

LEVEL 4

SEMESTER 1 & 2

MODULE CODE: SHSS4062
PROFESSIONAL DEVELOPMENT AND PRACTICE

ASSESSMENT TYPE: ASSIGNMENT

ASSESSMENT/COMPONENT: 1

COMPONENT WEIGHTING: 50 %

WORD COUNT: 1500 WORDS

MODULE TUTOR: GERAINT FORSTER

Task

Choose **ONE** of the essay titles allocated to your degree group below, and using **relevant and reliable research** to support your points, write a 1500-word essay on that topic. Pay particular attention to the **structure and referencing** of the essay, as these correspond to a large proportion of the available marks. Please refer to your lecture notes on referencing and essay writing in order to ensure you are following the correct format – you must reference as described in the UWTSD Harvard Referencing Handbook.

SUBMISSION DETAILS: Submit via turnitin by 3:00pm on 1st November 2019

Essay titles (please choose only ONE of these, from the relevant options for your degree):

BA Physical Education:

1. Discuss the advantages of children learning outdoors.
2. Discuss whether Physical Education should be a compulsory part of the school curriculum.
3. Discuss the health promotion role of Physical Education.

BA Outdoor Adventure Education:

1. Discuss the components of a good essay, and identify common mistakes to avoid.
2. Discuss the key features of an "adventurous" activity.
3. Discuss whether there really is a need for children to play freely outdoors.

BSc Health, Nutrition and Lifestyle:

1. Discuss the components of a good essay, and identify common mistakes to avoid.
2. Discuss the role of Registered Nutritionists, Registered Dieticians, Nutritional Therapists and other professions who offer dietary advice in the United Kingdom. Consider the inequality in qualifications and codes of conduct in relation to the above.
3. Discuss the causes of the so called 'obesity crisis' facing the UK.

BSc Sport Therapy:

1. Discuss the components of a good essay, and identify common mistakes to avoid.
2. Discuss why the Society of Sports Therapists should be statutory regulated by the Health Care and Professions Council.
3. Discuss the role of a pitchside first aider in managing complex sports trauma.

Assessment Feedback Sheet

Student No./Name: Cameron Grant

Module: Professional Development and Practice

Module Code: SHSS4062

Personal Evaluation – to support your academic progress please complete the section below BEFORE submitting your work.									
What do you consider to be the best aspects of this work?	I personally thought the conclusion was the best aspect of my work because I found it the easiest section of the work as I had to draw to my own opinion based on the research I found.								
Which aspects do you consider could have been improved in this piece of work?	I think I could have improved the first paragraph I discussed the needs for children to play outside as I struggled to find information relevant to the topic. I also think I could have improved the reference list as there was a reference for a newspaper that I had that didn't have an author so I was confused on how I should reference it,								
What have you found most satisfying whilst undertaking this submission?	I thought writing the conclusion was satisfying as I could write about my own thoughts about the topic and give my personal point of view.								
ASSESSMENT CRITERIA	Learning	GRADE							
		Poor 0-25%	Unsatisfactory 26-39%	Satisfactory 40 – 49%	Good 50 – 59%	Very Good 60 – 69%	Excellent 70 – 85%	Exceptional 86– 100%	%
Essay content and quality of resources used	1								30%
Referencing within the essay	1								20%
Correctly constructed reference list	1								20%
Structure of essay and clarity of writing	1								30%
It is expected that students will present work that is proof read, correctly referenced and adheres to the Assessment Checklist . Therefore a range of 0 – 10 marks will be deducted for non-completion of any of the points on the checklist below .									
TUTOR COMMENTS:									
Submission date: 1/11/19 via Turnitin	Return date: 8/11/19 (at least within 4 weeks)	Tutor:						Mark:	

