



Nuneaton and Bedworth Leisure Trust Sports Development level 3

Nuneaton and Bedworth Leisure Trust is a charitable organisation that delivers sporting activities to the people living and working in the area. Over 50 staff from across the organisation have gained qualifications through attending training at Leicester College.

One of these employees is Hayley Murray. The training she has been provided with through the Trust has given her the skills to progress within her career. Hayley said: "Taking the level 3 Sports Development qualification has helped me to be more confident. I feel I can keep improving and progress higher up in the company."

Sport and Leisure

As the nation's desire to improve its fitness grows, so do the opportunities for organisations offering people the chance to become active.

The demand on these organisations to offer an efficient service is almost as high as the demand from customers for results.

The focus on sport and fitness has grown in the run-up to the London 2012 Olympic Games, as has the need for professionals to deliver services across the community.

We offer a range of training opportunities to suit a variety of organisations offering sport and leisure activities. In addition, we also offer vital training in health and safety and first aid.





Sport and Leisure Apprenticeships and Advanced Apprenticeships

Course Code: See below Fees 3
Start Date: Flexible

For employees who need to develop skills within the sport and leisure industry and have responsibility for facilities operation, sports development, promoting fitness and taking coaching sessions, as well as those who need to develop and show competence in enabling participation in sports.

What is the training about?

An Apprenticeship is a work based training programme which allows employees to complement the skills that they learn, develop and use within the workplace with knowledge gained via day release at College.

What routes are available?

Activity Leadership – Apprenticeship A8864

Exercise and Fitness – Apprenticeship A8865

Sport Operational Service – Apprenticeship A8866

Leisure Management – Advanced Apprenticeship A7556

Who should attend?

Apprenticeships are suitable for new employees to the sport and leisure industry.

Training outcomes

On completion employees will achieve:

- an NVQ level 2 for the Apprenticeship or NVQ level 3 for the Advanced Apprenticeship in their chosen occupational area
- technical knowledge relevant to their occupation and level of work
- Functional Skills in English, maths and ICT.

Duration

Apprenticeships typically take 18 to 24 months to complete. Advanced Apprenticeships typically take three to four years to complete, except where progression is from an Apprenticeship which allows the advanced qualification to be completed in one to two years.

Assessment

Combination of practical assessment and assessment of competency to carry out work tasks. Multiple choice exams and on-line assessments plus a portfolio of work based evidence.

Progression

On completion of an Apprenticeship employees can progress onto an Advanced Apprenticeship in Leisure Management or Sports Development. On completion of the Advanced Apprenticeship employees can progress on to higher education level training.

If you are an employer looking to recruit an Apprentice, we can provide you with access to a pool of potential employees. Please call 0116 224 2240 for more details.

Activity Leadership

Course Code: A8862 Fees 1
Start Date: Flexible

What is the training about?

A perfect starting point for starting a career within the leisure industry where employees can gain skills and qualifications in Activity Leadership.

Who should attend?

The training is ideally suited to employees who need to develop skills within the leisure industry and have responsibility for involvement in or would like to take coaching sessions. Employees need to be working within the industry.

Training outcomes

At the end of the training employees will have covered the mandatory units of planning, instructing and evaluating an activity session and optional units covering topics, such as Health and Safety, accidents and emergencies and customer service.

Assessment

Continuous assessment.

Progression

On successful completion employees can progress to the Advanced Apprenticeship in Leisure Management or Sports Development. It could also lead to enhanced career prospects within the sport and leisure industry as a Session Coach or Recreation Assistant.

About our fees

- ① For training marked with this symbol, the price will depend on the funding available. Please call 0116 224 2240 for more details.
- ② Costs for training with this symbol are variable dependent on the number of delegates, venue etc. Please call 0116 224 2240 for more details.
- ③ Costs for training with this symbol are dependent on employee's age. Please call 0116 224 2240 for more details.



Fitness Instructing CYQ level 2 Certificate CYQ – Central YMCA Qualifications

Course Code: A9354
Start Date: Flexible

Fees £600

What is the training about?

This training is an exciting opportunity to develop the knowledge and skills to plan and deliver gym based exercise sessions.

Who should attend?

Employees should have experience within a gym.

Training outcomes

At the end of the training employees will have knowledge of basic anatomy and physiology, how to programme safe and effective exercise, healthy eating and how to communicate and motivate clients. It also provides employees with the skills and knowledge to deliver gym-based exercise programmes.

Duration

12 hours per week for eight weeks.

Assessment

Continuous assessment and exams.

Progression

On completion of this programme employees can progress to the Certificate in Personal Training CYQ level 3, or the Personal Training NVQ level 3.



