

Blog

[Perfectionistic Climate Animation](#)



posted by admin at 11:34:24 27.06.2022



[Perfection](#)

The short animation below by Andrew Hill, Laura Fenwick and Michael Grugan of York St John University introduces the concept of Perfectionistic Climate - informational cues and goal structures aligned with the view that performances must be perfect and less than perfect performances are unacceptable. A perfectionistic climate has five components - expectation, criticism, control, conditional ...

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Categories: [Coaching](#)

[Lisa Wainwright MBE, Talking Sport & Tech](#)



posted by admin at 08:22:27 03.06.2022



[Diversity, Innovation](#)

This episode of Talking Sport & Tech features Lisa Wainwright MBE, CEO, Sport and Recreation Alliance, the umbrella body for sport and recreation in the UK. Lisa was appointed CEO of the Sport and Recreation Alliance in 2019 and received an MBE in the 2021 Queen's Birthday Honours for services to sport. In this episode, Lisa reflects on her career, the power of sports communities, ...

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Categories: [General](#)

[ukactive CEO on how the Government can support a more active nation](#)



posted by admin at 11:13:25 02.06.2022



[Participation](#)

In December 2020, the Sports and Recreation Committee on a National Plan for Sport and Recreation published its call for evidence, inviting the public to provide their views on how we can remove barriers to participation in sport and recreation and facilitate more active lifestyles. The Today programme on BBC Radio 4 spoke to ukactive's CEO, Huw Edwards, in May 2022 about the nation'

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Categories: [General](#)

[Catching Breath](#)



posted by admin at 10:30:11 29.05.2022



[Health](#)

'Catching Breath' is a film from Fierce Beastie Productions about the healing power of cold water swimming. Since the beginning of the pandemic, Scotland has witnessed a spectacular rise in those participating in cold water swimming. In a country that enjoys thousands miles of dramatic coastline, an abundance of beautiful lochs, waterfalls and rivers, folk up and down the country ...

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Categories: [Open Water](#)

[Tonic of the Sea](#)



posted by admin at 10:22:33 29.05.2022



[Mental Health,](#)

'Tonic of the Sea' is a 2017 mini-documentary from Jonathan J Scott Films showing the link between mental health and sea swimming. Katie swims off the rocks of Penzance, UK nearly everyday of the year. Open water swimming has helped her overcome some of the struggles that life all too often throws our way. The hope is that her story may help others who are faced with similar ...

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Categories: [Open Water](#)

Found messages 1 to 5 from 390 [[<<](#) [1](#) [2](#) [3](#) [4](#) [>>](#)]

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