Assignment Checklist

- ☐ Please complete the **Personal Evaluation** section of the Assessment Feedback sheet, add your name and details, and paste the whole of this assignment document into the front of your assignment
- ☐ Submission is a **single .pdf file, clearly labelled** with your name and module code
- ☐ Font style - Times New Roman, size -12 for text and 14 for headings
- ☐ Ink colour – black only
- ☐ Line spacing – 1.5 line spacing and 2cm- 2.5cm page margins
- ☐ Quotations more than three lines to be indented 1 line spacing
- ☐ One line space between paragraphs, paragraphs must be left aligned
- ☐ Pagination (your assignment should have **page numbers**)
- ☐ All tables and figures are internally referenced and have a title
- ☐ **Word count** checked and written at end of text (before references and any appendix)
- ☐ Assignment is within 10% of the word limit (excluding references and any appendices)
- ☐ **All** references in the text are included in the reference list
- ☐ **Correct referencing as described in UWTSD Harvard Referencing Handbook on the Library website** <https://www.uwtsd.ac.uk/media/uwtsd-website/content-assets/documents/library-and-learning-resources/infoskills/harvard-eng.PDF>
- ☐ Correct spelling and punctuation, using **UK English**
- ☐ Grammar and syntax correct- double check anything that has a green line under it
- ☐ I have read my assignment out loud to myself and it makes sense and is easy to read
- ☐ Somebody else has read my work and it makes sense to him or her!
- ☐ **I have checked and I have not plagiarised**

**Failure to follow these guidelines will
cost you marks!**

Discuss whether there really is a need for children to play freely outdoors?

In this assignment I will be discussing whether there is a need for children to play freely outdoors and how there could be benefits to this. The definition of play is, rather than playing for a serious or practical purpose; play is engaging in activity purely for enjoyment. There are many different styles of play, these are; Symbolic play, Rough and Tumble play, Socio-dramatic play, Social play, Creative play, Communication play, Dramatic play, Locomotor play, Deep play, Exploratory play, Fantasy play, Imaginative play, Mastery play, Object play, Role play, Recapitulative play. The definition of Outdoors is a place that is simply not indoors, this could also mean non-residential areas such as woodlands.

Firstly, children who interact with nature and the natural environment, benefit physically especially with the development of their motor skills (Fjørtoft, 2001, p. 254). Following this, playing outdoors may lead to better physiological health such as; problem-solving skills, social relationships and emotional well-being (Burdette and Whitaker, 2005, p.46). In the recent years there has been an increase in the number of children who have Attention Deficit Hyperactivity Disorder this is commonly known as ADHD. Richard Louv (2008, p.3) suggests that 'exposing youngsters to nature can be a powerful form of therapy for ADHD and other maladies'. This means children who interact with nature may find it therapeutic which this could then lead to treatment for their ADHD. Following this, Richard Loves goes on to explain how being in nature does not waste time unlike watching television, however it can create an escape for children who may have a damaging families or neighbourhoods that could be detrimental to their physical or psychological health. This could encourage children to explore and play using their imagination and coming up with different ideas and scenarios because they will be looking forward to some privacy from their parents or space from the neighbourhoods. Furthermore, the more time children spend doing physical activities, this includes playing freely, will cause decline in the following; obesity, stress and moral fatigue Beyer. K et al. (2015). Ginsburg K. (2007) explains how vital it is for children to play as it helps to develop the child's cognitive, physical, social, emotional wellbeing and healthy brain development. Following this Ginsburg (2007, p.183) says 'very early age children engage and interact with the world around them. Play allows children to explore a world they can master'. likewise, Ginsburg K. (2007) goes on to say that if young children become more engaged with playing, this could develop into a passion and from this passion, a child could eventually pursue a career in the future. For example, if a child enjoys climbing trees, they

could then go on and explore different ways to climb and then they could visit a climbing centre and later become a climbing instructor. This could all happen by exposing a child into climbing and then a career extending further, all because they discovered they had a passion.

