

PARTICIPANT INFORMATION SHEET

Understanding Physical
Education Teachers Perspective
on Workload Management
in the context of sport for
11–18-year-olds

January 2023



**FOR A SAFER
WORLD OF SPORT**

Thank you for your interest in this research project.

The following information will explain the purpose of the research and what will be required, to help inform whether you would like to take part.

1.1 Who are Podium Analytics?

Podium Analytics is an NGO and registered charity, with a clear vision to create a safer world of sport and to change the landscape of youth sport health, reducing preventable injuries through a combination of data, research, innovation, and programmes that translate scientific evidence into practical solutions within the school and grassroots sports club environment.

1.2 What is the project about?

We are undertaking a study into workload and adaptation in youth sport, from the Physical Education (PE) teachers' perspective in secondary and sixth form schools and the journey of progression of 11–18 years olds in their sport and activities without getting injured. We are looking to understand if adaptation principles and management of workload is practical in the school environment. For the purposes of this study, **adaptation** (in the context of sport) is the process where young people respond to specific demands of their sport/activity and can do it again without breaking. **Workload** is defined as what they do (the tasks) that stimulate adaptation and the effort with which they do it and are responding to the demands. Essentially what and how the young person responds to sporting demands.

1.3 What will this contribute to?

The aim of this research project if the evidence indicates it would be impactful, is to establish basic principles through best practice knowledge and school-specific information, to support teachers and coaches practically to manage workload for young people playing sport.

1.4 Why is it important?

This is an important topic for the Podium research team to investigate, as managing workload is key for healthy adaptation in youth sport. Healthy adaptation improves general health and performance and is important for growth and development in young people, where excessive workload (overtraining) and lack of stimulus (undertraining) can lead to injury. We know workload and recovery is monitored in elite youth sport to develop players to adapt to increasing demands however there is no practical application for the school environment. Podium want to create a positive space for young people to play sport, and your support in this project will provide the real-world context and insight into how to support teachers and coaches, for young people at a grassroots level to progress and develop playing the sports they love and reducing the risk of injury.

1.5 What does the research involve?

We would like to request your involvement in this study to discuss PE and sport, in and outside of the curriculum, and the current practices used to progress young people playing sport. We know PE, school sport and sport all look very different, and we would like to understand the context specific realities of these environments.

Initially, we'd seek to establish your current school and PE curriculum extracurricular activity structure and delivery, the challenges faced and how confident you feel think about sport specific workload management, in a short 7–10-minute survey.

If you choose to, we would then like to speak to you in a follow up discussion (maximum 45 minutes) and clarify the answers you have provided in the survey and to also explore the principles of workload and adaptation, such as

monitoring, rate of progression, readiness to play etc. We would like to know how feasible and practical applying these would be in the school environment. This discussion would be recorded and is optional.

1.6 What will happen to the information?

The survey results will be collated and anonymised. However, if you choose to contribute further to this study or hear more about the work undertaken at Podium Analytics, and provide your contact details at the end of the survey, we will use this information to contact you via email.

If you choose to participate in a follow up discussion and workshop, this will be recorded with your consent, and used to draw insights about the range of sport/activity in schools and understanding of managing workload at a grassroots youth sport level to further inform our research questions and project direction.

We will write up this information so people can read about it, you and other participants will be anonymous. This means we will **not** use any personal information that could identify you. We will say, for example, 'one Head of PE, from a state-funded sixth form school'.

1.7 What happens to my data?

The survey results will be collated and anonymised. If you choose to be a part of the further workshop and discussion, we will ask for your consent to audio record the workshop for data capture and quality purposes. This audio recording will then be transcribed into anonymised text and then the original audio file will be destroyed.

Any information we collect in the audio recording that could be used to identify you will be stored securely until we have transcribed it, and we will not share it with anyone who is not involved in the research. Once it is destroyed, your contributions will be anonymous.

1.8 What are the potential risks and benefits of taking part?

There will be no risk or benefit of taking part in this research other than helping us to understand perceptions and understanding of training and competition workload in the school and club environment.

1.9 Will the research be published?

The anonymous research may be published or shared at conferences, or on the Podium Analytics website, or in Podium Analytics publications.

1.10 Who has reviewed this study?

This research study has reviewed by the Research team and Head of Legal at Podium Analytics.

1.11 Do I have to take part?

No – it is voluntary, and you do not have to take part. You are free to withdraw at any time without giving a reason.

1.12 Further Information and Contact Details

If you would like to discuss the research or ask any questions, please contact:

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