

Non-degree entrants essay tasks

We would like to set you two pieces of written work.

- The first should be a 1000 word reflection on why you wish to gain a place on the MSc and how it fits with your career development plan. You will be assessed not only on the quality of your discussion but also on your command of written English and ability to structure a coherent discussion.
- The second is a piece of academic writing which should be 1500 words in length and address the following title:

Explain what is meant by the term ‘core stability’ and highlight the most effective strategies to condition the trunk for sport performance.

Both pieces should be typed in size 12 Times New Roman font, double line spaced and justified at both left and right borders. APA referencing format should be used in text and in the reference list (APA guidelines are readily available online). Some of your grade will be given to following these presentation instructions accurately.

We have attached 11 articles to assist you in preparation of the essay and you should use these not only for information but also as a guide to writing style, structure and the use of evidence to support your work. You are not restricted to the use of these articles alone and can use any other literature you have access to. PubMed is a free online search engine for literature which can provide abstracts to all articles in the field and full text in some cases. Google Scholar is another useful free search resource.

The work will be used to highlight your current level of writing and critical thinking skills and the ability to communicate effectively. This will allow us to make a judgement on the feasibility of us being able to support you to develop M level writing skills to a passing level in reasonable time. Should you be unsuccessful in this task you will be provided with feedback and permitted to apply again the following year. If you are successful you will receive feedback and an offer of a place on the course, but be capped at 2 modules in your first year enabling you to focus on study skills development before taking on a higher workload.

Best of luck in the task.