

Sport and Leisure



If you are interested in coaching, management, exercise, science or therapy, we have the course to enable you to be part of these exciting professions.

Our sports development centres allow you to qualify as a sports instructor while concentrating on your chosen sport. The College has key sponsorship agreements with MackRory Racing, St Andrews Football club and 1st Legion Fighters Club as well as numerous links to the coach, fitness and sport development industries for work experience opportunities.



Courses in this section

Entry to Sport and Uniformed Public Service	161	BTEC Level 3 Diploma: Sport.	165
NVQ Level 1: Sport	161	Foundation Degree: Sports Coaching	165
BTEC Level 2 Diploma: Sport.	162	Apprenticeship: Spectator Safety.	166
NVQ Level 2: Coaching (Football)	162	Apprenticeship: Activity Leadership.	166
NVQ Level 3: Coaching (Football)	163	Apprenticeship: Exercise and Fitness	167
NVQ Level 2: Fitness Instructing	163	Apprenticeship: Sport Operational Service.	167
NVQ Level 3: Personal Training	164	Apprenticeship: Sport, Recreation and Allied Occupations.	168
Mixed Martial Arts Development.	164	Advanced Apprenticeship: Leisure Management	168
		Advanced Apprenticeship: Sports Development.	169

**Andy Phipps,
Level 2 Diploma: Sport**



Since studying the Skills for Working Life course, Andy has progressed onto the BTEC level 2 Diploma in Sport. This has opened up a range of opportunities for him, including being a student representative for his course group and becoming involved in volunteering work. Andy has helped coach young people taking part in the Special Olympics basketball and football and is taking training in sports leadership. He would like to coach children with physical and learning disabilities when he finishes his course.

Andy said: "There are a lot of sports courses at Leicester College to choose from. I enjoy being a voice for the group in my role as a course representative."



Entry to Sport and Uniformed Public Service

Location: Freeman's Park Campus
Course Code: A9253
Course Length: One Year
Qualification Level: Entry

What's it all about?

The course has been designed to provide you with an insight into both the sporting and public service industries. In addition, the inclusion of Functional Skills and WorkSkills qualification will prepare you for the world of work.

What does it involve?

The structure of the Entry to Sport and Public Services course includes the BTEC Entry Award in Sport, the BTEC Entry Award in Public Services and the BTEC Entry Certificate in WorkSkills. Also, Entry level Functional Skills in English, Maths and ICT will be performed.

Are there exams?

No, assessment is continuous.

What entry qualifications do I need?

No formal qualifications required. However, at least one positive academic reference is required with each application.

What can I do afterwards?

Successful completion of this course and a positive performance reference will allow progression onto the following courses: NVQ level 1 in Sport or level 1 Diploma in Public Services. You can gain employment in sports coaching, activity leadership, police force or army.

What days and times will I be in College?

A minimum of 13.5 hours per week over 35 weeks.

Are there any other things I need to know?

Trips will be arranged throughout the year to enhance your progression throughout the course.

NVQ Level 1: Sport

Location: Freeman's Park Campus
Course Code: A0119
Course Length: One Year
Qualification Level: 1

What's it all about?

This course concentrates upon the safe and effective delivery of sports activity sessions. It is for you if you wish to work in the leisure industry and/or sports coaching.

What does it involve?

This programme has been split into two Sport qualifications. An NVQ 1 Award in Sport and Active Leisure will allow you to develop knowledge and competence skills in developing, organising and delivering sports activity sessions. A level 1 Certificate in Sport will allow you to develop further knowledge into sport including a review of how the body works and how to manage your own individual fitness levels. In addition, an employability qualification will be performed which will allow you to become more competitive within the job market.

Are there exams?

No, assessment is continuous.

What entry qualifications do I need?

Two GCSEs or equivalent (any grade).

What can I do afterwards?

