with 32%) in England were classified as overweight in 2008 (BMI 25 to less than 30kg/m²). (6)

Sports Facilities

We are able to offer some of the largest sports facilities of any university in the UK, including The Edge, the new £12.5m fitness, sport and wellbeing centre.

For advice on holding a **large sporting event** please call our Conference Sales Team on **0113 343 6100**. (8)

It's no mystery that elderly people are more prone to bone fractures than younger people. What is a mystery is precisely why. Now, Berkeley Lab scientists have gained a better understanding of this problem using state-of-the-art imaging, testing techniques and detailed mechanical analysis. They found that as people grow older; their bones lose their ability to resist the formation and growth of cracks that lead to breaks. This insight into the mechanics of bone fractures could help scientists develop new ways to fight the effects of aging, injury and disease. (14)

Webliography

- 1 http://www.bbc.co.uk/health/treatments/healthy_living/
- 2 <http://www.sportengland.org/search.aspx?query=golf+participation+rates>
- 3 <http://www.englishgolfunion.org/news.asp?id=4064&code=000100030002>
- 4 http://www.meetinleeds.co.uk/sports_facilities.php
- 5 <http://www.jlpevents.co.uk/flash.html>
- 6 http://www.ic.nhs.uk/webfiles/publications/opad10/Statistics_on_Obesity_Physical_Activity_and_Diet_England_2010.pdf
- 7 <http://www.lbl.gov/Science-Articles/Archive/sabl/2005/September/01-old-bones.html>
- 8 <http://www.whittlebury.com/index.php?pag=cms&id=282&p=two-tier-driving-range.html>
- 9 <http://www.buckinghamgolfclub.co.uk/index.lasso?pg=6c7ce232265ed830&cl=1&catid=4b6da0501a7cf8a3&mp=cd0992ca4ad450a8>
- 10 <http://www.buckinghamgolfclub.co.uk/index.lasso?pg=489787357fd96008&v=1&mp=ae6da3eaa2e9e92a&catid=da089e2dbe4ea5f3&mp=b1b0fba1c88bf68a>
- 11 <http://www.dwg-juniorgolf.com/>
- 12 http://www.who.int/topics/physical_activity/en/
- 13 <http://www.brianmac.co.uk/psych.htm>
- 14 <http://www.programsforelderly.com/contributing-grandfathers-for-golf.php>

Word count = 999

The webliography and any writing in bold is not included in my word count.