

Project Category: Examples

I.C. T and

Sports Photography

Examples include:

- creation of App; website or computer program design in relation to any of the categories listed below
- Creation of new app; website or program design in relation to a reporting sport's news; sports media; healthy lifestyle; keeping fit; nutrition
- creation of new app; website or program design for school sports
- School sports photography collection with theme

Nutrition:

Examples include:

- Testing and developing Athlete specific diets
- Testing and developing Female and male athlete specific diets
- Testing and developing a new nutritional idea in relation to sport; healthy living; weight loss; muscle toning
- Creating your own food type e.g: sports drink

Components of Fitness - the Science behind sport:

Examples include:

- Designing a new fitness programme (e.g: for specific athletes; teams; sports)
- Designing a new testing method for testing specific athletes; teams; sports
- Creating & Testing hypothesis (e.g: Is there a window of trainability where non athletes can improve or where athletes can never lose what they've learned)

<p>Performance and Sports Psychology:</p>	<p><u>Examples include:</u></p> <ul style="list-style-type: none"> -Designing ways of improving sports performance -Testing ways of improving sports performance -How important is psychology in relation to sports performance and exercise -Mental imagery in sport and its uses
<p>Games Development:</p>	<p><u>Examples include:</u></p> <ul style="list-style-type: none"> -Designing a new game -Designing and testing a new game -Modifying an already existing game
<p>Health promotion and physical activity :</p>	<p><u>Examples include:</u></p> <ul style="list-style-type: none"> -Designing ways of increasing physical activity within the school setting and or P.E. -Designing and testing ways to increase students knowledge on how important being active really is -Designing new ways to ensure students are getting active and reaching the recommended daily levels of 60 mins+
<p>Sport - Social Cultural Mental Enviromental</p>	<p><u>Examples include:</u></p> <ul style="list-style-type: none"> - The importance of sport/physical activity in maintaining/promoting a healthy mind -Women in Sport -Attitude and Physical Activity -Disability in Sport -Sport & P. A in disadvantaged area's