

# COURSE INFO

## BTEC HND Diploma in Sport Year 1 - UCAS Code: 006C

### Level

Level 5

### Location

South Wigston Campus

### Introduction

This programme is designed to equip individuals with the knowledge, understanding and skills required for successful employment in the health & fitness, leisure and sports sectors or for progression to an undergraduate 1 year top-up degree.

### Study Outline

The course comprises 16 units over two years.

Principles of Sports Coaching; The Sport & Leisure Industry; Field-based Fitness Testing; Physical Activity, Lifestyle and Wellbeing; Applied Sports Coaching; Nutrition; Training and Fitness; Physical Education.

### Entry Requirements

You must be aged 18+ to start the course and possess one of the following qualifications:

120 UCAS Points; BTEC Level 3 Diploma in Sport at Merit and Pass; BTEC Level 3 Extended Diploma in Sport at Pass or above; At least two A Levels at grade D or above; Mature candidates with appropriate work experience/sporting background

UCAS Code: 006C

### Equipment

You will require sports kit. Course kit will also be provided.

### Attendance

Two years, full-time.

It will require learners to commit to lessons three days per week and to conduct private study outside of College time

### Assessment

This programme consists of 16 continuously assessed units. In addition there will be opportunities to play for College sports teams, engage in placements in the community (e.g. work experience, coaching) and go on trips.

#### Important details

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## **Progression**

After successful completion you can complete a 1 year top-up at local Universities to gain a degree. You can seek employment in many areas within Exercise & Lifestyle Consultancy, Coaching, Sports Development, from Lifestyle Consultancy to Coaching and Teaching.

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# COURSE INFO

## BTEC HND Diploma in Sport Year 2

**Level**

Level 5

**Location**

South Wigston Campus

**Introduction**

This programme is designed to equip individuals with the knowledge, understanding and skills required for successful employment in the health & fitness, leisure and sports sectors or for progression to an undergraduate degree.

**Study Outline**

Year 2: Evolution of Sports Development; Work-based Experience; Personal/Professional Development; Analysis of Sports Performance; Research Project; Managing Sports Development; Sport & Exercise Psychology; Biomechanics for sport.

**Entry Requirements**

You must be aged 18+ to start the course and possess one of the following qualifications: 120 UCAS Points; BTEC Level 3 Diploma in Sport at Merit and Pass; BTEC Level 3 Extended Diploma in Sport at Pass or above; At least two A Levels at grade D or above; Mature candidates with appropriate work experience/sporting background

**Equipment**

You will require a sports kit.

**Attendance**

Two years, full-time.

It will require learners to commit to lessons three days per week and to conduct private study outside of College time.

**Assessment**

This programme consists of 16 continuously assessed units. In addition there will be opportunities to play for College sports teams.

**Progression**

After successful completion you can top-up at local Universities to gain a degree. You can seek employment in many areas within Exercise & Lifestyle Consultancy, Coaching, Sports Development.

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# COURSE INFO

## STUDY PROGRAMME BTEC 180 Credit Extended Diploma in Sport (Year 2)

### Level

Level 3

### Location

South Wigston Campus

### Introduction

This two year programme is designed for those who want to gain a qualification that will enable them to pursue a career in many areas of Sport or into higher level qualifications. It is equivalent to three A Levels.

### Study Outline

The Level 3 Extended Diploma in Sport programme comprises of 19 units which cover the wide range of subjects in sport today. The first year units are:

Principles of Anatomy and Physiology in Sport; The Physiology of Fitness; Assessing Risk in Sport; Fitness Testing for Sport and Exercise; Sports Coaching; Fitness Training and Programming; Practical Individual Sports; Sports Nutrition; Current Issues in Sport and Analysis of Sports Performance.

Second year units are:

Sports Development; Practical Team Sports; Psychology for Sports Performance; Instructing Physical Activity and Exercise; Leadership in Sport and Exercise; Health and Lifestyle; Organising Sports Events; Exercise for Specific Groups and Rules; Regulations and Officiating in Sport.

