

COURSE INFO

Level 3 in Sport & Exercise Sciences

Level

3

Location

Nuneaton Campus

Introduction

This two year course is designed for those who want to gain a qualification that will enable them to pursue a career in many areas of Sport or onto higher level qualifications. The course has a particular emphasis on Sports Therapy, Exercise Physiology, Sports Psychology and academic research. It is equivalent to three A Levels

Study Outline

This Level 3 extended Diploma course comprises of 18 units. Of these 18 units, you will complete 9 in the first year and 9 in the second year. The first year units are:

Anatomy for Sport and Exercise; Sport and Exercise Physiology; Sport and Exercise Psychology; Research Methods for Sport and Exercise Sciences; Fitness Testing for Sport and Exercise; Fitness Training and Programming; Applied Sport and Exercise Psychology; Practical Individual Sports and Sports Coaching

Second year unit

Entry Requirements

Five GCSEs at Grade C or above which must include Maths, English, Double Science and P.E.

Equipment

Suitable, smart and relevant sports kit.

Attendance

Two years, full-time course.

Assessment

The programme consists of 18 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.

Important details

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Progression

After successful completion you may go on study at a higher level on the HND in Sport at North Warwickshire & Hinckley College. Alternatively you could take a Degree in the relevant field or you can aim to get employment in the industry.

Important details

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SOUTH
LEICESTERSHIRE
COLLEGE

COURSE INFO

Level 3 in Sport

Level

3

Location

Nuneaton Campus

Introduction

This one year course 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 five GCSEs at Grade A to C, one of which must be Maths, English, Science, or Physical Education. BTEC Level 2 Diploma in Sport and one GCSE from Maths, English or PE at Grade C.

Equipment

You will require a sports kit and trainers.

Attendance

One year, full time.

Assessment

This is a full-time course 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

ADV 462 - 1 - Exercise and Fitness - Personal Training

Location

Industry Based

Important details

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SOUTH
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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.

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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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**SOUTH
LEICESTERSHIRE
COLLEGE**

COURSE INFO

HND in Sport (Coaching & Sport Development) Course - UCAS Code: 006C

Level

5

Location

Nuneaton Campus

Introduction

This prcourse 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 course.

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

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for College sports teams, engage in placements in the community (e.g. work experience, coaching) and go on trips.

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.

Important details

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COURSE INFO

Level 2 in Sport

Level

2

Location

Nuneaton Campus

Introduction

This one year course 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 course, 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) course or other Level 3 qualifications or employment in the industry course.

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COURSE INFO

Extended Diploma in Sport & Exercise Science Course - Year 2

Level

3

Location

Nuneaton Campus

Introduction

This two year course is designed for those who want to gain a qualification that will enable them to pursue a career in many areas of Sport or onto higher level qualifications. The course has a particular emphasis on Sports Therapy, Exercise Physiology, Sports Psychology and academic research. It is equivalent to three A Levels.

Study Outline

This Level 3 Extended Diploma course comprises of 18 units. Of these 18 units, you will complete 9 in the first year and 9 in the second year. The first year units are:

Anatomy for Sport and Exercise; Sport and Exercise Physiology; Sport and Exercise Psychology; Research Methods for Sport and Exercise Sciences; Fitness Testing for Sport and Exercise; Fitness Training and Programming; Applied Sport and Exercise Psychology; Practical Individual Sports and Sports Coaching

Entry Requirements

Five GCSEs at Grade C or above which must include Maths, English, Double Science and P.E

Equipment

Suitable, smart and relevant sports kit

Attendance

Two years, full-time

Assessment

The course consists of 18 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 go on study at a higher level on the HND in Sport course at North

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Warwickshire & Hinckley College. Alternatively you could take a Degree in the relevant field or you can aim to get employment in the industry

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SOUTH
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COLLEGE

COURSE INFO

BTEC Level 3 Extended Diploma in Sport Course

Level

3

Location

Nuneaton Campus

Introduction

This two year course 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 course 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

Five GCSEs at Grade C or above, which must include Maths, English, Double Science and P.E.

