

Physical Education Personal Statement

During the entirety of my childhood and adult life, my love and regard for physical activities and sports has been a constant, unchanging pillar in a sea of uncertainties. As such, my enduring love for physical activity has ignited my deep interest in the pursuit of Physical Education (P.E.) as my chosen career path. I find the theoretical and practical aspects of P.E. to be quite riveting, and from experience, strongly believe that I have a natural inclination to develop unique activity catalogues to suit varying individual needs. Essentially, I profoundly enjoy applying this inclination for the purpose of improving emotional stability, physical stability, health and overall wellbeing. Additionally, I also have a keen awareness of the high level of direction, planning and management, that is required in order to participate in sports.

Taking the example of the Olympics, it is clear that sports have an outstanding contribution to the global economic and social sector. I have observed the effects of these contributions in the global elevation and promotion of sports, through live broadcasts of sporting events and their competitors, whose triumphs are automatically equated to national triumphs. I have also witnessed their far-reaching influence in social interaction through the promotion of mutual points of interaction among individuals with shared interests in sports. Moreover, the Olympics brings about inevitable upgrades in sports infrastructure within the hosting countries, which in turn not only leads to increased interest in sports, but also enhances government efforts towards improving public access to sports amenities. As such, I consider this scenario as a clear illustration of the role played by the government in the promotion of physical activities, and I look forward to learning more about this relationship during my pursuit of P.E. I also consider sports funding as another area of great interest owing to its complexity and general importance in the success sports. For instance, I would closely associate the Olympic success of the UK cyclist team with the country's development of an effective strategy for funding that emphasised the

need for high-level preparation and training. Consequently, in light of my interest in these areas, my overall decision to pursue my higher education and professional career in sports is based on the need to obtain answers to questions on the essentialness of sports in healthcare, and effect of professional sport participation on the level of physical activity among the general public.

My previous experience in sports entails a level 3 BTEC Sports Fitness, Coaching and Performance Diploma, which served to further heighten my fascination with the subject. I am particularly interested in coaching, due to its facilitation of interaction with diverse individuals with the aim of providing them with aid to enable their full potential realisation. More specifically, due to my aspiration to work as a P.E. teacher, I believe that a degree course would have the benefit of aiding my development of teaching and coaching techniques. My additional construction working experience not only cemented my desire to work in a physical and practical environment but also helped me develop qualities such as cooperation in teamwork, responsibility, and hard work.

Finally, although I have a deep appreciation for all types of physical activities, I particularly enjoy taking part in lawn tennis, basketball, and structured gym workouts. Participation in these sports facilitates my endeavour to achieve and maintain peak fitness for the sake of my mental and physical wellbeing. My individual qualities revolve around discipline, hard work, positivity, and high-quality result provision. I have been identified as a friendly and adaptable individual by past colleagues, which factors significantly in my attachment of congeniality to coaching. Ultimately, I am sure of my adherence to a future career in coaching, and will strive to make a success out of my pursuit of P.E. as a degree course.