

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 pitch side first aider in managing complex sports trauma.

Assessment Feedback Sheet
Student No. /Name: 1901065/Lewis Cleverdon
Module: Professional Development and Practice
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I believe my aspect of my work was talking about the safety within outdoor activities especially white water kayaking.

I believe I need to improve on my referencing for next time and look for references that are more current and look in journals on the university library.

I found the research interesting, as I was able to look through different websites finding the best one to use within my essay. Also completing my first essay for my degree.

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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

‘What are the key features of an adventurous activity’

I believe there are many key features in adventurous activities in the outdoors but the main feature to me is the safety needed in these activities. In this essay, I will be covering points such as what is an adventurous activity, how safety is used within these adventurous activities and how it is used in an activity such as white water kayaking and why it is so important.

What is adventure?

The definition of adventurous activity is (Cambridge Dictionary. N.D) “an unusual, exciting and sometimes dangerous activity” these activities can have a greater risk than most normal activities. An example of this can be white water kayaking compared to a recreational sport like football. Kayaking has a lot more possibilities that can go wrong compared to football. (Victoria state government. 2019) tells us that when taking part in a sport that is adventurous there will be risks that come with the sport; these risks are confrontation with the natural environment, exposure to the natural elements that you might not experience on your day-to-day life. There are many activities that are listed within the safety guidelines of adventurous activities these are abseiling, climbing, kayaking, scuba diving as well as many more. When taking part in an adventurous activity there is many opportunities to learn within the sports. One big thing you can take away from any activity is the risk there is when taking part, if you can be aware and be able to identify these risks and manage them in a controlled way there will be no serious outcome and will become more confident when in uncertain situations in the future. When taking part in adventurous sports it may be a new surrounding for many people, this new surrounding might make people feel unsure. (Learning outside the classroom. 2008) says taking part in these sports; it will help develop people’s confidence and self-esteem, which they will be able to take on to all situations they will face in their day-to-day life. When on an activity safety is very important to make sure the instructor is safe but more importantly the participants are safe at all times. When taking part in an adventurous activity, there are many potential hazards that can occur and the instructor needs to be able to deal with any situation at any point of the activity.

Safety in adventurous activity.

Safety is the most important aspects when taking part in an adventurous activity. Safety means keeping yourself and others safe from any potential dangers, this can be aspects like the environment. When an instructor is on session their main reasonability is keeping the group safe at all times. When an outdoor centre offers adventurous activities to children (under the age of 18), they have to have an AALA license 1996 this shows that this centre is giving good safety practice to the public. AALA often check the centres to see they are up to date with their safety within the outdoors. (Children’s services health and safety services. 2005). Some aspects they check from the centres are their risk assessments, the qualifications of the instructors taking the participants on session, their ability to manage first aid, their equipment and making sure it passes certain checks. All this has to be taken into consideration before the centre can get their licence and throughout the time, they have the licence. As an instructor in the outdoors there is lots of aspects you need to worry about when taking a session these include; the group, weather, equipment and clothing. When on session the instructors main responsibility is to make sure the group are safe at all times this means they need to make sure they keep the group as the main

priority. The instructor needs to assess the ability of the group before they take them on the activity to make sure they will be safe at all times. For example, when going kayaking the instructor needs to make sure everyone is comfortable in the water and everyone is able to swim, if they do not do these checks and a situation occurs the instructor will be liable. When on a session it is the instructor role to check the weather and make sure it is safe for the session to be carried out. For example if there had been lots of rain and the rivers have increased, you wouldn't take a group of novices out paddling, as they wouldn't have the skill ability. If an instructor is teaching a kayaking lesson they need to make sure that, they check all the clothing of the participants, as all participants need to make sure they have correct personal protective equipment (PPE). It is up to the instructor to make sure everyone has correct PPE so they will stay as warm and dry as possible from the elements such as rain, wind and the river. When on a session the instructor needs to make sure there is equipment ready for everyone and makes sure it is up to the correct standard of the centre. All this is what an instructor needs to be aware of towards safety of the group, for each session they need to be prepared and ready to help in any situation. Regarding that, all instructors need to make sure they have up to date first aid qualification so they are ready for the worst. Safety is important in all activities in the outdoors, one activity that needs lots of safety is white water kayaking this sport can be very dangerous and should only be taken part in by competent paddlers.

Safety in White water kayaking.

White water kayaking is a key feature in the outdoor world it is one of the biggest sports in the outdoors and can be one of the most dangerous if not taken part in correctly. When taking part in white water kayaking there is a key feature of safety as if you do something wrong you could find yourself in an unsafe situation. There are many different types of kayaking and lots of equipment needed for kayaking weather it is on a river or on the sea. The main safety points are knowing the conditions you're about to paddle this is vital to stay safe when paddling if you do not know the conditions and weather forecast you may get yourself in a worse situation. The safety needed in kayaking is very detailed, as you need to make sure, you have the correct equipment and knowledge to be able to stay safe. White water kayaking can get very dangerous at high grades such as grade 5 and above, the aspect of risk forms the groundwork of many experiences, these experiences can relate to trust, decision-making and self-confidence. If kayaking had, no risks it would mean the decisions made would not help the paddler grow. If there were no risk, there would be no consequences to the sport. Meaning the safety of the sport would disappear because there would be no need for it. As there are many consequences for the sport, there is a huge element of safety required. When paddling rivers every paddler needs to be competent in their own boat, they also need to be good at helping others when someone may have fallen out their boat. By getting confident at doing all this the British Canoeing offer qualifications to build this knowledge. (British Canoeing. N.D.) A key qualification paddlers should have is their "white water safety and rescue training" This qualification helps build the knowledge on "safety and rescue skills that are applied on white water environment." (British Canoeing. N.D). within this qualification, you will be able to improve your awareness, techniques and skills within white water. This is a great qualification to get and will help you deal with situations on the water. More people gaining these types of qualifications can control the safety on white water and help more paddlers stay safe on the water.

In the past three paragraphs, I have given my thought about what an adventurous activity is and explained how safety is used within activities. I believe safety is the most important part of an activity. I think this because without the safety aspect in an activity the sports may become too dangerous and less people will take part, with the safety aspect in the sport it is more likely more

people are going to enjoy the sport and help it grow within the outdoor industry. Safety is crucial in kayaking because there are lots situations that can be dangerous. Kayaking is a dangerous sport and without the safety it may not be a sport, the safety is needed for the sport to progress and gain more understanding.

Word count – 1462.

Reference –

British Canoeing. *About: white water safety and rescue training*. Available at:
<https://www.britishcanoeing.org.uk/courseswhite-water-safety-and-rescue-training> (Accessed 27th October 2019).

Cambridge Dictionary. *About: Adventure*. Available at:
<https://dictionary.cambridge.org/dictionary/english/adventure> (Accessed 28th October 2019)

Children's services health and safety services. (2005). *About: Safety in Outdoor Education*. Available at:

<<http://www.conwaycentres.co.uk/files/7812/9914/0872/CWAC%20Health%20and%20Safety%20Guidance%20Note%20%20Safety%20in%20Outdoor%20Education.pdf>> (Accessed 27th October 2019).

Learning outside the classroom. (2008). *About: Adventurous Activities*. Available at:
<<http://www.lotc.org.uk/wp-content/uploads/2011/03/Adventurous-Activites-PDF.pdf>> (Accessed 27th October 2019).

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<<https://www.education.vic.gov.au/school/principals/spag/safety/Pages/adventure.aspx>> (Accessed 27th October 2019).