Equipment

Suitable, smart and relevant sports kit.

Attendance

Two years, full-time course.

Assessment

This programme consists of 19 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,

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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 course, study for a Degree in the relevant field or you can aim to get employment in the industry.

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COURSE INFO

INT 460 - 3 - Activity Leadership - Coaching

Location

Industry Based

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COURSE INFO

INT 460 - 3 - Activity Leadership - Coaching

Location

Industry Based

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SOUTH
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COURSE INFO

INT 462 - 1 - Exercise and Fitness

Location

Industry Based

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COURSE INFO

INT 462 - 1 - Exercise and Fitness

Location

Industry Based

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SOUTH
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COLLEGE

COURSE INFO

Level 2 Certificate in Fitness Instructing Course (Day)

Level

Level 2

Location

Nuneaton Campus

Introduction

This course is aimed at learners who want to pursue a career as a fitness instructor in the context of gym-based exercise, and have a passion for health and fitness. Candidates will develop the necessary skills and knowledge required to enable them to plan and instruct safe and effective programmes of exercise. This course will give you a qualification that is highly recognised within the fitness industry and by employers, as a key measure of achievement.

Study Outline

On this course you will study Anatomy and physiology including: the heart and circulatory system, the respiratory system, structure and function of the skeleton, musculoskeletal system, postural and core stability & the nervous and energy systems and their relation to exercise; How to maintain health, safety and welfare in a variety of fitness environments, including the safeguarding of children and vulnerable adults; How to programme safe and effective exercise for a range of clients, the health benefits of physical activity

Entry Requirements

This course is suitable for candidates who have experience either in participating or teaching fitness. You should have experience in using gym equipment and have an active interest in the fitness industry.

You must be aged 18 or over before the start of the course. There are no formal entry requirements, however good Levels of Literacy and Numeracy are advised.

Equipment

Practical Kit, A4 Lever Arch Folder, Pen and USB

Attendance

The course is delivered:

17 weeks, one and a half days a week, September - January.

Assessment

Important details

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The course involves a mixture of internal and external assessment which includes multiple choice theory paper/e-assessment, practical examination and worksheets

Progression

The qualification will provide knowledge and practical skills to enable progress on to the Level 3 Personal Training and the Level 3 BTEC Extended Diploma in Sport course at North Warwickshire & Hinckley College. Alternatively you could gain employment as a Gym Instructor in the health and fitness industry

Important details

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**SOUTH
LEICESTERSHIRE
COLLEGE**

COURSE INFO

Level 3 - Certificate in Personal Training Course (Day)

Level

Level 3

Location

Nuneaton Campus

Introduction

This course is designed for people wanting to become a Personal Trainer in a gym or health club, or on a self employed basis. Candidates will develop the necessary skills and knowledge required to enable them to plan and instruct safe and effective progressive programmes of exercise, and provide individual training on a one to one basis. They will also be able to give nutritional advice specific to a client's goals and needs, having carried out a comprehensive fitness and lifestyle assessment.

Study Outline

On this programme you will study:

Anatomy and Physiology; How to Maintain Health, Safety and Welfare in a Variety of Fitness Environments; How to Programme Safe and Effective Exercise for a Range of Clients; How to Communicate with Clients Effectively; How to Apply the Principles of Nutrition to Support Client Goals as Part of an Exercise and Physical Activity Programme; How to Design, Manage, and Adapt a Personal Training Programme; How to Deliver Exercise and Physical Activity.

Entry Requirements

Candidates must hold a Level 2 Certificate in Fitness Instructing (Gym) as recognised by the Register of Exercise Professionals (REPs).