### Entry Requirements

4 GCSEs at Grade C or above, which must include Maths and English, and also successful completion of the L3 90 Credit Diploma in Sport course (Year 1 of this programme)

### Equipment

Suitable, smart and relevant sports kit.

### Attendance

Two years, full-time.

### Assessment

This programme consists of 19 continuously assessed units. In addition there will be opportunities to play

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for College sports teams. The course also provides the opportunity to develop skills in leadership, teamwork and working with others through residential and other experiences.

### **Progression**

After successful completion you may continue your studies at the college on our HND in Sport, study for a Degree in the relevant field or you can aim to get employment in the industry.

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# COURSE INFO

## STUDY PROGRAMME BTEC Level 3 120 Credit Diploma in Sport Yr2

### Level

Level 3

### Location

South Wigston Campus

### Introduction

This is the second year of a two year programme; and is designed for those who want to gain a qualification that will enable them to pursue a career in many areas of Sport or into higher level qualifications. It is equivalent to two A Levels.

### Study Outline

Second year units are:

Sports Development; Practical Team Sports; Psychology for Sports Performance; Instructing Physical Activity and Exercise; Leadership in Sport and Exercise; Health and Lifestyle; Organising Sports Events; Exercise for Specific Groups and Rules; Regulations and Officiating in Sport.

### Entry Requirements

Four GCSEs at Grade C or above, which must include either Maths or English and successful completion on the L3 Subsidiary Diploma in Sport course (Year 1 of this study programme)

### Equipment

Suitable, smart and relevant sports kit

### Attendance

Two years, full-time

### Assessment

This programme consists of 7 continuously assessed units. In addition there will be opportunities to play for College sports teams. The course also provides the opportunity to develop skills in leadership, teamwork and working with others through residential and other experiences

### Progression

After successful completion you may continue your studies at the college on our HND in Sport, study for a Degree in the relevant field or you can aim to get employment in the industry

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# COURSE INFO

## STUDY PROGRAMME BTEC Level 3 Subsidiary Diploma in Sport

### Level

Level 3

### Location

South Wigston Campus

### Introduction

This one year programme is equivalent to one A Level and is designed for those who want to gain a qualification that will enable them to pursue a career in many areas of the sports industry, or onto a BTEC Level 3 Diploma in Sport at the College.

### Study Outline

There are seven units to complete during the course, these are:

Principles of Anatomy and Physiology in Sport; The Physiology of Fitness; Assessing Risk in Sport; Fitness Testing for Sport and Exercise; Sports Coaching; Fitness Training and Programming; Practical Individual Sports.

### Entry Requirements

At least four GCSEs at Grade A to C, alternatively a merit grade on a Level 2 Diploma in Sport.

### Equipment

You will require a sports kit and trainers.

### Attendance

One year, full time.

### Assessment

This is a full-time programme which consists of seven continuously assessed units. In addition there will be opportunities to play for College sports teams. The course provides the opportunity to develop skills in leadership, teamwork and working with others through residential and other experiences.

### Progression

After successful completion you can continue your studies at the College to gain a BTEC Level 3 Diploma in Sport or go into employment.

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# COURSE INFO

## Level 3 in Sport

### Level

Level 3

### Location

South Wigston Campus

### Introduction

This one year programme is equivalent to one A Level and is designed for those who want to gain a qualification that will enable them to pursue a career in many areas of the sports industry, or onto a BTEC Level 3 Diploma in Sport at the College.

### Study Outline

There are ten units to complete during the course, these include:

Principles of Anatomy and Physiology in Sport; The Physiology of Fitness; Assessing Risk in Sport; Fitness Testing for Sport and Exercise; Sports Coaching; Fitness Training and Programming; Practical Individual Sports.

### Entry Requirements

At least four GCSEs at Grade A to C, including Maths and English. Alternatively a Merit grade at Level 2 Diploma in Sport.

### Equipment

You will require a sports kit and trainers.

### Attendance

One year, full time.

