

Coursework 2

Throughout this essay I will be identifying my strengths and weaknesses and how I will be able to improve these by researching and creating an action plan about how I can improve these for the future.

Strengths and Weaknesses:

Element	Strengths	Weaknesses
Fitness	Cardiorespiratory Endurance	- Body Composition - Flexibility
Psychology	Controlling pre show nerves	- Relaxation/relieve stress - Lack of Self Confidence
Nutrition	Maintaining a balanced diet	Keeping hydrated

Tests to measure weaknesses:

- Body Composition (Fitness) - Caliper (skin pinch) and Tanita.
- Flexibility (Fitness) - Sit and Reach and Should stick.

Caliper (Body Composition)

Overall Body Fat Percentage result - 54.2mm (26% body fat)
(Bicep - 12.4mm, Tricep - 21mm, Subscapular (back above shoulder blade) 11.8mm, Suprailiac (front just above hip bone) 9mm.)

Normative Data

Sit and Reach (Flexibility) Results

First Result - 26cm
Second Result - 25cm

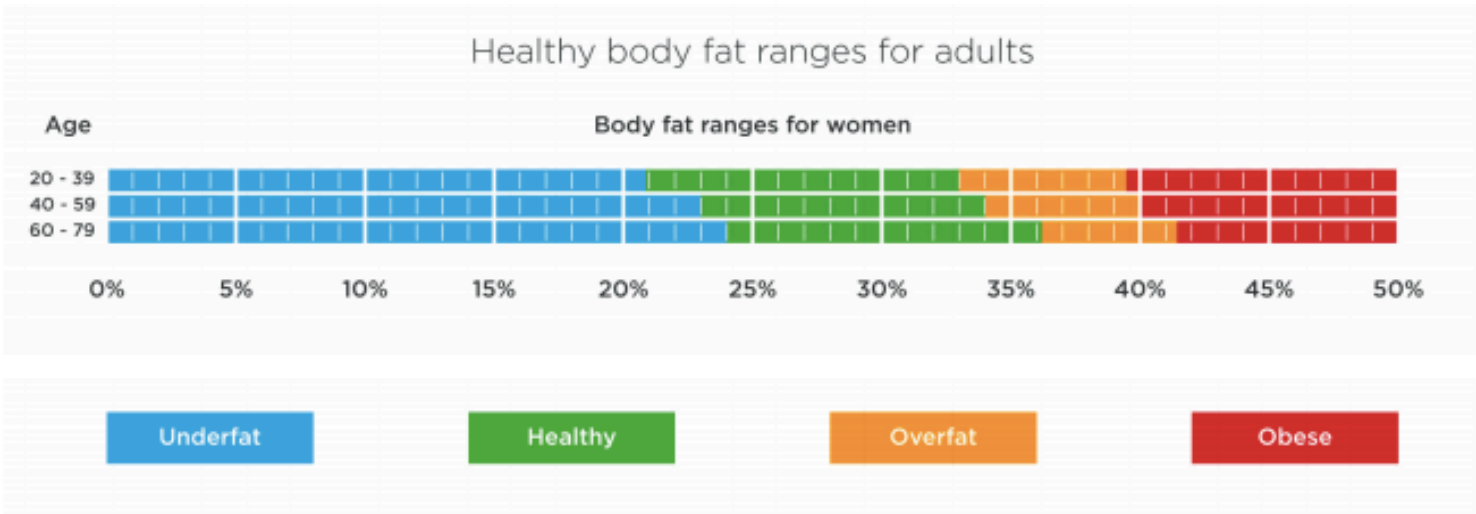
WOMEN	20's	30's	40's	50's	60's
Excellent	24+	23+	22+	21+	20+
Good	20 - 23	20 - 22	18 - 21	17 - 20	16 - 19
Average	18 - 19	17 - 19	16 - 17	14 - 16	14 - 15
Below Avg	below 18	below 17	below 16	below 14	below 14

This table shows normative data for the sit and reach test.
My results were 25cm and 26cm which categorised in to the excellent section.
However this table is for sports people who do not specialise in dance and flexibility
and as my main focus is dance this is an important factor, therefore I want to improve
my results to over 30cm to help and improve my flexibility.