However, these days, children are spending more time in their houses rather than going out and playing. This could be down to numerous factors; the biggest factor is the rise in technology and computer games. Saqib (2018) informs that you can now get treated for the 'video game disorder'. Video game disorder is when you increasingly give more of your time to gaming to the extent that it takes over your interests or daily routine. Following this 'three-quarters of the UK children spend less time outdoors than prison inmates' (Carrington, 2016). He goes on to suggest that 'time spent playing in parks, woods and fields has shrunk dramatically due to the lack of green space, digital technology and parents' fear' (Carrington, 2016). Similarly research by the national children's bureau explains how under 15's may not enjoy playing outdoors unlike the previous generations Paton (2012). Furthermore, Paton (2012) suggests how almost half of parent have admitted that the fear of stranger danger has prevented them from allowing their children to play outdoors. Likewise, a third of these parents were afraid that their children will trip or get hurt whilst playing at parks Paton (2012). Children can experience the outside with the use of Virtual Reality (VR). With the use of VR children can explore real life events. In a report by the National Wildlife Federation they suggest how kids are growing up in a digital reality where they can spend more than 5 hours a sat in front of screens. They believe that technology can help introduce a deep lasting connection to nature. For example, Pokémon GO is a mobile game that does use VR however, it encourages you to go outdoors by requiring you to hatch eggs, in order to hatch these eggs you have to walk. According to the report '81 percent of families use the TV to distract their children if they need to do housework and 44 percent say they have TV in their child's room' (sighted in a report by the NWF). By having a TV in the child's room this would encourage the child to stay in rather than going outdoors and exploring. Children may be led away from the outdoors because technology is embedded within everything, that even schools have started using Ipad's and Games like Kahoot and Minecraft to teach children certain subjects. Marsh (2013) explains how there is an education version of Minecraft called Minecraft Edu and this was introduced into schools in 2013. In Sweden one school has made the game part of its compulsory curriculum. Another reason why children may not be going out is because of the increase in cyberbullying. Before phone,s children may get bullied at school and when they go home they are away from the bully's and situations. Whereas now

because of the increase in technology the children can be sent messages on the many social media platforms. They could also be tagged in posts which could cause them to be upset. (Patching, 2019) states how '17.4% of students said they were a target of cyber bullying in 2019, compared to 16.5% in 2016'. Within 3 years cyber bullying has nearly increased by 1%. Bullying would make the kids feel unsafe and they could even be discouraged from going outdoors. Likewise, children can be targeted by gangs. Hymas (2019) informs that children aged nine are being recruited in to gangs, as the gangs are increasing the number of middle class children to run drugs. Not only will this make the children anxious and worried but this may cause some parents to not allow their children to play free outdoors due to the gangs.

After researching the topic, I have come to the conclusion that there is a need for children to play freely outdoors. I came to this conclusion because there are so many health benefits to playing outdoors, from developing the child's motor skills to mental health such as; problem-solving skills, social relationships and emotional well-being. Likewise, playing outdoors has the potential to lower the chances of children developing ADHD. Furthermore, playing requires the child to be active it will also reduce the chances of the child developing diabetes, whilst being active it will also help the children become less stressed due to the hormones in their bodies. Although some would say there isn't a need for children to play outdoors as we are becoming a more digital focused population and that there are lots of dangers to children playing freely outdoors. For example; Bullies and Gangs. Some parents could argue that it's too dangerous, however I personally think if the parents implemented rules like 'be back before dark', 'don't talk to strangers'. This would then allow children to play freely outdoors and possibly develop their time management skills because they may have to travel home from a distance. Another option is that parents could supervise their kids if they were worried, this way the child would have the options to play freely whilst their parent is around. This could mean that the child may not have to worry about the external pressure. Similarly, this could also help their parents as they would then know it is safe for their child to play as they are always in the eye sight of one another and that would mean help would be there if there was an accident. I personally disagree with parents who want to protect their child from getting hurt from falling over. I personally believe that it could teach a child a lesson or it has the potential for that child to explore a new route to possibly find an outcome where they don't hurt themselves. This could increase the children's ability to overcome problems. Finally, to conclude I do think that there is a need for children to play freely outdoors, this

could be with the help of technology or without. I think there are so many benefits to playing outdoors that children should be spending time freely outdoors.

Word count: 1486

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