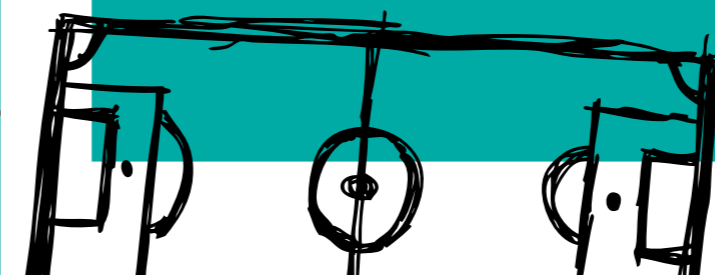
This course is excellent preparation for progression to the NVQ level 2 in Instructing Exercise and Fitness. Previous learners have gained employment in the leisure industry, usually as a consequence of a successful work experience placement.

What days and times will I be in College?

A minimum of 16 hours per week over 35 weeks.

Are there any other things I need to know?

A minimum of two references, one from school/college and one from a sport official not associated with the school. Good communication skills are required to lead activity sessions and evidence of a good record of attendance and punctuality. An optional work placement of one day a week. You must be prepared to perform a number of voluntary hours within the Sports and Leisure industry.





BTEC Level 2 Diploma: Sport

Location: Freeman's Park Campus
Course Code: A0377
Course Length: One Year
Qualification Level: 2

What's it all about?

This course develops the theoretical and practical skills necessary for successful employment and contains six units, including body in sport and sports industry.

What does it involve?

The course is a BTEC level 2 Diploma and contains six units of a practical and theoretical nature. The units include body in sport, sports industry, plan and lead sports activities. Study skills, English and maths are also included within the qualification.

Are there exams?

No, assessment is continuous.

What entry qualifications do I need?

Four GCSEs at grade D, or a level 1 vocational qualification plus GCSE English and preferably maths at grade D/E.

What can I do afterwards?

You could progress onto further vocational qualifications such as the BTEC National Certificate/ Diploma in Sport (level 3). You may be able to find work in the sports industry.

What days and times will I be in College?

A minimum of 15 hours per week over 35 weeks.

Are there any other things I need to know?

Two character references are required. Suitable clothing will be required for all practical sessions. Attendance of practical sessions is mandatory. The course may be subject to CRB disclosure and ISA registration if appropriate. Tracksuit, tops and materials fees are approximately £150. You must be prepared to perform a number of voluntary hours within the Sports and Leisure industry.

NVQ Level 2: Coaching (Football)

Location: Freeman's Park Campus
Course Code: A6433
Course Length: One Year
Qualification Level: 2

What's it all about?

Aimed at prospective coaches in the world of football. This is a one-year competence-based course that is aimed at developing your skills in the football environment and workplace.

What does it involve?

You will be required to plan, prepare and lead a series of coaching sessions whilst maintaining an environment in which participants can improve their performance. You will evaluate coaching sessions and develop personal coaching practice. Throughout the course you will investigate and deal with accidents and emergencies and support the protection of children from abuse.

Are there exams?

No, assessment is continuous. You may be required to sit exams associated with English and maths.

What entry qualifications do I need?

4 GCSE's or equivalent, including Maths and English at grade D (preferably). Football Association level 1 Coaching Certificate. One academic reference and one sport reference, for example, from a club manager you play football for or are involved with who is not connected to your school.

What can I do afterwards?

Progress onto further vocational courses such as the NVQ level 3 in Coaching, teaching and instructing, or following a more academic route through the BTEC level 3 Sport course. The course offers the opportunity to work within the sport industry, in particular football. You could progress onto coaching for national and local football teams, teaching or voluntary work.

What days and times will I be in College?

15 hours per week over 35 weeks.

Are there any other things I need to know?

You are advised to find a suitable voluntary or work experience placement to develop your coaching experience. Ability to work on own initiative and with commitment. Record of good attendance and punctuality. Training will be at St Andrews Football Club. You will have the opportunity to represent Leicester College Football Team (in partnership with St Andrews FC).



NVQ Level 3: Coaching (Football)

Location: Freeman's Park Campus
Course Code: A7247
Course Length: One Year
Qualification Level: 3

What's it all about?

