



Module Responsible:

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M3 - Physical Training in Elite Sports: Final portfolio Information Sheet

Assessment:

A portfolio (written document, with accompanying figures/pictures) encompassing the M3 module Professional Acting in Elite Sports.

Aim:

The overarching purpose of the portfolio is to combine the theoretical input that was received during **S1** (Fundamental Aspects of Guiding, Controlling, and Evaluating Physical Training in Elite Sport Groups) with **ONE** of the **S2** classes (Physical Training in Elite Sports, for example, Fatigue and Recovery in Football).

Example:

The portfolio could make a link between the elements learnt in **S1**, such as the Needs Analysis (Test-retest cycle of physical capacity assessment. A critical aspect is the effective ongoing assessment and presentation of results to quantify training progress and assess training effectiveness) and how this was performed within/or could be linked to, aspects learnt in **ONE** of the **S2** practical classes. The format could be as follows:

- What is a needs analysis in elite sports
- How has it/could it be used in the given **S2** sport
- How have you implemented it/could you implement it into your seminar
- What information or practical recommendations could you make from such a process.

Expectations:

- The portfolio should be 5-pages in length, this does not include a bibliography, figures and tables (however, figures and tables are highly encouraged).
- Written in scientific language, APA style and including literature (this is a scientific piece of work, not a reflection, as such the foundation of the work should come from scientific sources).
- Should contain all relevant subheadings (for example; Introduction, Approach to the problem, Implementation of *Your chosen element* to practice, Practical recommendations). Specifically, ending with a practical recommendations section (see other scientific literature for example).
- Students should clearly demonstrate their understanding of how to relate scientific theory/information to practice in elite environments.