**SPORT SCIENCE PRACTICUM**

**Practicum Supervisor Form and Logbook**

Note: A separate form must be completed for every placement/work site and supervisor.

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| **Name of Student/Applicant:** | Sam Lee | | |
| **Name of Placement/Work Site:** | A League Football Club | | |
| **Total Hours at Site:** | 12 | | |
| **Date Commenced:** | 20/07/2023 | **Date Completed:** | 23/07/2023 |

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| **Supervisor Declaration and Signature:** *(To be signed within one month of completing placement)* | | | | |
| **Name:** | John Bob | | | |
| **Relevant Qualification (Year):** | Bachelor of Exercise Science (2015), PhD in Sport Science (2020) | | **Accreditation (Year – Year):** | ESSA Sports Science Level 1 Accreditation (2020 - current) |
| **If you are not an ESSA accredited professional, please provide a summary of experience relevant to the activities you have supervised:** | | | | |
| *NA* | | | | |
| ***I have read the information contained within this Supervisor Form and Logbook and certify that this is a true and accurate reflection of the student’s/applicant’s engagement at this placement site.*** | | | | |
| **Signature:** | | *(SIGNATURE BY PEN OR ELECTRONIC SIGNATURE)* | | |
| **Date:** | | 02/08/2023 | | |

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| **DATE** | **No. HRS** | **ATHLETE/S DESCRIPTION** | **DESCRIPTION OF SERVICES**  **SPORT SCIENCE PRACTICUM LOGBOOK** | | | | |
| 20/7/23 | 2 | 18 Male A League Football club players | I assisted the lead sports scientist with GPS data collection across the training session. This included fitting the players with the shoulder harness and GPS monitor prior to the session.  During the session, I assisted the strength and conditioning coach with running the warm up drills which included a range of running drills and active stretches.  After the session, I coded all the GPS data. | | | | |
| 21/7/23 | 2 | Report writing | Using the GPS data collected yesterday, I compiled this information into a user friendly report for the coach. This included creating graphs and tables of data with interpretation of what this data means.  At the end of the report was a recommendation for the following training session for each player, whether that be to increase the intensity, rest or other. | | | | |
| 21/7/23 | 1 | 18 Male A League Football club players | I assisted the strength and conditioning coach to deliver the gym programs to the players. These programs were all prescribed by the strength and conditioning coach.  I spent my time moving between the players, assessing technique and providing technique cues where appropriate. If a player looked like they were finding the exercise too easy, I worked with the strength and conditioning coach to determine if the intensity, reps or sets should be increased. | | | | |
| 23/7/23 | 4 | 18 Male A League Football club players | I assisted the strength and conditioning coach to conduct the mid-season testing data.  This included taking each player through a battery of tests and then comparing to their previous results.  The tests included:  1RM bench press, squat, deadlift and bent over row  Countermovement vertical jump  Beep test | | | | |
| 23/7/23 | 3 | Results analysis and report writing | After player testing, I was then responsible for compiling all of the assessment data, comparing to their previous results and also to the goal data. I was required to interpret the results into a report, which included recommendations for further training.  If it was identified that the athlete had regressed, then I made programming suggestions to improve their results.  If the athlete had improved, but not at the anticipated rate, this was also noted and recommendations for program adjustments were made.  This report was also translated into a simplified fact sheet and supplied to the athletes. | | | | |
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