



Information: By now you should have all read the document from week one which shows “what a good answer looks like” for your assessment. If you haven’t already, I would urge you to read pages 1-8 as a matter of high priority because when you arrive to lesson on Wednesday we will be referencing the assessment throughout the lesson. Please make sure this is done and you will also need your list of careers from week two.

Your task today: Today I’d like you to read the case study on page 2 and consider the clients needs (these are highlighted in green for you). You must select ONE activity of your choice and use a side of A4 to explain how your sport (football, netball) or physical activity (gym, fitness class, spin class) will benefit the client. To help, I have provided a small table below that offers some ideas for physical, mental and social benefits of sport and physical activity.

Physical benefits of sport	Mental benefits of sport	Social benefits of sport
<ul style="list-style-type: none"> • Lose bodyweight • Improve aerobic endurance (stamina) • Improve strength 	<ul style="list-style-type: none"> • Improves self-confidence • Relieves stress • Improves mood (exercise releases endorphins) 	<ul style="list-style-type: none"> • Meet new people • Maintain friendships • Develop teamwork and leadership skills

For example, “Priya wants to meet new people and netball will encourage this due to the nature of team sport. Netball will consist of training and match days throughout the week which encourages Priya to interact with her team members and meet on a regular basis, this can extend from training to coffee or weekends with her new friends. Netball requires communication throughout training and competition which will force a social interaction with Priya and her new teammates.

Vocational Context

Priya is a 40-year-old female. She has recently moved home, leaving a big city and coming to live on the edge of a small town. Priya lives with her partner. They do not have any children and have **not met any new people since moving** to the town.

Priya still works as a banker in the city. She travels into the office five days a week. She gets a train into the city, leaving at 7am and getting home at 7pm. Priya does not own a car, as she lives very close to the train station.

Priya's job is well paid and she has a lot of disposable income. The **work is extremely stressful** though and she often has **trouble sleeping at night**. She frequently has to complete further work at home in the evenings and on weekends, and knows she **needs to improve her work-life balance**.

Priya has **not participated in regular exercise for over 10 years** and is **not confident about starting a new activity** after such a long break. However, she is keen to find an activity that will allow her to **enjoy herself** and **meet new people who live in the town**.

Priya's Needs

- Not met any new people since moving
- Work is extremely **stressful**
- **Trouble sleeping** at night
- Not participated in regular exercise for over 10 years.
- **Not confident** about starting a new activity
- **Wants to meet new people**
- Wants to enjoy an activity