Tanita (Body Composition)

Overall Body Fat Percentage result - 23.8% body fat.
(**Left Arm** - 20.8%, **Right Arm** - 18.4%, **Left Leg** - 26.3%, **Right Leg** - 26.0%, Trunk
- 22.6%.)
Visceral fat result - 1/59 (lowest result possible).

From researching and finding the normative data for the TANITA machine I found
that I was underfat. As a dancer I would like to build more muscle but lose fat. This
will help me become more toned and then be able to achieve more as a dancer such
as strength, this will help me during technique phrases and choreographic pieces.



(Tanita.eu)

Review of Literature

Flexibility being a weakness for me personally I found research showing ways to improve.

According to Pointe Magazine, results showed multiple stretches which can massively improve hamstring flexibility and slightly how to improve lower back flexibility. Hamstring muscles are very important to stretch as a dancer as they contribute to a lot of ballet vocabulary, for example, fondu, passé and développé. These movements show that the main role of the hamstring is to be able to bend the knee but it also is used to being able to extend the hip and controlling hip flexion which then helps supporting and stabilising the supporting leg when doing a penché for example.

From researching, Patti Kopasakis showed a variety of different stretches to help improve lower back flexibility. Some of these stretches are cobra/upwards facing dog, Supine Twist and double knees to chest. To receive the full capacity of these stretches they should be held for between two and three breaths but also making sure that if they are one sided to repeat fully on the other side(Cleveland Clinic, 2018).

Body composition is personally a weakness of mine and with researching I found out that HIIT training is an ideal form of cardio as it has been proven and shown to save muscle mass and to use fat as fuel. Performing a HIIT class will help with this massively and overall improve body composition(Nordin, 2019).

Being able to relax and not stress is difficult personally. There are many techniques and methods that can help toward relieving stress and relaxing. According to Harvard Medical School, there are six techniques that will help reduce stress, anxiety and help relaxation. Some of these are focusing on breath, body scanning in the mind, guided imagery, mindfulness meditation, yoga and repetitive prayer. Experts recommend that these techniques should be experimented by each individual to find out which one works the best for each person. Said by professionals, these practises should be taking place for approximately twenty minutes a day but just a few minutes can massively help but the longer this takes place the better results that will be achieved. (Harvard Health Publishing, 2018)

Lack of self confidence is a major weakness for me. Building self confidence is quite difficult as self confidence can be like a rollercoaster as it has a lot of highs but also a lot of lows but the lows are the places people can get stuck at when something goes wrong. There are twelve key steps that can help improve building self confidence. Being able to stay in control of the controllable helps massively as it provides a sense of focus. Engaging in mental preparation for example, self-talk and goal

setting will help with this so you have a structure and routine to build confidence(Gill, 2020).

The fourth weakness for me from the component nutrition is hydration. Water is vital as the body relies on it for survival as it is the main component that makes up blood. Critical body functions rely on water as it delivers substances including oxygen, nutrients and hormones to the cells. It removes all waste from the cells, regulates body temperature and controls intracellular and extracellular fluid levels(McDevitt, 2015). Water is lost through sweating, urinating and even breathe which is a lot of fluid loss in a day.

The advised amount of water that you need to drink is approximately six to eight glasses per day, if high intensity exercise is performed then the amount of water consumed should be a lot more.

There are different fluids that you can drink to help keep hydrated for example, electrolytes. Sodium, potassium, magnesium, chloride and calcium are the minerals that make up electrolytes carry out the natural functions that the body performs. These minerals break down into electrically charged ions in body fluids to keep the body in balance. Electrolytes work independently and also together to help move glucose and other nutrients into the cells and removing waste products and extra water from cells(McDevitt, 2015).