Sports Coaching Foundation Degree

Course Code: A7284

Fees £50

Start Date: 4 October 2011

What is the training about?

It will involve the study of various aspects concerned with sport participation and coaching.

Who should attend?

Those wishing to attend this course require a minimum of 80 UCAS points to include a: Relevant Access to HE course, a BTEC National Diploma or equivalent in a sport related qualification and at least one A2 level in a related subject.

Training outcomes

In year one employees will study:

- fundamentals of coaching
- employment
- the sporting body
- psychology – learning and performing
- research – enquiry foundations.

Upon its conclusion employees will have gained a further awareness of:

- coaching for development
- employment focus
- physiology – control and adaptation
- psychology – belonging and influence
- research - quantitative methods.

Duration

16 hours per week for two years.

Assessment

Continuous assessment and exams.

Progression

After completion this training can be “topped up” at the University of Bedfordshire to a BSc Honours in Coaching. Employees could progress onto a one/two year top-up to attain a full degree qualification or into employment in the sport and leisure industry, including coaching.

“97% of employers said they would recommend Leicester College to others”

Employer Survey 2011



Instructing Exercise and Fitness

Course Code: A8868
Start Date: Flexible

Fees 1

What is the training about?

A competence based qualification to perform tasks related to health, fitness and wellbeing.

Who should attend?

It is for those who need to develop skills within the health, fitness and leisure industry and have responsibility for promoting fitness and exercise. Employees need to be in working within the industry.

Training outcomes

At the end of the training employees will have covered planning, instructing, motivating and evaluating a fitness induction and also parts of Health and Safety, accidents and emergencies and customer service.

Duration

Nine to 12 months.

Assessment

Continuous assessment.

Progression

On successful completion employees can progress to the level 3 Instructing Physical Activity or Sports Development. It could also lead to enhanced career prospects within the sport and leisure industry as a Coach or Fitness Instructor.

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Leisure Management level 3

Course Code: A7491
Start Date: Flexible

Fees 1

What is the training about?

This qualification covers the following pathways: sport centres, gyms, hotels, caravan parks and activity centres.

Who should attend?

It is for those who need to develop skills in leadership and management and is suited to employees who are working in management roles within sport and leisure facilities.

Training outcomes

At the end of the training employees will have covered four mandatory and five optional units covering a range of topics, such as Health and Safety, customer service, leadership and supervision.

Duration

Approximately 12 months.

Assessment

Employees should demonstrate competence across various work-based tasks and compile a portfolio of evidence. Assessment takes place within the workplace.

Progression

Upon completion employees could look to progress to the Foundation Degree in Sports, Sports Development, Sports Science or ILM, or pursue a career in Management within the Sport and Leisure industry.

**Outstanding at
meeting the needs of
learners, employers
and the county's
wider community**

Ofsted Inspection January 2011



Sports Development level 3

Course Code: A7555
Start Date: Flexible

Fees 1

What is the training about?

This qualification covers the following areas: leisure centres, gyms, sports clubs and local authority sport development areas.

Who should attend?

It is aimed at employees who need to develop and show competence in enabling participation and sports development in the community, and who work in a range of sport development roles, typically at supervisory or line management level.

Training outcomes

At the end of the training employees will have covered five mandatory and four optional units covering a range of topics, such as Health and Safety, customer service, leadership, and equality and diversity.

Duration

Approximately 12 months.

Assessment

Employees should demonstrate competence across various work-based tasks and compile a portfolio of evidence. Assessment takes place within the workplace.

Progression

For those who wish to pursue further study options the Foundation Degree in Sports, Sports Development, Sports Science or Institute of Leadership and Management (ILM) offer a natural progression. Additionally, successful completion will usually lead to enhanced career prospects in the Sport Development and Leisure industries.

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Sport Operational Services

Course Code: A7447
Start Date: Flexible

Fees 1

What is the training about?

A perfect starting point for a career within the leisure industry where employees can gain skills and qualifications through showing competency in Operational Services.

Who should attend?

It is aimed at employees who want to develop skills and increase their knowledge within the health, fitness and leisure industry and who also play a part in facilities operations.

Training outcomes

At the end of the training employees will have covered mandatory and optional units covering a range of topics, such as Health and Safety, accidents and emergencies, customer service, supervising pool users, setting up equipment and a range of other facility operational units.

Duration

Nine to twelve months.

Assessment

Continuous assessment.

Progression

Upon completion employees could look to progress to a level 3 in Leisure Management or Sports Development or pursue a career with the health, fitness and leisure industry.