A one year competence based course aimed at developing your football and coaching skills for the workplace. You will also have the chance of playing for the football development team.

What does it involve?

The course consists of units including: establish and maintain relationships which support the coaching process, deal with accidents and emergencies, analyse information and identify goals, plan a programme to achieve goals, manage and evaluate a programme to achieve goals, coach sessions to enable participants to achieve sessional goals, contribute to the development of teams and individuals, apply basic principles of nutrition to enhance performance and recovery, apply basic sport psychology to enhance performance and plan, manage and evaluate basic physical conditioning programme.

Are there exams?

No, assessment is continuous.

What entry qualifications do I need?

4 GCSEs at grade C or above including English. Also, it would be preferred if you have achieved the NVQ level 2 in Football Coaching previously. Experience in the coaching field, preferably the Football Association level 1 Coaching Certificate or level 2 Certificate. One academic reference. One reference from a football club manager or other sport club manager not connected with the school or College.

What can I do afterwards?

This course offer you the opportunity to go onto Further or Higher Education, for example Football Coaching Foundation Degree. Alternatively, it can lead to work in the sport industry in a coaching capacity.

What days and times will I be in College?

16 hours per week over 36 weeks.

Are there any other things I need to know?

You will have to secure work experience before enrolment of one day per week. There will be three two hour training sessions at St Andrews Football Club. You will have the opportunity to represent Leicester College Football Team (in partnership with St Andrews FC).

NVQ Level 2: Fitness Instructing

Location: Freeman's Park Campus
Course Code: A7254
Course Length: One Year
Qualification Level: 2

What's it all about?

A one year competence based programme aimed at supporting you to enter the "Fitness Industry" with an opportunity to develop skills in the workplace.

What does it involve?

All units on this course are compulsory and include:

- anatomy and physiology for exercise
- health, safety and welfare in a fitness environment
- principles of exercise
- fitness and health
- know how to support clients who take part in exercise and physical activity
- planning gym based exercise.

Are there exams?

Yes, exams and continuous assessment.

What entry qualifications do I need?

4 GCSE's at Grade D, including Maths or English or equivalent qualifications plus a choice of a GCSE or equivalent in PE or Dance (preferably).

What can I do afterwards?

You can progress into the Fitness Industry as a fitness instructor in either a private or a public gym.

What days and times will I be in College?

20 hours per week over 35 weeks.

Are there any other things I need to know?

Two references (one academic and one sport/fitness reference from a sports club manager/coach). You must be prepared to perform a number of voluntary hours within the Sports and Leisure industry.

You can also carry out work experience on a weekly basis to fulfil this qualification.



NVQ Level 3: Personal Training

Location: Freeman's Park Campus
Course Code: A7255
Course Length: One Year
Qualification Level: 3

What's it all about?

A one year competence based programme to support you to enter the "Fitness Industry" with opportunity to develop skills in the workplace. You will have to carry out work experience on a weekly basis to fulfil this qualification.

What does it involve?

All units on this course are compulsory and include anatomy and physiology for exercise and health, health, safety and welfare in a fitness environment, principles of exercise, fitness and health, know how to support clients who take part in exercise and physical activity, applying the principles of nutrition as part of a personal training programme, programming personal training with clients and delivering personal training sessions

Are there exams?

Yes, exams and continuous assessment.

What entry qualifications do I need?

you will need at least 5 GCSE's at C grade or above with a C preferably in English and Maths. Also, you will need the CYQ level 2 Certificate in Instructing Exercise.

What can I do afterwards?

You can progress on to an HND or Foundation Degree in relevant fields. You can progress to become a personal trainer at leisure centres and gyms. It will also give you the ability to start a private business as a personal trainer.

What days and times will I be in College?

20 hours per week over 35 weeks.

Are there any other things I need to know?

Two references (one academic and one sport/fitness reference from a sports club manager/coach). Ideally you would also be a member of and a regular attendee of a gym. You must be prepared to perform a number of voluntary hours within the Sports and Leisure industry.

