



The Individual Performance Portfolio (IPP)

Profile

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Date of birth: 02-08-97

Centre number 13409

Candidate number:

During my life time in school and college I have played for a football team out side school time, of which won numerous trophies and medals. I have also played for my previous secondary schools football team but I didn't have as much success with it as I did with my club. In addition I represented my school not only in football but in basketball and cricket. During this period my week used to be crammed with physical exercise either in school PE lessons or in training at my club. In comparison from my previous weekly life style it could be that my fitness levels have decreased. In a typical week I now have one lesson of physical exercise and one of two extra clubs which are run by the college during school hours. With the additional jogs and press/sit up exercises in my own time sums up my normal week.

Exercise	Score	Rating
Grip strength	54	Good
Vertical jump	52cm	Good
Chins	6	Average
Step up	26	Good
Flexibility	23 cm	Excellent
Agility run	17.24 seconds	Good
Reaction time	18 cm	Average
Abdominal fitness test	5 minutes	Excellent
Multi-stage fitness test	Level 9	Good
Static balance	4 seconds	Average

In observing the above table it could be said that my body is in fairly good condition. The grip test shows I have a good level of muscular strength compared to the average person of my age. Other results such as chins (muscular strength), vertical jump (power = strength x speed) and multi-stage fitness test (cardiovascular/ muscular endurance) also shows a good consistent level of health related fitness. In addition the above table tells me that compared to the average individual I have an excellent flexibility and cardiovascular endurance. However, the results also suggest there is room for improvement such as reaction time and balance. Thanks to the multiple fitness tests I can now use my result and work on the weaker areas.

Dairy of week food intake

Day of the week	Food intake
Monday	<ul style="list-style-type: none"> • Breakfast: chocolate spread and bread with a glass of milk. • Lunch: chicken and chip with a soft drink/ 4 choc cookies • Dinner: rice/pasta with beef/chick and salad. Drink water/juice depending on what's available
Tuesday	<ul style="list-style-type: none"> • Breakfast: chocolate spread and bread with a glass of milk. • Lunch: chicken and chip with a soft drink/ 4 choc cookies • Dinner: rice/pasta with beef/chick and salad. Drink water/juice depending on what's available
Wednesday	<ul style="list-style-type: none"> • Breakfast: chocolate spread and bread with a glass of milk. • Lunch: chicken and chip with a soft drink/ 4 choc cookies • Dinner: rice/pasta with beef/chick and salad. Drink water/juice depending on what's available
Thursday	<ul style="list-style-type: none"> • Breakfast: chocolate spread and bread with a glass of milk. • Lunch: chicken and chip with a soft drink/ 4 choc cookies • Dinner: rice/pasta with beef/chick and salad. Drink water/juice depending on what's available
Friday	<ul style="list-style-type: none"> • Breakfast: chocolate spread and bread with a glass of milk. • Lunch: rice/pasta with beef/chick and salad. Drink water/juice depending on what's available. • Dinner:
Saturday	<ul style="list-style-type: none"> • Breakfast: eggs with bread and a cup of juice/milk. • Lunch: rice/pasta with beef/chick and salad. Drink water/juice depending on what's available. • Dinner: egg and bread
Sunday	<ul style="list-style-type: none"> • Breakfast: eggs with bread and a cup of juice/milk. • Lunch: rice/pasta with beef/chick and salad. Drink water/juice depending on what's available. • Dinner:

From observation it can be concluded that there is a higher intake of fat during weekdays mainly coming from chicken and chips. This much intake of fat has negative effects on my physical fitness. In addition I have a higher intake of calcium coming from milk, which is mainly consumed in the morning. The calcium is good for my bones and helps to maintain strong bones to support the increasing body weight. Although there isn't a great negative effect of inconsistent diet it does limit the effects of any training done. E.g. some days nothing is eaten and others there are a clear difference in intake of food. The lack of fruit and vegetables suggest that I'm consuming a low amount of nutrient and vitamins which could prove important in the improvement/development of my general fitness levels. However, I have a good consistent level of protein intake coming from eggs, chicken and beef, which is consumed at a variety of different time of the day throughout the week. Protein is good for my health as it works on repairing any damaged muscles fibres/tissue.

