**CPD Log Example Profile**

Please list a maximum of 10 CPD activities from the last 5 years that are relevant to your professional practice and a summary of learning from each activity in the table below.

Your CPD profile must demonstrate a mixture of learning activities that are relevant to your current or future practice.

Your CPD profile should demonstrate CPD activities during at least 3 of the previous 5 years (i.e., your examples should be spread out over the 5 years and not all concentrated in one year).

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| **Date CPD profile completed :** | June 2020 |
| **SIIPA Accreditation number:** | e.g. 03-06 |

Documented from most recent

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| **No.** | **Date** | **Organising Body**  **(where relevant)** | **CPD Activity / Content** | **Reflection on how the activity impacted on your practice** |
| **1** | 22-23  Mar 2013 | IIS | Experiential workshop exploring  motives, role and actions as a SP, and how this impacts on practice | Useful workshop to engage in some structured self-reflection – something I do  Anyway, but having some assistance/guidance in this was helpful. Also learnt some new exercises that I might use with junior athletes |
| **2** | Dec 2012 | Paralympics Ireland | Review of Irish Paralympic Team performance at the London Games  in 2012 | This was a great personal challenge in that the management of the project required the use of a number of core skills essential to quality service provision  at the highest level. These included: logistical planning, time management, |

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|  |  |  |  | coping with tight deadlines, communication, facilitation and listening skills,  report writing and presentation skills as well as a high degree of self reflection. |
| **3** | June – Dec 2012 | DCU | Preparation of manuscript for peer reviewed journal | Multidisciplinary working as a number of authors were involved on the paper. The revision of the literature again and the formulation of the manuscript. This  manuscript has been accepted for publication in the journal Nature |
| **4** | Jan 2012 | ISAK | ISAK Body composition Level 1 | The theory about different methods of measurement and practical workshop based weekend which had a practical assessment of skill level. Prior to being awarded you had to complete 20 assessments within specific error ranges. The  use of specific excel worksheets on how to calculate and present the results. |
| **5** | Sep 2011 | AASP | Professional Ethics & Standards in Sport and Exercise Psychology | The online programme has been specifically developed to examine important ethical and legal issues that sport and exercise psychology professionals often  encounter in their work as teachers, |
| **6** | Mar 2011 | Uni of Limerick | 3rd International Conference for Qualitative Research in Sport & Exercise | Some interesting and pertinent content to applied practice – some case accounts/studies of practice, and presentations focusing issues related to doing research on practice. My presentation – on the challenges of concealing identity of elite athletes who are the subject of research (and potentially who you might also be working with) went well, and led to some on-going  discussion with interested |
| **7** | Sep – Dec 2010 | Cycling Ireland | High Performance Annual Plan – development of sports science support plan | During this time I have gained a greater understanding of high performance planning and the challenges faced by high performance directors in resourcing and investing in sport science initiatives in order to achieve their strategic objectives and I developed the sports science plans keeping the performance directors strategic objective foremost in mind, but also being aware of  budgetary and time restraints. |

**Note:** You can be asked to verify any of the submitted examples above should an assessor request it.