Recommended age 18 years and over

Equipment

You will need practical kit, A4 lever arch file, pens and a USB

Attendance

17 weeks, part-time, January - July

2 days per week

Assessment

The course involves a mixture of internal and external assessment, comprising of coursework, a multiple choice theory paper, e-assessment, practical examination and worksheets

Important details

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Progression

On completion of the qualification, you can go on to work as a Personal Trainer in the Sport and Fitness Industry. The qualification will also provide knowledge and practical skills to enable progress on to other qualifications such as the Level 3 BTEC Extended Diploma in Sport and, alongside other qualifications or experience, to the HND in Sport

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**SOUTH
LEICESTERSHIRE
COLLEGE**

COURSE INFO

Level 3 - Certificate in Personal Training Course (Day)

Level

Level 3

Location

Nuneaton Campus

Introduction

This course is designed for people wanting to become a Personal Trainer in a gym or health club, or on a self employed basis. Candidates will develop the necessary skills and knowledge required to enable them to plan and instruct safe and effective progressive programmes of exercise, and provide individual training on a one to one basis. They will also be able to give nutritional advice specific to a client's goals and needs, having carried out a comprehensive fitness and lifestyle assessment.

Study Outline

On this programme you will study:

Anatomy and Physiology; How to Maintain Health, Safety and Welfare in a Variety of Fitness Environments; How to Programme Safe and Effective Exercise for a Range of Clients; How to Communicate with Clients Effectively; How to Apply the Principles of Nutrition to Support Client Goals as Part of an Exercise and Physical Activity Programme; How to Design, Manage, and Adapt a Personal Training Programme; How to Deliver Exercise and Physical Activity.

Entry Requirements

Candidates must hold a Level 2 Certificate in Fitness Instructing (Gym) as recognised by the Register of Exercise Professionals (REPs).

Recommended age 18 years and over

Equipment

You will need practical kit, A4 lever arch file, pens and a USB

Attendance

17 weeks, part-time, January - July

2 days per week

Assessment

The course involves a mixture of internal and external assessment, comprising of coursework, a multiple choice theory paper, e-assessment, practical examination and worksheets

Important details

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Progression

On completion of the qualification, you can go on to work as a Personal Trainer in the Sport and Fitness Industry. The qualification will also provide knowledge and practical skills to enable progress on to other qualifications such as the Level 3 BTEC Extended Diploma in Sport and, alongside other qualifications or experience, to the HND in Sport

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**SOUTH
LEICESTERSHIRE
COLLEGE**

COURSE INFO

Level 3 Diploma in Sport Course - Year 2

Level

3

Location

Nuneaton Campus

Introduction

This two year course 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

Second year units on this course 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

Five GCSEs at Grade C or above, which must include Maths, English, Double Science and P.E

Equipment

Suitable, smart and relevant sports kit

Attendance

Two years, full-time

Assessment

This course consists of 19 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 of your course, you may continue your studies at the college on our HND in Sport course, study for a Degree in the relevant field or you can aim to get employment in the industry

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COURSE INFO

Level 1 in Sport & Active Leisure Course

Level

1

Location

Nuneaton Campus

Introduction

This one year course 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 course.

Assessment

This course consists of ten 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.

Important details

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Progression

After successful completion (with Merit grades) of this course, 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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**SOUTH
LEICESTERSHIRE
COLLEGE**

COURSE INFO

Level 3 in Fitness Instructing and Personal Training

Level

3

Location

Nuneaton Campus

Introduction

This course is designed for people wanting to become a Personal Trainer in a gym or health club, or on a self employed basis. Candidates will develop the necessary skills and knowledge required to enable them to plan and instruct safe and effective progressive programmes of exercise, and provide individual training on a one to one basis. They will also be able to give nutritional advice specific to a client's goals and needs, having carried out a comprehensive fitness and lifestyle assessment.

Study Outline

On this programme you will study: Anatomy and Physiology; How to Maintain Health, Safety and Welfare in a Variety of Fitness Environments; How to Programme Safe and Effective Exercise for a Range of Clients; How to Communicate with Clients Effectively; How to Apply the Principles of Nutrition to Support Client Goals as Part of an Exercise and Physical Activity Programme; How to Design, Manage, and Adapt a Personal Training Programme; How to Deliver Exercise and Physical Activity.

Entry Requirements

Candidates must hold a Level 2 Diploma in Fitness Instructing (Gym) as recognised by the Register of Exercise Professionals (REPs). Age to be considered 16-18 years

Equipment

You will need practical kit, A4 lever arch file, pens and a USB

Attendance

Full time, September - July Two to three days per week including work placement.