Mixed Martial Arts Development

Location: Freeman's Park Campus
Course Code: B0049
Course Length: One Year
Qualification Level: 2

What's it all about?

This is a one year programme that introduces you to the sports industry and develops the practical skills necessary for successful employment in a range of sport and leisure facilities.

What does it involve?

The course contains approximately six units of a practical and theoretical nature including such units as fitness testing and training, practical sport and anatomy and physiology. This programme is an excellent progression from the BTEC Introductory Diploma in Sport and Leisure and would enhance your opportunity at gaining employment within the sport and leisure industries. In addition, you will train 2 to 3 times a week at 1st Legion Fighters Gym in the discipline of mixed martial arts.

Are there exams?

Yes, exams and continuous assessment.

What entry qualifications do I need?

4 GCSE's at grade D and above or a level 1 vocational qualification, preferably a GCSE English and Maths at grade D/E. An interest within the sport of mixed martial art is essential.

What can I do afterwards?

Progression onto the BTEC Diploma/Extended Diploma in Sport or another relevant level three qualification. Progression can be made within the sport of mixed martial arts at 1st Legion Fighters Gym.

What days and times will I be in College?

21 hours per week over 34 weeks.

Are there any other things I need to know?

Suitable clothing will be required for all practical sessions which are mandatory. The course may be subject to CRB disclosure. In addition, all potential trips will be discussed with you during induction week.



BTEC Level 3 Diploma: Sport

Location: Freeman's Park Campus
Course Code: A9312
Course Length: One Year
Qualification Level: 3

What's it all about?

This is a work related qualification that focuses on the development of practical skills and underpinning knowledge within sport. The course prepares you for higher education and/or sport related employment.

What does it involve?

It includes units such as anatomy and physiology, sports nutrition, physiology of fitness, fitness testing, sport psychology, sports injuries, work experience in sport and practical team sports. In addition, Functional Skills will be studied alongside the main qualification.

Are there exams?

Yes, exams and continuous assessment.

What entry qualifications do I need?

5 GCSE's at grade A-C. It is compulsory that a grade C is achieved within GCSE English and it would be preferred that a grade C was achieved within Maths, Science and PE. In addition, two positive academic references would be provided with the application.

What can I do afterwards?

You can progress into a range of careers including roles within the sports coaching, health and fitness, sports development, teaching, leisure management and personal wellbeing industries.

What days and times will I be in College?

18 hours in College over 36 weeks.

Are there any other things I need to know?

Due to the applied nature of the course, you will be off-site regularly. An interview is required plus two acceptable references. Additional and specialist learning may be studied at another campus. You must be prepared to perform a number of voluntary hours within the Sports and Leisure industry.

Foundation Degree: Sports Coaching

Location: Freeman's Park Campus
UCAS Code: B22 CX6D
Course Length: Two Years
Qualification Level: 5

What's it all about?

This is a two year course which will involve the study of various aspects concerned with sport participation and coaching.

What does it involve?

Year one units include fundamentals of coaching, employment 1, the sporting body, psychology - learning and performing, research - enquiry foundations. Year two units include coaching for development, employment focus 2, physiology - control and adaptation, psychology - belonging and influence and research - quantitative methods.

Are there exams?

Yes. All subjects will have at least one exam and there will usually be one or two pieces of coursework.

What entry qualifications do I need?

You require GCSE English and maths at grade C or equivalent plus a minimum of 120 UCAS points to include one of the following:

- a relevant Access to HE course
- BTEC Level 3 Diploma or equivalent in a sport related qualification.
- one A2 level at grade C or above in a related subject.

International learners can send evidence of qualifications (IELTS 6), work experience, and portfolio electronically (or by post) to the Course Team Leader. Following receipt of this work an interview by phone will be conducted. We welcome applications from adult learners who do not match the standard entry requirements but who can demonstrate experience and a commitment to studying this subject at University level.

What can I do afterwards?

