

Sport & Leisure



Guernsey
College
of further
education

Sport & Leisure

Introduction to the course

The first part of the course will encourage personal development in sport and fitness through a range of practical and theoretical activities. The course will then focus on gaining a further qualification in fitness instruction. This will allow progression to the Level 3 Sport Business course. Throughout the year learners will gain relevant vocational experience including coaching in primary schools and within the community.

Entry criteria

You will require a minimum of four GCSEs at grade D/3 or above including English language*



Course outline

This course will give you a wide understanding and appreciation of anatomy and physiology, health related fitness, various sports and the application of techniques and tactics alongside a selection of specialist topics that will require research based enquiry followed by practical application of your knowledge and understanding.

Qualifications

This course is made up of two qualifications:

- BTEC Level 2 Certificate in Sport
- NVQ Level 2 Certificate in Fitness Instructing

Topics covered by the course

- Practical sports and profiling of sports performance
- Anatomy and physiology
- Fitness testing and training
- Health, safety and wellbeing in the fitness environment
- The mind and the sports performer
- Planning and instructing gym based activities



Assessment method

A combination of research based written and practical assessment and externally assessed exams.

Progression opportunities

BTEC Level 3 Sport Business or employment

Course duration

One year, full-time.

Campus

Les Ozouets

* Most universities require five GCSEs at grade C/4 or above, including English and maths, as well as a Level 3 qualification.

Students who successfully complete all elements of their programme at College will be able to progress onto the next level, eg from Access to Level 1, Level 1 to Level 2, and from Level 2 to Level 3.

Additional learning support

As part of your learning programme, if you have not yet attained a grade C/4 or equivalent in mathematics and English language, you will be required to study a Functional Skill or GCSE in these subjects.

Students may require additional support for a number of reasons. At the start of your course you will be asked to complete an initial assessment in order for us to identify any additional needs that you may have. During your course, your personal tutor will be able to guide you on how best to access support.

We can offer the following:

- Progress Coaches
- Learner Support assistance (1:1)
- Learner Support assistance (group)
- Learner Support assistance (drop-ins)
- Specialist ESOL teaching
- Study lab sessions
- In-class support
- Special arrangements for exams

For more details or how to apply, please contact:

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Guernsey College of Further Education

Chairman Julian Winser

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NB: Course information correct at time of print.

Courses offered may be subject to change and will run subject to minimum numbers.

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