Electrolytes balance is key for highly active people as it is key for successful training and best performance. Stomach cramps, muscle cramps and spasms and side stitches are a reminder that you have an electrolyte imbalance in your body.

If you become thirsty it already means that you are nearly dehydrated. Ways to prevent this from happening is to regularly sip on an electrolyte rich drink at some time in the day. When buying electrolyte drinks reading the nutrition labels are crucial as a high percentage of these drinks are full of sugar and are really high in calories and will not have any nutrition in them(McDevitt, 2015).

Action Plan

Fitness

Hamstring Flexibility

<u>Weakness</u>	<u>Exercise</u>	<u>Appendix</u>	<u>Day</u>
Hamstring flexibility.	Before class: Lying Leg Press	1.	Monday, Wednesday.
Hamstring flexibility.	Before class: Bottoms Up	2.	Monday, Wednesday.
Hamstring flexibility.	After Class: Seated Passive Stretch	3.	Monday, Wednesday.

Lower Back Flexibility

<u>Weakness</u>	<u>Exercise</u>	<u>Appendix</u>	<u>Day</u>
Lower Back flexibility.	Cobra/ Upwards Facing Dog.	4.	Tuesday, Thursday.
Lower Back flexibility.	Supine Twist.	4.	Tuesday, Thursday.
Lower Back flexibility.	Double knees to chest.	4.	Tuesday, Thursday.

Increase amount of Lean Tissue

By researching ways to increase the amount of lean tissue in the body, the results showed that HIIT training was the best workout method. Appendix 5 shows the video of a workout I could carry out to help me improve this weakness. The workout includes a lot of cardio based exercises and high knees and lunges focusing a lot on the legs.

I will carry this out on a Friday, Monday and Tuesday which will massively help me improve on body composition.

Relaxation and reduce anxiety.

There are a lot of strategies that I am going to use to try and relax and not stress. Using the strategies on Appendix 6 and making sure that at least one of them are carried out once a day at a minimum. To measure this I will see how settled I get at night and see if I am relaxed and not stressing over different things, also, being able

to relax my mind and stop thinking about uni aspects and having some time out and not focusing on it.

Self Confidence

This picture shows some of the questions on the Vealey's Trait Sport-Confidence Inventory (TSCI) which is the questionnaire that I will be taking to find my score between thirteen to one hundred and seventeen, thirteen being the lowest by scoring one on every question and in opposite one hundred and seventeen scoring all nines.

I will take this before I focus on doing the techniques as seen in appendix 7. After six weeks of doing these techniques I will re do the test and see if my score has increased and if it has the work I would be putting in would have been working and if it decreases I need to try and find another option on how to help my lack of self confidence.

2. Compare your confidence in your ability to make critical decisions during competition to the most confident athlete you know.

Low Medium High

1 2 3 4 5 6 7 8 9

3. Compare your confidence in your ability to perform under pressure to the most confident athlete you know.

Low Medium High

1 2 3 4 5 6 7 8 9

4. Compare your confidence in your ability to execute successful strategy to the most confident athlete you know.

Low Medium High

1 2 3 4 5 6 7 8 9

5. Compare your confidence in your ability to concentrate well enough to be successful to the most confident athlete you know.

Low Medium High

1 2 3 4 5 6 7 8 9

Hydration

To test my hydration I am going to weigh myself before and after my activity to see how much weight I lose as all muscle and fat weight loss does not come off straight away.

‘Sweat loss (ounces) is equal to body weight (pounds) before exercise minus body weight after exercise. 16 ounces (2 cups) of water should be consumed for every pound that has been lost.’ (McDevitt, K. (2015).

This shows that how much weight you lose and replacing 1kg of weight to 1 litre of water. I can keep checking this and seeing how hydrated I am.

