

# SPORT



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## SPORT

If you want to know what it takes to motivate people to achieve their fitness goals then why not consider a career in sport? If you've ever thought of becoming a sports coach, fitness or gym instructor then we have a course for you.

Our students benefit from our fully equipped sports hall, studio and gym and choose from a range of practical sport options. Use of the College gym is free and students have access to fitness instructors. Sports students also have the opportunity to work with local primary schools during specific course units, gaining valuable work experience. Students studying on Sport & leisure programmes also have the opportunity to study additional qualifications such as; National Pool Lifeguard qualification, Community Sports Leaders Award, Accredited First Aid, Duke of Edinburgh Silver Award and other coaching certificates.

A large number of our Sport students move on to university after their studies at Southport College, choosing degree courses such as Sport and Exercise Science, Sport Coaching, PE Teaching, Sport and Management and Sports Therapy.

The experience students get during their course also means that many of them are ready to move straight into the world of work; using their qualifications to work as fitness instructors, sports retail assistants, physical training instructors and many more.

## GET INVOLVED!

**College isn't all about being in a classroom and we encourage you to take part in trips, visits and activities that can enhance your CV as well as help with your studies. The College has a number of successful sport teams including volleyball, basketball and football. Sports students are involved in numerous local trips and activities such as swimming, golf, bowling, paintballing, sailing and ice skating. Our students have previously had the opportunity to attend and work at major sports events such as the World Championships of Beach Volleyball. Sports students also take part in fund-raising with numerous charity events throughout the year.**

TRAINING

FITNESS



**NAOMI BALDWIN AGE: 17**  
**PREVIOUS SCHOOL:**  
Meols Cop High School

**COURSE STUDIED AT SOUTHPORT COLLEGE:**  
BTEC National Diploma in Sport-1st year

**NAOMI SAYS:** The enrichment activities at Southport College are great. I have joined the badminton, volleyball and netball teams and I enjoy competing against other colleges.

**WHAT NEXT:**  
Complete the course and then apply for the Police

**ULTIMATE CAREER GOAL:**  
To be in the police



INSTRUCTION

# SPORT

## PATHWAYS – ENTRY 3 SPORT AND ACTIVE LEISURE

This course will give you an introduction to the sport and active leisure industry. You will learn the basic principles of these industries so that you are equipped to move on to further study on a full-time course at Level 1. **This course is part of the Foundation Learning Tier, for more information see page 42.**

### What do I need to study the course?

- Successful interview
- Satisfactory reference

### What will I study?

A range of modules are covered over the year, including:

- Taking part in Sport
- Assisting at a Sport or Active Leisure Event
- Improving own your fitness
- Personal and social development units
- Functional Skills in Maths, English, and ICT



Students and Staff took part in a sport fundraising day for Red Nose 2009

### How long is the course?

One year, full-time

### How will I be assessed?

You will be continuously assessed throughout the course through a variety of practical and theory-based assessments.

### What qualification will I gain?

BTEC Award in Sport & Active Leisure (Entry 3)

## BTEC LEVEL 1 CERTIFICATE IN SPORT & ACTIVE LEISURE

This course will give you an introduction to the sport and active leisure industry. You will learn the basic principles of these industries so that you are equipped to move on to further study on a full-time course at Level 2 or on to an apprenticeship.

### What do I need to study the course?

- Three GCSEs at grade E or equivalent
- Successful interview
- Satisfactory reference

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## ACTIVITIES

## COMPETITION

## TEAMWORK



**SIMON HELM AGE: 19**  
**PREVIOUS SCHOOL:**  
Birkdale High School

**COURSE STUDIED AT SOUTHPORT COLLEGE:**

BTEC National Diploma in Sport

**SIMON SAYS:** The tutors are great and I like the fact that the course is based on coursework rather than exams. College has given me plenty of opportunity to play basketball.

**WHAT NEXT:**

Take a year out before going to university to study sport

**ULTIMATE CAREER GOAL:**

To be a Sports Coach or PE Teacher



# SPORT

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## What will I study?

A range of modules are covered over the year, including:

- Managing your health at work
- Taking part in exercise & fitness
- How the body works
- Working in sport & active leisure
- Personal and social development units
- Functional skills in maths, english, and ict

## How long is the course?

One year, full-time

## How will I be assessed?

You will be continuously assessed throughout the course through a variety of practical and theory-based assessments.

