



SPORT

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| Course Mode | Full-time |
| Location | Milnthorpe Road Campus (MRC) |
| Duration | 2 Years |
| Level | 3 |



Course Overview

If you're interested in sports coaching, fitness instructing or the development of sport this is the course for you. This course usually takes place over three days per week. It is a mixture of practical and theory, and you will study subjects such as principles of anatomy and physiology, fitness training, organising sports events, work experience in sport and sports coaching.

The two-year National Extended Diploma course is equivalent to 3 A-Levels and is worth up to 168 UCAS points (Triple Distinction*) or 144 UCAS points (Triple Distinction).

You will benefit from taking part in sport at a variety of outstanding local facilities, including Kendal Rugby Club, Carus Green Golf Club, Kendal Leisure Centre, Kendal Tennis Centre, Kendal Squash Club. You will also benefit from small class sizes and will work with industry professionals in a variety of settings to support your career in the Sport and Leisure Industry. The course involves a variety of visits to enhance student knowledge and the ability to work with employers. Recent trips have included visits to St George's Park (Football Association National Centre) and Stade de France in Paris.

The course will allow you to develop your organisational skills through planning sports sessions, motivational skills through delivering exercise sessions and leadership skills through the various additional courses that are completed on the course.

You will also increase your own personal and fitness levels during the practical units, such as Practical Sport Performance! You will also have the opportunity to undertake sports volunteering and gain a National Governing Body award.

All of our learners will be given support with their English and Maths skills where relevant to their main course. Those students who have not yet

achieved a Grade 4 (or C) at GCSE in these subjects will continue to work towards these important qualifications at a level suited to them. However, students will still have to achieve the stated Entry Requirements before they start the course.

As well as leaving the college with the BTEC Level 3 Extended Diploma in Sport, you can also have the opportunity to study a Level 1 Coaching Award and a First Aid Qualification. Other opportunities may include Football Refereeing and Lifeguard Qualifications.

You will complete two-weeks of work experience at a relevant organisation, such as a local school, gym, leisure centre or professional sports club.

Internal & external assessments will be ongoing throughout your level 3 course. You will be required to complete assessments such as designing a presentation on the roles and responsibilities of sports coaches, completing a group discussion on the technical & tactical demands of sport, designing a six-week training programme. You will be assessed by external exam, externally marked coursework, video, discussion, presentation, delivery of a session and practical assessment.

Entry Requirements

You should have a minimum of five GCSEs Grade 4 or above, including English or a Level 2 Diploma at Merit or Distinction.

In addition you will be given an interview with a member of the Sport team to assess your suitability and potential for successful completion of the course.

NB: Enrolment on this course is dependent on meeting the Entry Requirements stated above.

After your course

Our excellent links with the University of Central Lancashire (UCLAN) allow us to complete an annual visit and provide Higher Education progression opportunities to the Sport students. The partnership with Kendal Leisure Centre allows us to offer students employment. Students also benefit from 2 weeks of work experience each year, with many students being offered further opportunities.

You could progress to university to a degree course in a relevant subject, such as sports coaching, PE Teaching, sport business management or sports development. You could also progress to an apprenticeship in Exercise and Fitness, Personal Training or employment in the sports industry.

We work closely with Kendal Leisure Centre, and there are many opportunities throughout the year for students to gain employment and support at local sporting events. We work closely with Carus Green Golf Club, Phoenix Fitness, Westmorland Football Association, Rugby Union South Cumbria, Little Kickers Coaching as well as local primary schools to ensure learners gain essential experience to allow them to progress to higher level studies or employment.

Fees

Course fees are per year. The current fee information is related to the 2019/20 academic year and is subject to change before the start of the course. Fees for 2020/21 will be updated in the Spring Term. There may also be additional costs associated with the course.

This course is funded by the government and may be free if you are:

- Aged 16-18 on 31/08/19
- Aged 19-23 on an Entry Level or Level 1 course with intent to progress to a Level 2 course
- Aged 19-23 on your first full Level 2 or Level 3 course
- Aged 19-23 on your first Level 4 course (if you haven't already got a Level 3 qualification)
- Aged 19+ on Functions Skills or GCSE English or Maths
- Unemployed and in receipt of JSA/ESA(WRAG)/Universal Credit or another eligible state benefit on an Entry Level, Level 1 or Level 2 course
- Member of a low income household & in financial hardship on an Entry Level, Level 1 or Level 2 course