

E- Portfolio

Molly Hinsley



Introduction



I'd like to start this presentation by introducing myself and my role in University. I'm Molly Hinsley, a 19-year-old student at the University of Wales Trinity Saint David (UWTSD) pursuing a level 4 diploma in Sport Science. My student number is 2502508. In addition to my academic studies, I am fortunate enough to improve my performance, teamwork and practical skills playing for and representing the University in the netball team. I have previously studied sport science in my old college and earned my level 3 certification, and from this I've developed a strong interest in the subject. I genuinely enjoy my course because it supports my professional development in the sport and fitness industry by combining theory with practical applications.

Word count -

Ai acknowledgment

I confirm that I have used AI tools selectively in my assessments, mainly to help with particular areas including; brainstorming my initial mind maps, concept explanations and work structure on my first draft. I have not depended on AI throughout the assessment, and the vast majority of content reflects my own understanding, analysis and effort. Where AI or other outside sources have been used, I have made sure they are properly cited in line with academic guidelines. I thoroughly analysed and updated any assisted information to make sure it matched my own knowledge, maintaining academic standards of honesty and integrity at all times.

Throughout the entire assessment, I have not relied on AI, and a lot of the content is the result of my own understanding with a few references from different sources to back up my opinions and research I had done. For the purpose to guarantee academic ethics and integrity at all times, I carefully analysed and modified any supported content in order to make sure it matched up with my personal knowledge throughout.

Describe how resistance training contributes to healthy aging.

Introduction-

The importance of maintaining training as people age becomes more widely acknowledged. Promoting healthy aging through physical activity has become crucial for improving quality of life, lowering the risks of age related conditions and mental wellbeing. Adults have shown significant advantages from resistance training which typically consists of workouts that increase endurance and muscle strength using; weights, resistance bands and/or bodyweight exercises. Studies by (Hunter *et al.*, 2004; Liu & Latham, 2009) have shown that training improves bone density, natural loss of muscle mass and helps improve metabolic and cardiovascular. By doing an in-depth analysis of the benefits and negatives of resistance training, inputting some suggestions and adding a conclusion on this topic's general importance, this evaluation explores how it promotes healthy aging.

Pros & cons of resistance training/recommendations for it -

Resistance training promotes healthy aging and has multiple benefits. One of the biggest benefits is its potential for preventing sarcopenia, a progressive loss of muscle and strength. Regular strength training has been proven to drastically increase muscle mass, decrease weakness, and boost mobility in elderly people (Fiatarone *et al.*, 1994). Resistance training is also important in increasing bone mineral density, which is needed in order to avoid osteoporosis as well as decrease the risk of fractures in the elderly, as stated by Vigo (2012). Additionally, resistance training promotes metabolic health and assists in avoiding or preventing the treatment of type 2 diabetes, which is becoming more common in the elderly, by improving insulin sensitivity and controlling blood glucose levels (Foley *et al.*, 2012). As resistance training produces endorphins and other neurochemicals, there is also strong proof that it improves mental health by decreasing feelings of depression and anxiety (Blake, 2009).

Part 1 - written



Resistance training offers many advantages, but there are also certain risk factors and some disadvantages to take into consideration. The risk of damage is the most obvious concern, especially when it comes to if their activities are being done correctly or with minimal intensity. According to (Bemben, 2004), elderly people do not gradually adjust to resistance training or follow a planned schedule that incorporates their level of fitness, they may have pain in their joints, feel fatigued or have muscle discomfort. Professionally monitored resistance training programs are crucial for elderly people to decrease these risks and improve the benefits. Proper technique, steady improvement

and tailored exercises based on each person's athletic and health abilities should be the main priorities of these programs (Westcott, 2012). For improving general mobility, cardiovascular health and physical performance, resistance training is also beneficial when combined with aerobic workouts and flexibility training (Chodzko-Zajko, 2009). As people age, regular meetings with healthcare professionals can help guarantee that the training program stays safe and practical.

Conclusion -

In conclusion, resistance training has numerous benefits for both physical and mental health, making it an essential part in healthy aging. With the proper guidance and personalised training programmes, the risk related to poor techniques or overload can be avoided. Resistance training should definitely be more commonly advised and offered as a part of public health initiatives for the older generation due to its positive impacts on bone density, muscle mass and general physical functions. From a source I found through research Rossi, (2020), states that we are capable of helping elderly individuals maintain their independence by improving their quality of life and lowering the risk of experiencing age related health issues by recommending resistance exercises.

I found how to select relevant research articles and use them in order to support key points about advantages like improved muscle strength, bone density and mental wellbeing. I also developed my ability to put together my work clearly, linking each section back to the main topic of healthy aging. In my reflection to referencing, I developed stronger when using citations within the text and setting up an organised reference list, even though I first found it difficult to quote sources effectively. Writing the assignment on how resistance training contributes to healthy aging allowed me to develop a better understanding of the topic and the academic writing process.

Part 2 – Recording

After doing this task I can see I improved how I used academic materials throughout my work. At first, I included relevant ideas, but I did not often reference them or properly link each point to evidence supporting it. After getting feedback, I added more specialised UK-based sources, like Public Health England and NHS England, and then made sure that all significant statements were properly backed up with references throughout the text. I also improved my style of referencing by using full author names rather than unclear or missing references, which enhanced the general reliability and academic standard of my work moving forward.



Here is my Part 2 recording after my feedback ->



Overall reflection

An essential point that stood out was how important it is to always make sure that any questions of ethics should be taken into consideration early on in the research process instead of waiting until later. This helps avoid delays and ensures that the job is done correctly. Additionally, it pointed out that in order to stay organised and create better work by the time of the last submission, choosing a topic and starting the research as early as possible in the academic year is key.

Throughout this module, I improved my academic skills and understanding of research and writing. I sometimes experienced difficulties finding reliable sources and analysing the accuracy of them, which required patience and critical thinking. In Part 2, I had difficulty with some of the reasoning, but by going over the guidance and polishing my work, I was able to make improvements and finish it properly. I met the learning objectives by fully completing both sections of the assignment and using the comments to improve the standard of my work. All in all, this assignment boosted confidence as well as my capacity to write quality coursework.



Next steps



My next steps will be to begin looking into and cutting down possible topics for my dissertation early in year 2, make sure I fully take into account the ethical approval process from the start, and put together a planned strategy to manage my time successfully over both years. I also want to make more effective use of academic support, such as feedback from my lecturers and university resources, in order to strengthen my research skills and guarantee continuous progress towards finishing my dissertation and presentations in year 2 successfully. Furthermore, the students presenting highlighted the importance of making constant progress all year long rather than putting off the work until the end of the year.

Finally, in order to boost my research skills and guarantee steady progress toward finishing my dissertation and presentations for year 2, I believe it is crucial for me to be consistent with my work all year long and also choose a topic I am fully interested in and that I can find a lot of in depth research for.

Reference list Pt1

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