## What qualification will I gain?

BTEC Level 1 Certificate in Sport & Active Leisure



## What can I do when I complete the course?

On successful completion of the course, you may progress on to a related Level 2 course such as BTEC First Diploma in Sport or NVQ 2 Exercise & Fitness. These courses are offered as a progression route at Southport College and you will be given the opportunity to move on to the Level 2 course should you successfully pass the Level 1 course.

## NVQ2 EXERCISE AND FITNESS (GYM) LEVEL 2

The course provides you with the essential skills and abilities to enter a career in exercise and fitness.

## What do I need to study the course?

- Three GCSEs at grade D, including PE and Science, or equivalent, such as NVQ Level 1 in Sports Recreation & Allied Occupations
- Successful interview
- Satisfactory reference

## What will I study?

You will study a range of subject areas, including:

- Gym-based exercise
- Anatomy and Physiology
- Planning, preparing and instructing a gym-based session
- Dealing with accidents and emergencies

## How long is the course?

One year, full-time

## How will I be assessed?

You will be required to complete practical assessments within the college gym and produce a portfolio of evidence. There will also be written questions and scenarios for each individual unit.

## What qualification will I gain?

NVQ Level 2 in Exercise & Fitness (Gym Instruction)

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## SOUTHPORT COLLEGE SCHOOL LEAVER COURSE GUIDE

**Volleyball**

Southport College are acknowledged as one of the top colleges in the country for volleyball. This year's teams won gold at the national Men's Cup in Leicester and silver at the British College's National Mixed Cup.

# SPORT



**A large number of our Sport students move on to university after their studies at Southport College, choosing degree courses such as Sport and Exercise Science, Sport Coaching, PE Teaching, Sport and Management and Sports Therapy.**

## from p222 **What can I do when I complete the course?**

On successful completion of this programme, you may progress on to the National Certificate in Sport. You will also be qualified to enter employment within the industry as a fitness instructor.

Students studying this course and intending to pursue a career in the Armed Forces may be eligible for the British Army FE Bursary. Please see page 24 for details.

## **NVQ 2 COACHING, TEACHING & INSTRUCTING FOOTBALL LEVEL 2**

This course will give you the essential knowledge and understanding of football coaching.

### **What do I need to study the course?**

- Three GCSEs at grade D including PE and science or equivalent, such as NVQ Level 1 in Sports, Recreation & Allied Occupations
- Successful interview
- Satisfactory reference

### **What will I study?**

You will study a range of subject areas, including:

- Sports Coaching (Football)
- Coaching-plan and prepare a series of coaching sessions
- Maintaining an environment in which participants can improve their performance
- Coaching participants to improve their performance
- Evaluating coaching sessions and develop personal coaching practise
- Dealing with accidents and emergencies
- Supporting the protection of children from abuse

### **How long is the course?**

One year, full-time

### **How will I be assessed?**

You will be required to complete practical assessments and produce a portfolio of evidence. There will also be written questions and scenarios for each individual unit.

### **What qualification will I gain?**

NVQ 2 Coaching, Teaching & Instructing Football

### **What can I do when I complete the course?**

On successful completion of this programme, you may progress on to the National Certificate in Sport or Advanced Diploma in Sport & Active Leisure. You will also be able to enter employment within the football coaching industry.

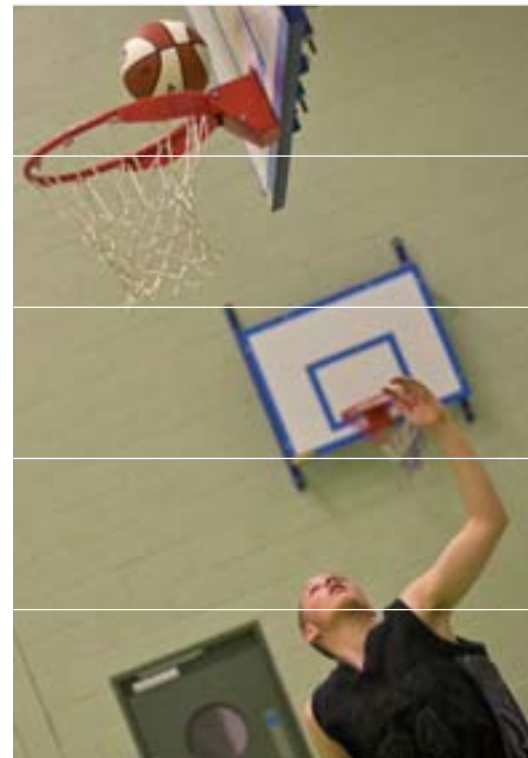
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## SOUTHPORT COLLEGE SCHOOL LEAVER COURSE GUIDE



