

VENUE AND DURATION OF COURSE:

John Ruskin College, Selsdon Park Road, South Croydon, CR2 8JJ, 2 year Full-time, 3 days per week.

ENTRY REQUIREMENTS:

5 GCSE grade 9-4 (A*-C) including English & Maths.

WHAT QUALIFICATIONS WILL I GET?

BTEC Level 3 Extended Diploma. This qualification is the equivalent of three A-Levels. The course is a full two year programme.

COURSE DESCRIPTION:

The course is a nationally recognised qualification with the same UCAS point equivalency to studying 1.5 A-levels (over one year) or 3 A-Levels (over two years) and has been developed to meet the expanding employment opportunities within the industry. Sport and Leisure is one of the UK's fastest growing industries and it is becoming increasingly possible for enthusiastic, reliable, well-qualified young people to make a career in sport.

During your time at College you will undergo 14 units and a number of trips to help your learning for the world outside of College. In previous years, trips such as taking part in professional sport science testing, water sports, rock climbing & further outdoor activities have provided the learner the skills to advance in sport.

There will be varied methods of assessment such as: coursework, practical assessments and computer based examinations plus you will also take part in work experience to develop your skills & understanding within Sport environment.

UNITS/TOPICS COVERED:

Year 1:

- Anatomy & Physiology
- Fitness Training and Programming for Health, Sport & Well-being
- Professional Development in the Sports industry
- Sports Leadership
- Application of Fitness Testing
- Sports Psychology
- Practical Sports Performance

Year 2:

- Coaching for Performance
- Research Methods in Sport
- Sports Injury Management
- Development and Provision of Sport and Physical Activity
- Investigating Business in Sport and the Active Leisure Industry
- Skill Acquisition in Sport

- Technical and Tactical demands of sport

TYPE OF ASSESSMENT:

BTEC is a continual assessment programme that allows students to constantly improve and develop their portfolio. Assessment comes in a range of forms including reports, practical assessment and observation, computer based examination, online assessments and presentations.

EQUIPMENT NEEDED:

- You will need to purchase uniform items of at least two Dri-fit T-shirts. Uniform can be purchased at enrolment.
- You will need pens, paper and relevant stationery to complete basic classroom tasks.

WHERE CAN IT LEAD?

Passing the course will allow you to move on to the second year (BTEC Level 3 Extended Diploma). It can also lead to a range of industry-related jobs including but not limited to fitness instruction, coaching and event management. On completion of the two-year programme this could lead to a HNC in Sport at East Surrey College, Higher Education degree courses within Sport or Employment in Coaching, Sports development and fitness industries.

COURSE FEE:

If you are under 19 on 31/08/2023, tuition is free. If you are 19 or over, please consult Client Services for advice and guidance on funding and eligibility.

Please be aware that there may be additional costs for equipment and educational visits. This information will be available from the curriculum staff at interview.

WHAT TO DO NEXT:

If you have any outstanding queries please contact our Client Services team on 020 8651 1131 or at clientservices@johnruskin.ac.uk.

To apply online for this course please visit www.johnruskin.ac.uk.

Disclaimer:

Every effort has been made to ensure that the details contained in this leaflet are up-to-date and accurate at the time of printing. However, the College reserves the right to alter or cancel courses, their content, entry requirements, fees or other details should circumstances dictate.

Should you require this leaflet in a different format please contact Client Services on 020 8651 1131.

