



SPORT, FITNESS & WELLBEING

Sport Level 1



THE BEST YOUNG SPORT & FITNESS PROFESSIONALS!

Study Programme Overview

The course will give you a good basic introduction to working in the sports, fitness and exercise industries from a practical and basic theory perspective.

This will give you the knowledge and skills required for progressing onto higher level courses and jobs such as Leisure Attendant, Sports Coaching and Fitness Instructor.

Engaging with employers is also an integral part of this programme – we'll seek to ensure that you have opportunities to gain real-world experience of your chosen sector.

What You'll Learn

Topics on your Study Programme will include:

- Being Organised
- Developing a Personal Progression Plan
- Working with Others
- Researching a Topic
- How Exercise Affects the Body
- Training for Fitness
- Playing Sport
- Coaching Skills in Sport
- Assisting in a Sports Activity
- Keeping Active & Healthy

Additional support in GCSE Maths or GCSE English if required.

Elements of study

Your programme consists of the following elements:

- Study of your chosen vocational subject - 50% of your programme
- Employability skills, such as punctuality, attendance, communication and team work
- Work experience or an Industry Placement, giving you a taste of working life
- Tutorial and personal development, such as healthy living, volunteering and citizenship skills

Entry Requirements

No formal qualification required.

How will I be Assessed?

You will be assessed through presentations, observations and coursework.

Pre-Professionals Programme

Working with your Learning Development Mentor (LDM), Tutors and Careers Coaches, you'll gain an insight and understanding of your sector, helping you to make important decisions about your future, whether that's university or employment.

Thanks to our partnership with the University of Bolton, you'll also benefit from everything the University has to offer, with a range of opportunities to build additional skills and experiences, giving you everything you need to become a **FUTURE SPORT & FITNESS PROFESSIONAL**, in whichever field you choose!

Exposure to employers is also an integral part of this programme – we'll seek to ensure that you have opportunities to gain real-world experience of your sector, giving you the qualifications and experience to progress!



Supporting Your Learning and Wellbeing

We have a range of dedicated support and wellbeing services including **FREE** travel; **FREE** breakfast; dedicated Learning Development Mentors (LDMs); impartial advice and guidance; dedicated one-to-one support for learners with additional needs; and support with the cost of College, plus much more.

Future Opportunities

After you have completed the course, you'll have the opportunity to progress to further study at College. Following this, you may decide to move on to employment, university, or explore the possibility of doing a Higher Apprenticeship (Level 4).

Following further study you could work as a:

- Fitness Instructor, earning up to £30,000 per year
- Personal Trainer, earning up to £22,000 per year
- PE Teacher, earning up to £40,000

Enrichment

Sitting a job interview, writing a personal statement, applying for university - taking part in our enrichment programme will give you a CV to wow in all of these situations! You'll benefit from:

- Inspiring trips and experiences
- Meetings with industry experts
- Visits to leading companies in your sector.

As well as giving you essential professional and technical skills, you'll demonstrate that you're a successful and well-rounded person, helping you to make a lasting impression.

We want you to have fun, so we also have plenty of leisure and sporting activities for you to enjoy, improving your health and wellbeing.

Why Choose Us?

We're an elite College, and part of the University of Bolton Group, offering you a gateway to all of Greater Manchester's vast range of fantastic opportunities for specialist careers, university degree courses and higher Apprenticeships.

We'll reward your achievements with trips to The Anderton Outdoor Activity Centre and the opportunity to apply for the prestigious Duke of Edinburgh Award.

Our £75 million campus offers a refurbished fitness suite and sports hall; Apple Mac suites; libraries, a theatre and dance studios; hair and beauty salon; and a restaurant, café and canteen.

You'll also enjoy a wide range of events, including showcases, enterprise activities and cultural celebrations.

Open Events

Open Events are the best way to discover what life as a Bolton College student is like, giving you an insight into College life.

Open Events at our Deane Road Campus are as follows:

- **Thursday 20th October 2022, 5pm-8pm**
- **Tuesday 15th November 2022, 5pm-8pm**
- **Wednesday 7th December 2022, 5pm-8pm**
- **Wednesday 8th February 2023, 5pm-8pm**

If you'd like to attend one of these events, register by visiting www.boltoncollege.ac.uk/register-open-events

How to Apply?

Find this course on our website www.boltoncollege.ac.uk then click the 'Apply' button.

You'll be asked to set up a Learner Hub account so that you can track your application and enrol online. You'll also be asked to book your interview for your course at the same time.

If you have any difficulties setting up your Learner Hub account, please email learner.hub@boltoncc.ac.uk

Disclaimer: Every care has been taken to ensure that the information contained within these course information sheets was accurate at the time of publishing. Bolton College is constantly evaluating its services to meet the needs of learners; therefore programmes/courses/Apprenticeships, resources and facilities may be subject to change without prior notice.