### Football

Southport College recently won the regional college 5-a-side competition



SPORT



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## FIRST DIPLOMA IN SPORT LEVEL 2

This course provides you with an understanding of the skills and knowledge needed for a career in the sports industry.

### What do I need to study the course?

- Three GCSEs at grade D, including PE and science, or equivalent, such as Sports Recreation & Allied Occupations NVQ Level 1
- Successful interview
- Satisfactory reference

### What will I study?

You will study a range of subject areas, including:

- The sports industry
- Health, safety and injury
- Preparation for sport
- The body in sport
- Practical sports (team & individual)
- Sports leadership skills

### How long is the course?

One year, full-time



### How will I be assessed?

You will be assessed on each unit with some or all of the following: practical assessments, presentations, oral question & answer sessions, oral/written reports, multiple choice tests and written assignments.

### What qualification will I gain?

BTEC First Diploma in Sport

### What can I do when I complete the course?

On successful completion of the course, you may progress on to the National Certificate or Advanced Diploma in Sport & Active Leisure. You may also enter employment in the sport industry with additional training.

Students studying this course and intending to pursue a career in the Armed Forces may be eligible for the British Army FE Bursary. Please see page 24 for details.

## BTEC NATIONAL CERTIFICATE IN SPORT LEVEL 3

This course will equip you with the knowledge, skills and understanding to enter the sport sector.

### What do I need to study the course?

- Pass at First Diploma in relevant curriculum area or minimum 4 GCSEs at grade C or equivalent
- Successful interview
- Satisfactory reference

### What will I study?

You will study 12 modules, including:

- Fitness testing
- Sports development
- Practical team sports study
- Coaching and working with children
- Anatomy & Physiology
- Nutrition and weight management
- Sports nutrition

### How long is the course?

Two years, full-time

## SOUTHPORT COLLEGE SCHOOL LEAVER COURSE GUIDE

### How will I be assessed?

You will be assessed on each unit with some or all of the following methods: practical assessments, presentations, oral Q&A sessions, oral/written reports, multiple choice tests and written assignments.

### What qualification will I gain?

BTEC National Certificate in Sport

### What can I do when I complete the course?

You may progress on to Higher Education to study sports related Degrees such as Sports Coaching or Sports Development. You may also enter employment in roles such as coaching, sports development and instructing, but extra training may be required.

### ADVANCED DIPLOMA IN SPORT & ACTIVE LEISURE

This is an exciting new qualification for those interested in a career within the sport and active leisure industry sectors. It will broaden your knowledge and skills, in related industries such as outdoor activities, active leisure, play work, youth work, volunteering and sport. [For more information on the new Diplomas see page 40.](#)



### What do I need to study the course?

- Merit at First Diploma in relevant curriculum area or minimum 5 GCSEs at grade C including English and Maths at Level 2 or equivalent.
- Successful interview
- Suitable reference

### What will I study?

- Anatomy and physiology
  - Health and well-being
  - Lifestyles
  - Leadership in Sport & Active Leisure
  - Technological innovations in the Sport and Active Leisure industry
- Additional specialist topics may include:
- Sports therapy and massage
  - Exercise and fitness

You will also undertake a project as well as studying Function Skills at Level 2 in English, Maths and ICT.

### How long is the course?

Two years, full-time

### How will I be assessed?

You will learn through a series of lectures, workshops, visits and practical exercises and be assessed using a variety of methods such as assignment work, realistic work-based practical tasks, multiple choice tests and role plays. Students will be required to complete a two week work experience placement in the second year of the course.

### What qualification will I gain?

Advanced Diploma in Sport & Active Leisure

### What can I do when I complete the course?

You may progress into employment in roles such as Fitness Instructor, Youth Support Worker, Leisure Centre Assistant or you could also go on to Higher Education to study degree courses such as Sports Coaching, Sports Development or teaching.