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## Unit 3 – LAC

### **My practical interview task:**

Performance analysis:

The candidate will get data from a chosen sport that will include information like heart rate, distance cover throughout a game, jump height etc.

They will be asked to analyse this data set; they will need to identify trends/patterns that may need areas of improvement for a particular athlete or team

They will then need to create a report or a presentation that includes their findings from the dataset which highlights areas for improvement and certain factors that may be influencing their performance.

### **My own interview questions:**

Thank you for applying for the role of an apprentice sports scientist. I will ask you a series of questions to gain a deeper understanding of your suitability for the role.

1) Tell me about yourself (what you are currently doing)

I am currently doing A levels which are double sport and psychology I enjoy taking part in sports in my free time badminton and netball.

2) What are three strengths of yours and give me examples of when you have used them?

my three strengths are communication, teamwork and working under pressure. I have used communication when taking part in the shaping brighter futures or the black country we had to use communication to share our ideas on how we can change the community for the better this allowed us to exchange information/ideas efficiently.

Teamwork- when playing netball, I had to work with the players on my team to achieve our desired goal.

Working under pressure- I had to execute a coaching plan that was initially meant to be spread across an hour, but I had to do it in 30 minutes I was able to achieve all of my objectives that I set for that session.

3) What is your weakness and explain why?

one of my weaknesses is confidence. This is something that I have always struggled with I'd say over the past few years my confidence has improved but I believe that it can be developed even further for me to reach my full potential. I could further develop my confidence by challenging myself with new experiences that are out of my comfort zone.

4) What motivates you?

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Being successful in the future I want to be able to look back and be proud of what I have achieved. As a result, this will then motivate me to push myself in my career. By doing this it will open even more opportunities within the industry.

5) Why are you interested in this position and tell me what you will be able to bring to this role?

I am interested in the job role because this is something that I have wanted to do for the longest time I am also very passionate about sport and have always been from a young age.

I can bring experience from different areas I played sport competitively for five years this will allow me to put myself in the athletes' shoes and demonstrate empathy. I have also had experience with working alongside players when coaching which will also allow me to understand coaches and what they want in terms of the required needs of the players.

6) What would you do if an athlete wanted to push their body beyond healthy limits?

I would describe their current situation and advise them on why it is not a good idea to do so, and I would also say what that could potentially result in like a more serious or permanent injury. I would also alert the coach of this situation so they can also have another conversation privately.

7) Why should we hire you?

Because I have experience in different areas within sport (like taking part in sport and coaching a team) this will allow me to reason with coaches and athletes to come up with a solution on how to improve their performance

8) Where do you see yourself in 5 years?

In 5 years, I want to be working with a sports team this can be local or not I also want to gain more experience within the 5 years to increase my knowledge and gain an understanding of not just the job but also key topics like biomechanics

9) Can you explain the importance of sport science research and how it can influence training sessions/methods?

It is important as it allows us to come up with different ways that can be more effective to assist athletes when it comes to improving their performance or aiding their recovery. The research that we find can potentially be implemented into training sessions/recovery plans to help elevate their performance.

How will your company help me to develop-my question

You can say- we will provide a sufficient amount of training for all staff this will help them to develop a different range of skills and knowledge.

What kind of support is available for employees-my question-my question

You can say-if you need support regarding work, we can provide you with additional training if you need support that may be personal, we have counsellors who are able to help.

### **Analysis:**

The first question asked was Tell me about yourself? (what you are currently doing) and my response was I am currently doing A levels which are double sport and psychology I enjoy

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taking part in sports in my free time badminton and netball. This is a good first question as it gives the interviewer a little bit of an insight of the kind of person I am it also eases me into the interview process making me less nervous. My response was brief but had enough detail as it was a simple question. My response is related to the job that I was applying for these highlights to the interviewer that I have not just a strong interest in the job but experience making me seem more employable.

My second question asked was

‘What are three strengths of yours and give me examples of when you have used them’?

This is a good question as it allows the interviewer to see what skills/qualities the interviewees possess. By asking them to give examples this will allow them to see how exactly they have used that skill and seeing if it was effective

My response was ‘three strengths are communication, teamwork and working under pressure. I have used communication when taking part in the shaping brighter futures or the black country we had to use communication to share our ideas on how we can change the community for the better this allowed us to exchange information/ideas efficiently.

Teamwork- when playing netball, I had to work with the players on my team to achieve our desired goal. Working under pressure- I had to execute a coaching plan that was initially meant to be spread across an hour, but I had to do it in 30 minutes I was able to achieve all my objectives that I set for that session’. This response was very detailed as I have stated all three of my strengths and went into detail why they are my strengths while providing examples. This enables the interviewer to see what qualities I can bring to the role this plays a big part when evaluating if I am appropriate for this job role. By using real life examples shows to the interview how I have used these skills and effective there were. Because my strengths can be applied to many experiences in sport it shows I can adapt these skills in different sporting environments

My third question that was asked was What is your weakness and explain why? This is another simple question, this allowed the interviewer to assess whether this weakness will impact my performance within this role. This also tests how self-aware someone is as it is important that you are able to be critical of your own performance as it allows for one to grow and develop. If someone is unable to self-critical, they may not be appropriate for the role. However, I do believe that this question could have been a bit more specific by asking the interviewee to include examples within their response to give a more in-depth answer this allows the interviewer to assess whether their weakness is something that they can help them to improve or whether it is something the interviewee needs to improve this weakness by themselves. My response was ‘one of my weaknesses is confidence. This is something that I have always struggled with I'd say over the past few years my confidence has improved but I believe that it can be developed even further for me to reach my full potential. I could further develop my confidence by challenging myself with new experiences that are out of my comfort zone’. My response demonstrates a sense of self-awareness as it is important that you are able to be self-critical of your performance as this allows you to better yourself and your performance. By stating that my confidence has improved over the years shows that I am willing to better myself to improve my performance demonstrating my potential commitment I can give to the job. This also highlights my proactiveness as I will still be learning on how to improve my performance this is crucial in any job role as proactiveness allows one to make progress.