Football Match

At the beginning of the year I took part in a football match against 'Leyton old'. The match started at a high tempo and remained intense throughout. At the beginning of the first half I was constantly on my feet closing down opposing strikers and trying to retrieve the ball. We played some good football and ended the first half with a lead. At the start progression into the second half was slow and so they capitalised and got ahead which was not expected. However, this shows the intensity of the match. We spent most of the time fighting to equalise but unfortunately we were beaten by time and so lost the game.

Strengths;

- I made good use of short passes and linked with the midfield well.
- Showed good awareness and vision; making good runs down the wing and closed down strikers well.

Weakness;

- When clearing the ball I was often careless and lashed out at the ball hitting it with no particular direction, mostly resulted in losing possession.
- My long passes weren't executed right they lacked power
- Spending too long with the ball
- At times showed lack of good control

Badminton competition

I recently took part in 16+ in badminton indoor competition. I played against opponents my age and of same gender, so it was a fair competition. It was good experience playing against better players at a competitive level, because it helped me find my weaknesses and what I needed to improve on.

First game;

Strength;

- Good serve as I made my opponent work harder and test his awareness
- I had good power in my overhead clear.

Weakness;

- I was doing more running than was needed; my opponent was dictating the pace of the game.
- Couldn't execute a smash!
- Little understanding of tactics which could have been used to help me.
- Bad Shot execution- gave him too much room, and opportunities to beat me

The next game was an improvement, as I capitalised on my strengths and gained a couple of well deserved points. However, my opponent was making me run unnecessarily often exposing me, and making me vulnerable from a smash. Overall my choice of shot was very limited due to knowledge and lack of experience. This was one of the main reasons for my early exit from the competition. Furthermore to conclude this tournament I had improved in my performance and played better although it's not clear if it was my performance which mattered or whether the first opponent was better than the second. Therefore it could said that I played better because I played a weaker opponent.

Evaluation

At the beginning of this year there was a lack of physical exercise in my daily routine. The lack of exercise didn't show any **BIG** effect on my fitness, from test done (e.g. multi stage fitness test, grip strength.....act). I achieved mostly above average result/scores compared to the average student/teenager of similar age group. However there is one exception to this; my cardiovascular endurance was a sign for concern. My low level of aerobic fitness showed in performances for the college football team and in any weekly exercise/training done. Apart from no longer playing club football, I didn't keep much record of my weekly exercise because I didn't do much in terms of outside college time. This was because I had cancelled gym membership and so could no longer train, and the changes of my timetable halted my football session in the college team.

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BEFORE

Exercise	Score	Rating
Grip strength	Right: 54 left:46	good
Vertical jump	55cm	good
Chip ups	6 away 9 facing	good
Sit and reach	25 cm	excellent
Reaction time	14cm	good
Bleep tests	Level 8(2)	good
Agility run	16.63	good
Abdominal bleep test	7 minutes	excellent

AFTER

From observation it is clear there is a significant change in the results. Thus, suggesting more improved and developed in general fitness levels. Although I don't feel I have improved on it as much I could have. During this year it could be said that there are multiple factors which could have had a significant effect on the development of my fitness levels. For example dietary was inconsistent and some vital vitamins and fruits missing. In addition the high intake of fat from chicken and chip didn't help it just slowed me down as I had to burn of fat instead of improving my fitness. Furthermore, I had large gaps of time wasted with no physical exercise apart from PE lesson unattended to. Thus allowing reversibility to occur, resulting in the lose of any improvements to my fitness. On a positive note I made good use of progression and overload and I feel this was the key to most of my improvement.