

sports studies

If you are a good team player who enjoys sporting and competitive activities and would like to work in the leisure industry, then you have come to the right place.

With its brand new Community Sports Centre at Cosham, complete with badminton courts, fitness gym and aerobics studio, Highbury has just raised the bar in Sports Studies.

Along with work experience and visits to venues such as the Edinburgh Festival of Sport and Thorpe Park, courses incorporate sporting activities like mountain biking, kayaking, ice skating and orienteering. You can also enter regional and national competitions and can study for additional qualifications in Sports Leadership, Customer Service and First Aid.

It all adds up to a great start for any budding fitness instructor, personal trainer, coach or leisure centre manager.

Sport & Recreation

Edexcel BTEC Certificate
in Skills for Working Life
1 year

Entry
Level

➔ Is it for me?

Do you enjoy sporting and competitive activities? Are you a good team player who would like to work in the leisure industry? If so, then this course is for you.

➔ What will I study?

The course covers investigating sport and recreation, health and safety, personal safety, interview skills and helping in a sport and leisure centre.

➔ Extra info

You could visit sporting venues, attend work experience and go on sporting trips such as mountain biking, theme parks and ice skating. You could also complete additional qualifications, including Sports Leadership, Customer Service and First Aid.

➔ Entry requirements

No formal entry qualifications are required. You should be able to demonstrate a desire to work in the subject area.

➔ Leads on to...

You could progress to an Introductory Diploma in Sport or move into employment.

Highbury Campus

Sport & Fitness

Foundation Diploma
1 year

Level
1

➔ Is it for me?

If you are interested in the sport and fitness industry and want an exciting mix of practical activities and theoretical study, this course is ideal for you.

➔ What will I study?

The course introduces a diverse range of topics including performing and planning an exercise routine, understanding the body in response to exercise and the principles of training. The course will also introduce careers in the sport and fitness industry.

➔ Extra info

A work placement of at least ten days will give you practical experience in the industry, and the chance to choose, plan and manage a project will allow you to demonstrate your new skills.

➔ Entry requirements

You should have finished secondary education and have 4 GCSEs, grade A*-E, including English and maths. You will need a genuine interest in sport and fitness, an entry level qualification or relevant experience.

➔ Leads on to...

You could progress to the Higher Diploma or a similar Level 2 programme at Highbury, or seek work in the fitness industry.

Highbury Campus

Sport & Fitness

Higher Diploma 1 year

Level
2

➔ Is it for me?

This is a great course to develop your knowledge and skills in sport and fitness through a stimulating mix of practical and theoretical study.

➔ What will I study?

You will learn about the science of sport, health and safety, instructing in exercise, the history of sport in society and anatomy and physiology.

➔ Extra info

A work placement of at least ten days will give you practical, hands-on experience in a live working environment. Choosing, planning and managing a project will give you the chance to demonstrate your new skills.

➔ Entry requirements

You will need 5 GCSE grades A*-D, including English and maths, or a Level 1 qualification or relevant experience, plus a good punctuality and attendance record.

➔ Leads on to...

When you finish, you could progress to an Advanced Diploma or other Level 3 programme, or move on to work in the industry.

Highbury Campus

Sport & Fitness

Advanced Diploma 2 years

Level
3

➔ Is it for me?

If you want to extend your knowledge of the sport and fitness industry through theoretical and practical study, this could be the course for you.

➔ What will I study?

The diverse range of units include business location and design, event management, product research, design and development, business enterprise, planning and finance, media and image – all in the context of the sport and fitness industry.

➔ Extra info

You will gain practical skills through a work placement of at least ten days. In Year 2 you have the opportunity to take an AS level alongside this course. Please see page 9.

➔ Entry requirements

You will need 5 GCSE grades A*-C, including English, or relevant work/life experience.

➔ Leads on to...

You could progress to a degree at university or gain employment.

Highbury Campus



Career options:

- leisure centre manager
- sports coach
- personal trainer
- fitness instructor
- sports development

Sport & Fitness Therapies

NVQ 1 year

Level 3

➔ Is it for me?

If you have a passion for sport and keen to progress in the growing industry of sport, fitness and recreation, this advanced course is for you.

➔ What will I study?

Through theory and practical sessions, you will learn a variety of advanced skills including business and marketing, advanced gym instructing, personal training and sports massage.

➔ Extra info

You will have the opportunity to study for additional qualifications such as Anatomy & Physiology and First Aid. You may also work within the Golf Academy, as well as gain valuable work experience working voluntarily within the community to enhance your progress.

➔ Entry requirements

You will need 4 GCSEs A*-C, including English at grade C, or a full Level 2 NVQ with literacy and numeracy at an appropriate level.

➔ Leads on to...

You could progress onto a sports science course at Level 4 or find employment in areas such as sports massage, coaching or fitness instruction.

Highbury Campus

Related websites:

- www.altis.ac.uk
- www.leisureopportunities.co.uk

Sport & Leisure

NVQ 1 year

Level 1

➔ Is it for me?

This course is for those wishing to gain a general introduction to the sport and recreation industry.

➔ What will I study?

The course covers a variety of units including coaching, health & safety, exercise and fitness. You will learn about working in the sport and leisure industry, the healthy body, responsibility at work and basic fitness therapies.

➔ Extra info

You will have the opportunity to develop skills working within our own Community Sports Centre. Through guest speakers and off-site visits you will gain a wide variety of opportunities in the sports industry environment.

➔ Entry requirements

You should have completed secondary education and have 4 GCSE grades A*-E or above, including English, or a full entry level qualification with literacy and numeracy at an appropriate level.

➔ Leads on to...

You could find employment or progress to the NVQ Level 2 in Sport and Fitness or a First Diploma/National Certificate in Public Services.

Highbury Campus

Sport & Fitness Therapies

NVQ 1 year

Level 2

➔ Is it for me?

If you have a passion for sport and wish to pursue a career within the vast and interesting industry of sport and fitness, this course is for you.

➔ What will I study?

Through theory and practical sessions, you will learn about sports skills, anatomy and physiology, performance and skills development.

➔ Extra info

There may be the opportunity for a 2-week work placement as part of this course. There will also be many opportunities to take part in, and organise, sports events and competitions. You will visit other locations to see different aspects of the business, including the Edinburgh Festival of Sport and Thorpe Park. You will also have the opportunity to enter regional and national competitions.

➔ Entry requirements

You will need 4 GCSE grades A*-D, including English at grade D, or a full Level 1 NVQ with literacy and numeracy at an appropriate level.

➔ Leads on to...

You could progress onto NVQ Level 3 in Sport and Fitness or to employment.

Highbury Campus