Assessment

The course involves a mixture of internal and external assessment which includes multiple choice theory paper/e assessment (Anatomy and Physiology and Principals of Exercise), practical examination, professional discussions alongside worksheets to provide evidence of your "real work" activity.

Progression

Moving into the industry or continue into Higher Education

Important details

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COURSE INFO

Level 2 in Leadership (Coaching)

Level

2

Location

Nuneaton Campus

Introduction

This course offers an insight into the football coaching process, related issues in sports science, planning, conducting and evaluating coaching sessions. There is a strong emphasis on practical work, with a supplementary modular theory approach.

Study Outline

Over the course of the programme you will gain qualifications in:

• 1st4Sport Level 1 Certificate in Coaching Football that covers areas such as player and coach development, football club administration, respect, equality and diversity, laws of the game and two practically assessed tasks

• Level 1 Award in Sports Leadership

• Level 1 CYQ in Fitness and Physical Activity

• Level 2 in the Principles of Coaching Sport that covers the role of a sports coach, coaching and learning styles, nutrition and hydration and a practical coaching assessment

• Level 2 NVQ in Activity Leadership that covers all aspects involved in preparing for and delivering a practical session that include preparation for a session, health and safety within a session, setting up and taking down of activity equipment and delivery of a session

On completion of the above courses there may also be an opportunity to take an FA Level 2 Certificate in Coaching Football depending upon attendance and achievement.

Entry Requirements

An interest in sports and football coaching. Experience in coaching organised groups related to schools, clubs, or football in community schemes. Four GCSE Grade D or above.

Equipment

Football Kit.

Attendance

Important details

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One year, full time course.

Assessment

You will be continually assessed throughout the course. You will also be required to build a portfolio of evidence for assessment.

Progression

After successful completion, work related opportunities in the football coaching field might be sought through football clubs within their academies or working within local organisations that provide sports relief to the local area. Or you could continue to study sports courses at North Warwickshire & Hinckley College via a Level 2 or Level 3 course.

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**SOUTH
LEICESTERSHIRE
COLLEGE**

COURSE INFO

Level 2 in Fitness Instructing and Personal Training

Level

2

Location

Nuneaton Campus

Introduction

This course is aimed at learners who want to pursue a career as a fitness instructor in the context of gym-based exercise. Candidates will develop the necessary skills and knowledge required to enable them to plan and instruct safe and effective programmes of exercise, and gives them a chance to implement these skills through "real work" activity whilst on placement.

Study Outline

Anatomy and physiology including: the heart and circulatory system, the respiratory system, structure and function of the skeleton, musculoskeletal system, postural and core stability & the nervous and energy systems and their relation to exercise; How to maintain health, safety and welfare in a variety of fitness environments, including the safeguarding of children and vulnerable adults; How to programme safe and effective exercise for a range of clients, the health benefits of physical activity.

Entry Requirements

This course is suitable for candidates with an interest in Health and Fitness. Some experience in using gym equipment would be advantageous. Learners must possess Four GCSEs grade D or above (English and Maths at grade D minimum), or be a mature candidate with appropriate work experience within industry.

Equipment

Fitness Practical Kit, A4 Lever Arch Folder x2, pens and a USB

Attendance

Full time, September - July

Two to three days per week including work placement.

Assessment

The course involves a mixture of internal and external assessment which includes multiple choice theory paper/e assessment (Anatomy and Physiology and Principals of Exercise), practical examination, professional discussions alongside worksheets to provide evidence of your "real work" activity.

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Progression

The qualification will provide knowledge and practical skills to enable progress on to other qualifications such as the Level 3 Certificate in Personal Training or a range of BTEC qualifications at North Warwickshire & Hinckley College. Alternatively, you could progress to employment as a Gym Instructor in the health and fitness industry.

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**SOUTH
LEICESTERSHIRE
COLLEGE**

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

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

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

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

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

This programme consists of ten 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.

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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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**SOUTH
LEICESTERSHIRE
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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