You could progress onto a one/two year "top-up" to attain a full degree qualification or look for employment in the sport and leisure industry, including coaching.

What days and times will I be in College?

16 hours per week over 30 weeks.

Are there any other things I need to know?

Application made through UCAS. Subject to CRB disclosure.



Apprenticeship: Spectator Safety

Location: Freeman's Park Campus/Workplace
Course Code: A7967
Course Length: One/Two Years
Qualification Level: 2

What's it all about?

The qualification concentrates on all the aspects of spectator events from ensuring the safe entry and exit of spectators to also include dealing with accidents and emergencies.

What does it involve?

You will have to complete employments rights and responsibilities, sports recreation awareness award level 2, understanding stewarding level 2 award and a one day first aid certificate.

Are there exams?

Yes, exams and continuous assessment.

What entry qualifications do I need?

You need to be employed within the sports events industry.

What can I do afterwards?

Progression on to a NVQ level 3 in spectator safety certificate. Supervisory job role within the sports sector such as team leader or manager.

What days and times will I be in College?

All of our Apprenticeships are delivered in the work place. The usual duration of the training is twelve to eighteen months.

Are there any other things I need to know?

You must be prepared to perform a number of voluntary hours within the Sports and Leisure industry. You will have to (in addition to completing this qualification) show the required Functional Skills level via GCSE results. Please note the GCSE results need to be within the last five years. If you cannot show exemption of Functional Skills then you will also need to cover the following: Functional Skills in English and maths at level 1.

Apprenticeship: Activity Leadership

Location: Freeman's Park Campus/Workplace
Course Code: A8864
Course Length: One/Two Years
Qualification Level: 2

What's it all about?

The course is for you to develop skills within the leisure industry and have responsibility, involvement in or take coaching sessions.

What does it involve?

A perfect starting point for a career within the leisure industry where you can gain skills and qualifications in Activity Leadership. Includes mandatory units of planning, instructing and evaluating a activity session and optional units covering topics, such as Health and Safety, accidents and emergencies and customer service.

Are there exams?

No, assessment is continuous.

What entry qualifications do I need?

You need to be in employment within the industry.

What can I do afterwards?

Advanced Apprenticeship in Leisure Management or Sports Development. A career in the sport and leisure industry as a coach or recreation assistant.

What days and times will I be in College?

All of our Apprenticeships are delivered in the work place. The usual duration of the training is twelve to eighteen months.

Are there any other things I need to know?

You must be prepared to perform a number of voluntary hours within the Sports and Leisure industry.



Apprenticeship: Exercise and Fitness

Location: Freeman's Park Campus/Workplace
Course Code: A8865
Course Length: One/Two Years
Qualification Level: 2

What's it all about?

The course is for you to develop skills within the health, fitness and leisure industry and have responsibility for promoting fitness and exercise.

What does it involve?

A competence based qualification to perform tasks related to health, fitness and wellbeing. It consists of many units that cover planning, instructing, motivating and evaluating a fitness induction and also parts of Health and Safety, accidents and emergencies and customer service.

Are there exams?

No, assessment is continuous.

What entry qualifications do I need?

You need to be in employment within the industry.

What can I do afterwards?

Level 3 Instructing Physical Activity or Sports Development. A career in the sport and leisure industry as a coach or fitness instructor.

What days and times will I be in College?

All of our Apprenticeships are delivered in the work place. The usual duration of the training is twelve to eighteen months.

Are there any other things I need to know?

You must be prepared to perform a number of voluntary hours within the Sports and Leisure industry.

Apprenticeship: Sport Operational Service

Location: Freeman's Park Campus/Workplace
Course Code: A8866
Course Length: One/Two Years
Qualification Level: 2

What's it all about?

The course is for you if you want to develop skills and increase your knowledge within the health, fitness and leisure industry and also have a part in facilities operation.

What does it involve?

A perfect starting point for a career within the leisure industry where you can gain skills and qualifications, through showing competency in operational services. Includes 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 range of other facility operational units.

Are there exams?

Yes, exams and continuous assessment.

