

Meaningful Learning Experiences

Strategic Commitment	✓	Part of a regional, ESF-funded 'Careers Local' programme
Curriculum Provision	✓	Applied to a potentially theoretical part of the course
Employer Partnerships	✓	Involving a local one-woman specialist business
Reflective Young People		
Informed Career Choices	✓	Hearing about the reality of a career in Sport

Sports rehabilitation specialist provides real scenarios and feedback for 'A' level assignment

Brookfield Community School in Chesterfield had chosen six curriculum areas to create exemplar projects as part of a strategic plan to enrich subject learning in partnership with local employers. The brief presented by the teacher of 'A' level PE was aimed at course content about 'Injury prevention and rehabilitation of injury' because, *'there is a clear link between the content and future careers in injury prehab/rehab'* and *'students may benefit from expert knowledge in this field'*.

Jane Watts is a local sports massage therapist who runs 'Optimum Sports Rehab'. She specialises in sports massage and rehabilitation, particularly identifying and correcting dysfunctional movement patterns that cause pain and overuse injuries. With over 16 years, Jane has worked with the RFL, British Gymnasts and elite athletes, gaining a great deal of knowledge and expertise.

Jane provided half a dozen client scenarios, including shin splits, shoulder dislocation and tendon injuries, which the teacher incorporated into an assignment. As well as being marked against the course specification, students knew they would receive feedback from Jane, who came into the classroom to give her professional perspective on the students' work and the client scenarios.

All the students rated the project as '4' or '5' (out of 5) for enjoyment and interest. Many of them are planning to pursue further study and careers in this area of work.

Benefits for the Students

- *'It's great to have our work marked by someone who's got expertise in this area'*
- *'She's got first-hand experience of practical application of the knowledge ...'*
- *'Feedback is more in-depth that we would get from a text book'*
- *'A lot of exam questions ask us to apply knowledge. It's given us awareness of how to apply the principles to different scenarios'*
- *'It makes a big difference because she pointed out it's about making contacts with other people when you work for yourself'*
- *'It's helped me to see where I could find a career ... Her coming in has verified that I want to go down that route and made me more passionate about it and work harder for that goal'*

Benefits for the School

- The visit from an expert who is running a successful business in this area of Sport helped to clarify students' aspirations for further study and future careers
- The project is one of a series involving a range of curriculum subjects that will support subsequent staff development activity
- The project showed that a partnership approach to project-based learning makes it possible to engage very small businesses, as well as larger firms with greater resources

Benefits for the Employer

- It is possible that involvement with the school might result in more clients for Jane's sports rehabilitation services. But the principal motivation for her support was altruism
- *'Thank you so much for giving me the opportunity to assist the students with their studies and career prospects in such a positive & beneficial way ... It was fantastic to see a group of such motivated students, wanting to listen, learn and set themselves up for a great future'*

Brookfield PE Department A Level PE Injury Prevention and Rehabilitation of Injury			
Sports Injuries Case Studies			
Assignment Title: Injury prevention and the rehabilitation of injury			
Date Issued:	Thurs 8 th March	Deadline Date:	Thurs 15 th March
Actual Completion Date:	Thurs 12 th April	Date feedback provided:	Thurs 22 nd March
LEARNING OUTCOMES	<ul style="list-style-type: none"> • Demonstrate knowledge and understanding of a variety of treatment methods including: stretching, massage, heat, cold and contrast therapies, anti-inflammatory drugs, physiotherapy and surgery • Justify the use of a particular treatment method in response to a given scenario • Identify and describe intrinsic and extrinsic factors as corresponds to a given scenario • Explain actions that an identified sports performer could take in order to prevent injuries occurring in the future 		
INTRODUCTION	Sports injuries account for many lost training hours and match performances per year and can cost an elite team tens of thousands of pounds if a player is ruled out for several months. Sports professionals play a significant part in injury prevention and rehabilitation, with roles such as strength and conditioning specialists, technical coaches, physiotherapists, sports massage therapists, orthopedic surgeons and sports medicine specialists. There are many potential careers in this field working directly with elite athletes.		
SCENARIO	STUDENTS TO BE GIVEN ONE OF FIVE SCENARIOS PRESENTED BY THE PHYSIOTHERAPIST (JANE).		
BCS - A Specialist Sports College LS			

A local sports rehabilitation specialist agreed to provide a set of scenarios based on real client situations. These provided the basis of an assignment, which developed skills required for exam success. Both the teacher and the external professional gave feedback to the students, which involved a guest visit in the classroom and an opportunity to share practical tips and hear about developing a career in this part of the Sports sector.