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The fourth question that was asked was 'What motivates you'? This question reveals the real values of the interviewee they can then assess whether their values (personal and professional) align with the value of the company. This can say a lot about the person they are interviewing as it also reveals their true motivations (whether they want this job role for the money or if they have a genuine interest in helping others). To improve this question, it could have been asked 'what are your personal and professional goals for this job role'? By changing the wording of the initial question, it will evoke a more truthful response enabling the interviewer to assess their values more accurately. My response was 'Being successful in the future I want to be able to look back and be proud of what I have achieved. As a result, this will then motivate me to push myself in my career. By doing this it will open even more opportunities within the industry'. My response shows my ambition and that I am driven to succeed. This also reveals my mindset as it shows that I am always thinking about the future highlighting my proactiveness in self-development. If I were to get the job this would allow me to progress in my career as I am ambitious and driven.

My fifth question was 'Why are you interested in this position and tell me what you will be able to bring to this role?' This is a good question as it allows the interviewer to see what I can bring to the role and how it will be useful and how it can benefit the company. This question allowed me to demonstrate my interest in the job highlighting my passion. My response was 'I am interested in the job role because this is something that I have wanted to do for the longest time I am also very passionate about sport and have always been from a young age. I can bring experience from different areas I played sport competitively for five years this will allow me to put myself in the athletes' shoes and demonstrate empathy. I have also had experience with working alongside players when coaching which will also allow me to understand coaches and what they want in terms of the required needs of the players.' This shows to the interviewer that I have relevant experience that can be incredibly useful when it comes to executing my responsibilities within this role this experience could potentially help me to make accurate decision making while having the athletes best interest as I have been in their shoes this gives me an insight into how the athletes might actually feel giving me an advantage over other applicants.

My sixth question was 'What would you do if an athlete wanted to push their body beyond healthy limits?' This question tested my ethical judgment in a sensitive situation. This is to test to see if I have the athlete's best interest. This allowed the interviewer to see if I am able to be empathetic towards an athlete who is in a sensitive situation. They can then assess whether I am using effective communication to help advise the athlete. This also allows the interviewer to assess my decision making in high pressure situations this is a common situation it tests whether I can remain calm and logical. My response was 'I would describe their current situation and advise them on why it is not a good idea to do so, and I would also say what that could potentially result in like a more serious or permanent injury. I would also alert the coach of this situation so they can also have another conversation privately.' My response shows that I am protecting the athlete's health and safety as I clearly stated the consequences of what can happen if they did push their body over healthy limits I didn't just say no to do it I explained why (educating the athlete) this will create an understanding

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between me and the athletes this understanding can possibly prevent the athlete from doing so as they understand the consequences if they do. By notifying the coach this highlights my teamwork as this will allow me and the coach to find a solution that will help the athlete in their recovery journey.

My seventh question was Why should we hire you? This is a simple question, but it allowed the interviewer to see how well I can assess my skills and if I understand my strengths as well as what I can bring to the team. This gave me a chance to really try and convince the interviewer that I am the right person for this role. **Because I have experience in different areas within sport (like taking part in sport and coaching a team) this will allow me to reason with coaches and athletes to come up with a solution on how to improve their performance** This response gave me an opportunity to showcase my knowledge and by ability to be self-critical. The interviewer can see how confident I am and how I sell myself to make me more employable. By mentioning my experience it shows that my experience matches the requirements/needs of the position demonstrating that I might be in a better position than other applicants due to my relevant experience which could potentially help me to fulfil the roles and responsibilities of the job successfully.

My eighth question was Where do you see yourself in 5 years? This question reveals my long term goal that I have with the company this allows the interviewer to see whether my long term goals are relevant to the job and whether these long term goals will help the company to grow this is very important when it comes to evaluating the candidates as they need to see who will be able to benefit the company/department. This allowed me to show my ambition and aspiration that I have with helping the company to grow as well as my plans on how my career can better. **In 5 years, I want to be working with a sports team this can be local or not I also want to gain more experience within the 5 years to increase my knowledge and gain an understanding of not just the job but also key topics like biomechanics.** My response highlights my clear aspirations and goals for the future. By stating that I still want to be learning and developing not only showcases my determination to continue to progress and maximise the opportunities of the company. By saying that I am open to work with either a local team or not a local team highlights my adaptability it is important as employers want someone who can succeed in different environments as in a sport environment are always changing.

The ninth question that was asked was Can you explain the importance of sport science research and how it can influence training sessions/methods? This question gave me the opportunity to showcase the depth of my knowledge in particular sport science (biomechanics, physiology etc). This gave me the platform to express how modern research can help to improve the performance of athletes and how it can be applied to recovery plans..... My response was **It is important as it allows us to come up with different ways that can be more effective to assist athletes when it comes to improving their performance or aiding their recovery. the research that we find can potentially be implemented into training sessions/recovery plans to help elevate their performance.** This response has a clear purpose of how research can affect training sessions highlights how I am able to apply my knowledge to similar situations that a sport scientist may face. This demonstrates my application of knowledge as this is crucial as a sport scientist as you need to apply your knowledge to a given situation and come up with an effective solution to fit the needs and

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capabilities of the of the athlete. My response also reveals my motive behind applying for this job as my focus is to help athlete become the best version themselves in terms of their performance. By stating this i aligning myself with the companies' values making me more employable