### Assessment

This is a full-time programme which consists of ten continuously assessed units. In addition there will be opportunities to play for College sports teams. The course provides the opportunity to develop skills in leadership, teamwork and working with others through residential and other experiences.

### Progression

After successful completion you can continue your studies at the College to gain a BTEC Level 3 Extended Diploma in Sport or go into employment.

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# COURSE INFO

## Level 2 in Sport

### Level

Level 2

### Location

South Wigston Campus

### Introduction

This one year programme is designed as an introduction for those who want to gain a qualification that will enable them to pursue a career in many areas of sport or into higher level qualifications.

### Study Outline

The course is composed of: Participating in Sport; Health, safety and welfare in sport and active leisure; Safeguarding and protecting children and young people in sport and active leisure; Sport facility operations; Injuries in sport; Sport and society; Factors affecting participation in sport and physical activity; Physical preparation for sports performance; Working with disabilities in sport and active leisure, and Event organisation in a sport and active leisure environment.

### Entry Requirements

4 GCSEs at grade D or above or BTEC Level 1 or Level 2 Diploma in Sport

### Equipment

You will require a sports kit to take part in physical activity.

### Attendance

One year, full-time.

### Assessment

This is a full-time programme, which consists of continuously assessed units, using written assignment, projects and presentations completed individually or in teams. In addition, there may be opportunities to play for College sports teams.

### Progression

After successful completion you may progress onto the BTEC Level 3 Subsidiary Diploma in Sport (subject to relevant progression criteria) or other Level 3 qualifications or employment in the industry.

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# COURSE INFO

## Level 1 in Public Services and Sport

### Level

Level 1

### Location

South Wigston Campus

### Introduction

This one year programme is designed to equip individuals with the knowledge, understanding and skills required for success in employment in the health & fitness, leisure and sports sectors. It is also a route for progression to a level 2 qualification such as the BTEC Level 2 Diploma in Sport or the NVQ Level 2 Football Coaching and Instructing.

### Study Outline

The course comprises ten units over one year. The subjects you will study are:

Job Opportunities in Sport & Active Leisure - An investigation of jobs and organisations in the sport and leisure industries.

Working in the Sport & Active Leisure - Gain an understanding of what it is like to start work. You will also undertake a programme of work experience.

How the Body Works - You will find out more about the body and how fitness and lifestyle can affect it.

### Entry Requirements

Students with E, F and G Grades at GCSE are invited to apply.

### Equipment

You will need indoor and outdoor sports kit/footwear

### Attendance

One year, full-time.

### Assessment

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## **Progression**

After successful completion (with Merit grades), you may go on to a Level 2 qualification such as the BTEC Level 2 Diploma in Sport or the NVQ Level 2 in Football Coaching & Instructing. Alternatively you can obtain employment in the sports industry.

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COLLEGE**

# COURSE INFO

## Level 2 in Coaching and Activity Leadership

**Level**

Level 2

**Location**

South Wigston Campus

**Introduction**

This course is aimed at learners who want to pursue a career as a sports coach. Regular placements with primary school children, learners with learning difficulties and the elderly will be provided, learners are also expected to find their own coaching placements whilst on the course.

**Study Outline**

FA Level 1 Football coaching certificate, L2 Principles of Coaching, L2 Activity Leadership Course and a Sports Leaders qualification are all courses you will complete whilst on this qualification. Students will leave here with the skills and knowledge to apply for a permanent coaching role.

**Entry Requirements**

This course is suitable for candidates with an interest in Sports Coaching. Learners must possess 4 GCSEs at grade D or above, or be a mature candidate with appropriate work experience within the industry.

**Equipment**

A4 Lever Arch Folder x 2 and Pen, football boots, indoor and outdoor practical kit.

**Attendance**

Full time, Three days per week including work placement.

**Assessment**

The course involves a mixture of portfolio based and practical coaching assessments. You will be assessed a lot on the sports field!

**Progression**

The qualification will provide knowledge and practical skills to enable progress on to other qualifications such as the BTEC Level 3 Diploma in Sports Coaching. Alternatively, you could progress to employment as a Sports Coach.

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