



## 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](mailto: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.