



Introducing your Programme Leader CHRISSIE GALLAGHER-MUNDY



Career history and interests

Chrissie has been a gymnast, trapeze artist and bricklayer! Latterly, she is a health and fitness specialist; publishing 13 fitness books; (translated into 12 languages and 2 'best sellers') - and has run a successful fitness company, for 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.

What to expect in your first few weeks

Lots of change and lots of challenges – but you will be helped, at all times, along the way!

What you can be doing to prepare

PE students due to come to UCFB should do the following:

- 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. Please contact her to start this process now! c.gallagher-mundy@ucfb.com
- 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 and sport every week to ensure fitness for the course. This is a practical course and we need you fit for it!

Reading List

Students should read:

Capel and Whitehead, (2015) 'Learning to teach physical education in the secondary school – a companion to school experience' Routledge: London

Haywood, K. & Getchell, N. (2009) Life Span Motor Development, Leeds: Human Kinetics.