

Introducing your programme leader: Chrissie Gallagher-Mundy



<p>Career history and interests</p>	<p>Chrissie has been a gymnast, trapeze artist and bricklayer!</p> <p>Latterly, she is a health and fitness specialist; publishing 13 fitness books; (translated into 12 languages) including two 'best sellers' - and has run a successful fitness company, over 20 years, as an entrepreneur. Her qualifications in health, fitness and pedagogy (Professional level 5 in Sports Nutrition, Professional level 4 in Obesity & Diabetes, MSc in Exercise for Health, PGCE) have led to her teaching in schools, presenting for companies and lecturing at universities - as well as providing health interventions for major businesses e.g. VISA and the NHS. Her out of work interests include perfecting her handstands and playing tennis.</p>
<p>What to expect in your first few weeks</p>	<p>Lots of change and lots of challenges - but you will be helped at all times, along the way!</p>
<p>What you could be doing to prepare</p>	<p>PE students due to come to UCFB should do the following:</p> <ul style="list-style-type: none"> • Start registering for their DBS. It is imperative to get this done as early on as possible in the summer as UCFB school placements will depend on them having a paper form by September. • Students should study the rules and regulations of all major sports taught at primary and senior schools and be ready to discuss the rules/layout and how to play each game. • Practice some kind of exercise or sport every week to ensure fitness for the course.
<p>Reading list</p>	<p>Students should read:</p> <p>Capel and Whitehead, (2015) 'Learning to teach physical education in the secondary school - a companion to school experience' Routledge: London</p> <p>Haywood, K. & Getchell, N. (2009) Life Span Motor Development, Leeds: Human Kinetics.</p>