

SAC



Guest Speakers for Schools

Sport

SAC are delighted to offer schools the opportunity of drawing on our expertise covering the spectrum of sport and outdoor pursuits issues.

At SAC Ayr, we have lecturing staff with a variety of backgrounds and areas of specialisation, and we will be happy to deliver lectures **free of charge** at local schools. Alternatively, schools are welcome to bring students to a lecture/practical session at our Riverside campus in Ayr, which would also allow students to experience a real-life higher or further education session.

The following is a selection of the modules/subject areas that we teach, and which may be of interest to students on various school courses. Please contact us for more information or to discuss subjects and content in more detail.

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Subject Areas Include:

- **The Benefits of Sport and Recreation**

People of all ages and of different levels of ability participate in sport and recreation activities every day. What are the benefits of taking part? This session will examine the economic, health, educational and community benefits of sport and recreation participation.

- **Sport for All**

It does not matter what age you are, or your level of physical fitness and ability – there are sporting opportunities for everyone! This session will examine the sporting opportunities available to different groups within society – including children, teenagers, older adults and disabled individuals.

- **Development of Sport**

Sports development is a rapidly growing field. This session will examine the basic principles of sport development from beginner to elite performer. A number of sport development initiatives and local projects will be highlighted as part of this session.

- **Health Screening**

Before individuals participate in active exercise, it is important to determine any health factors that may prove to be problematic. This session will introduce the subject of health screening and will focus on the purpose of screening and screening procedures.

- **Physical Activity for Children**

This session will focus on the safe and effective provision of practical physical activities for children. Topics will include the child development process, the limitations to exercise and the benefits of physical activity in children from the age of 2-16 years of age.

- **What is Sports Coaching?**

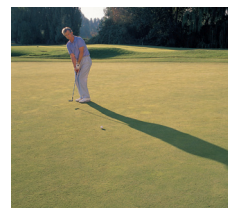
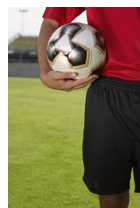
This session will begin by identifying the roles and responsibilities of a sports coach. In addition, the session will examine a number of coaching styles and how these are applied in practical situations.

- **The Benefits of Outdoor Activities**

This session will introduce a range of outdoor activities and identify how such activities are provided. In addition, the session will outline the benefits of participating in adventurous activities.

- **Financial Management in Sport**

As an introduction to financial management, this session will examine some of the transfer deals in football and highlight the financial rationale behind such decisions - for example, why did Manchester United have to sell Ronaldo for £80 million? - And why were Real Madrid willing to pay all that money?



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