To conclude, I found out my strengths and weaknesses throughout this assessment and I know what my focus can be to try and change my weaknesses into strengths by regularly testing myself to see if I have improved and if I need to change any techniques to help me achieve this more efficiently.

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APPENDIX

Appendix 1

Before Class: Lying Leg Press



Appendix 2

Before Class: Bottoms up



Appendix 3

After Class: Seated Passive Stretch



Appendix 4

Cobra/Upwards Facing Dog



Supine Twist



Double knees to chest

Appendix 5

<https://youtu.be/qqlXUtZq--4>

5 minute HIIT workout at home: Whitney Simmons



Best for: A super quick HIIT blast to sweep away the cobwebs and get your blood pumping. Repeat the circuit for extra points.

Duration: 5 minutes

Equipment: No equipment

Appendix 6

1. Breath focus. In this simple, powerful technique, you take long, slow, deep breaths (also known as abdominal or belly breathing). As you breathe, you gently disengage your mind from distracting thoughts and sensations. Breath focus can be especially helpful for people with eating disorders to help them focus on their bodies in a more positive way. However, this technique may not be appropriate for those with health problems that make breathing difficult, such as respiratory ailments or heart failure.

2. Body scan. This technique blends breath focus with progressive muscle relaxation. After a few minutes of deep breathing, you focus on one part of the body or group of muscles at a time and mentally releasing any physical tension you feel there. A body scan can help boost your awareness of the mind-body connection. If you have had a recent surgery that affects your body image or other difficulties with body image, this technique may be less helpful for you.

3. Guided imagery. For this technique, you conjure up soothing scenes, places, or experiences in your mind to help you relax and focus. You can find free apps and online recordings of calming scenes—just make sure to choose imagery you find soothing and that has personal significance. Guided imagery may help you reinforce a positive vision of yourself, but it can be difficult for those who have intrusive thoughts or find it hard to conjure up mental images.

4. Mindfulness meditation. This practice involves sitting comfortably, focusing on your breathing, and bringing your mind's attention to the present moment without drifting into concerns about the past or the future. This form of meditation has enjoyed increasing popularity in recent years. Research suggests it may be helpful for people with anxiety, depression, and pain.

5. Yoga, tai chi, and qigong. These three ancient arts combine rhythmic breathing with a series of postures or flowing movements. The physical aspects of these practices offer a mental focus that can help distract you from racing thoughts. They can also enhance your flexibility and balance. But if you are not normally active, have health problems, or a painful or disabling condition, these relaxation techniques might be too challenging. Check with your doctor before starting them.

6. Repetitive prayer. For this technique, you silently repeat a short prayer or phrase from a prayer while practicing breath focus. This method may be especially appealing if religion or spirituality is meaningful to you.

Rather than choosing just one technique, experts recommend sampling several to see which one works best for you. Try to practice for at least 20 minutes a day, although even just a few minutes can help. But the longer and the more often you practice these relaxation techniques, the greater the benefits and the more you can reduce stress.

Appendix 7

Stay in control of the controllable. Maintaining the controllable builds self-confidence because it provides you with a sense of focus and directive. Remember that you can never control what others are thinking/doing but you can control what you are achieving. There are a range of variables within sport that can lead to performers losing sight of the controllable. External factors/influences will only hinder performance and must be beaten. For example, in team games there is no need to get involved with the mind games that sometimes are played in public.

Engage in mental preparation. One should work on engaging their mind onto each task they embark on. Mental preparation can follow many trends like, mindfulness, imagery, reflective thinking, positive self-talk, goal setting, meditation and concentration training amongst others. One should find a strategy that works for them and then use this to provide that inner desire to build confidence. There has been plenty of evidence within elite sport of the use of mental preparation. Mental preparation is useful as it can support the levels of self-confidence required to perform. For example, a gymnast will need to have balance and resilience to perfect routines. By engaging in mental preparation practices the performer can start to use routines to help them relax and perform on the task at hand.