What entry qualifications do I need?

You need to be in employment within the industry.

What can I do afterwards?

Advanced Apprenticeship in Leisure Management or Sports Development. A career in the sport and leisure industry as a coach, fitness instructor or recreation assistant.

What days and times will I be in College?

All of our Apprenticeships are delivered in the work place. The usual duration of the training is twelve to eighteen months.

Are there any other things I need to know?

You must be prepared to perform a number of voluntary hours within the Sports and Leisure industry.



Apprenticeship: Sport, Recreation and Allied Occupations

Location: Freeman's Park Campus/Workplace
Course Code: A7490
Course Length: One/Two Years
Qualification Level: 2

What's it all about?

The course is for you if you want to develop skills within the leisure industry and have responsibility for facilities operation, sports development, promoting fitness and taking coaching sessions.

What does it involve?

A perfect starting point for starting a career within the leisure industry where you can gain skills and qualifications in the following pathways:

- activity leadership
- operational services
- instructing exercise and fitness.

Includes mandatory and optional units covering a range of topics, such as Health and Safety, accidents and emergencies and customer service.

Are there exams?

No, assessment is continuous.

What entry qualifications do I need?

You need to be in employment within the industry.

What can I do afterwards?

Advanced Apprenticeship in Leisure Management or Sports Development. A career in the sport and leisure industry as a coach, fitness instructor or recreation assistant.

What days and times will I be in College?

All of our Apprenticeships are delivered in the work place. The usual duration of the training is twelve to eighteen months.

Are there any other things I need to know?

You must be prepared to perform a number of voluntary hours within the Sports and Leisure industry.

Advanced Apprenticeship: Leisure Management

Location: Freeman's Park Campus/Workplace
Course Code: A7556
Course Length: One/Two Years
Qualification Level: 3

What's it all about?

This course is for you if you want to develop skills in leadership and management and is suitable if you are working in management roles within sport and leisure facilities.

What does it involve?

It covers the following pathways: sport centres, gyms, hotels, caravan parks and activity centres. Includes four mandatory and five optional units covering a range of topics, such as Health and Safety, customer service, leadership and supervision.

Are there exams?

Yes, exams and continuous assessment.

What entry qualifications do I need?

You need to be in employment within the industry.

What can I do afterwards?

Foundation Degree in Sports, Sports Development, Sports Science or ILM. The course will lead to a career in management within the Sport and Leisure industry.

What days and times will I be in College?

All of our Apprenticeships are delivered in the work place. The usual duration of the training is twelve to eighteen months.

Are there any other things I need to know?

You must be prepared to perform a number of voluntary hours within the Sports and Leisure industry.



Advanced Apprenticeship: Sports Development

Location: Freeman's Park Campus/Workplace
Course Code: A7559
Course Length: One/Two Years
Qualification Level: 3

What's it all about?

This course is for you if you want to develop and show competence for enabling participation and sports development in the community and if you work in a range of sport development roles.

What does it involve?

It covers the following pathways: leisure centres, gyms, sports clubs and local authority sport development areas. It includes five mandatory and four optional units covering a range of topics, such as Health and Safety, customer service, leadership, equality and diversity.

Are there exams?

Yes, exams and continuous assessment.

What entry qualifications do I need?

You need to be in employment within the industry.

What can I do afterwards?

Foundation Degree in Sports, Sports Development, Sports Science or ILM. This course will lead to a career in Sport Development and Leisure within the industry.

What days and times will I be in College?

All of our Apprenticeships are delivered in the work place. The usual duration of the training is twelve to eighteen months.

Are there any other things I need to know?

You must be prepared to perform a number of voluntary hours within the Sports and Leisure industry.

Bursary funding

Need financial help to attend College?
 Find out about bursary funding for 16 to 19 year olds on page 188.

Travel

How will you be travelling to College?
 Find out about subsidised bus passes on page 7.

Apprenticeships Earn while you learn

A vast range to choose from, you can find your perfect apprenticeship at Leicester College. Find out more on page 8.