

SPORT COURSES @ BCoT

Sport and Active Leisure Level 1 Diploma – 1 Year

Course Code: JF30

This is a one year course designed to give you a recognised qualification in the field of sport and leisure. You will gain the knowledge, skills and understanding required to progress to a Level 2 qualification. During the year you will explore a variety of units including; organising events, physical activities for children, investigating rights and responsibilities, planning your own fitness programme and risks and hazards in sport and active leisure. You will have the opportunity to go on trips to support your learning.

Entry Requirements

Minimum of 4 GCSE grades E (including English and Preferably Maths) and a good school reference or successful interview.

Method of assessment

The course is continuously assessed by both practical and written assignments. You will also have the chance to gain practical experience in our on-site gym.

Progression

This course is a recognised route into a BTEC Level 2 Diploma in Sport or Public Services.

Sport BTEC Level 2 Diploma – 1 Year

Course Code: JF39

This is a one year course designed to give you the opportunity to not only develop your sporting talents but gain an insight into working in the sports industry. You will not only develop your practical and coaching skills but look at how the body works as well as health, safety and injury issues. You will have the opportunity to visit a range of sporting facilities e.g. Chelsea Football Stadium, Dummer Golf Club, Active Life Centre. You will also have the opportunity to gain valuable work experience.

Entry Requirements

4 GCSEs at grade D or above, including English or Sport and Active Leisure L1 (see above).

Method of assessment

Continuous assessment through a variety of written and practical assignments. You will gain valuable practical experience in our on-site gym.

Progression

Further study (typically a BTEC Level 3 Extended Diploma in Sport); employment in a sports centre or other leisure facility.

Football Academy BTEC Level 3 Extended Diploma – 2 Years

Course Code: JF37

This exciting course combines theory and practical application perfectly to provide you with a qualification that can take you to university or employment within the industry. Mixed with daily football training and opportunities to play at various levels of semi-professional football, you will gain a valuable insight into the industry. You will study a variety of units including: physical education, sports coaching, sports development, sports injuries and training and fitness. This course has links with Basingstoke Town Football Club.

Entry Requirements

5 GCSEs grade A-C (to include English and preferably Maths and Science) or a BTEC Level 2 Diploma in Sport (Merit) plus successfully passing a football trials selection.

Method of assessment

Continuous assessment through a variety of written and practical assignments. You will have the opportunity to continue to play football and participate in competition to a high level.

Progression

Higher Education (degree or HND), employment within the industry or role in the professional football arena.

Sport and Fitness Academy BTEC Level 3 Extended Diploma – 2 Years

Course Code: JF36

This dynamic course gives you a wide range of knowledge and skills, balancing specialist academic study with practical work. This course provides a good foundation for a career or study at university. Units studied include biomechanics, sports psychology, fitness testing, exercise physiology, sports injuries, anatomy, nutrition and practical sport. You will have the opportunity to visit a range of destinations e.g. Olympic Games site, Chelsea Football Stadium, Dummer Golf Club, Active Life Centre and Winchester, Portsmouth and Bournemouth Universities.

Entry Requirements

5 GCSEs grade A-C (to include English and preferably Maths and Science) or Science or a BTEC Level 2 Diploma in Sport (Merit).

Method of assessment

Continuous assessment through a variety of written and practical assignments. You will also have the opportunity to gain valuable work experience and practical application in our on-site gym.

Progression

Higher Education (an HND – available at BCoT or a degree); employment within the industry. Higher apprenticeships are also available.

Possible Additional Qualifications

CYQ Level 1 Assistant
Fitness instructor
CYQ Level 2 Fitness
Instructor
Emergency First Aid
Community Sports
leaders Award
AQA Extended Project
First for Sport Level 1
Coaching Certificate

Why Study

SPORT

at BCoT

Do you want a career as a/in...

Fitness instructor SPORTS MARKETING
PERSONAL TRAINER
SPORTS THERAPIST Sports Psychologist
SPORTS NUTRITIONIST
DIETICIAN Sports Analyst SPORT SCIENTIST
BIOMECHANICAL ANALYST
Sports Management **Sports Journalist**



“Year on year the sport and active leisure sector outperforms the rest of the UK economy; this has been a trend since the end of the economic recession of the late 1990s, and researchers predict will continue to be the case for years to come, long after the sports legacy of the London 2012 Olympic and Paralympics Games.”

The annual contribution of the sport sector to the UK economy is over £8 billion. This sector has more than 36,000 employers creating work for more than 600,000 full-time and part-time employees.”

Edexcel (2009)

Edexcel is the leading provider of internationally recognised qualifications

For more information please contact Allan
on 01256 306392 or email nextyear@bcot.ac.uk

BASINGSTOKE
COLLEGE OF
TECHNOLOGY

BCoT

SPORTS PERFORMANCE

BTEC Level 2 Diploma in Sport

The course is a direct route to be able to progress to a Level 3 Extended Diploma in Sport/Sport & Exercise Sciences course. There are a wide range of units that are studied to provide the learner with the relevant work-based and academic skills to progress in further education.

Typical Units to Study: Planning and Leading Sports Activities, Planning and Running Sports Events.

Possible Additional Qualifications: Community Sports Leadership Award.

(Please see back for entry requirements)

BTEC Level 3 Extended Diploma in Sport (Development, Coaching and Fitness)

The course is designed to provide learners with the necessary work-based and academic skills to work in the sports industry or study at higher education. The course offers a holistic study on sports performance from both a sports performers and/or a sports coach's perspective by including a wide range of units. There is also an additional emphasis on sports development and fitness in sport.

Typical Units to Study: Sports Coaching, Practical Team/Individual Sports, Fitness Training and Programming, Sports Development, Analysis of Sports Performance.

Possible Additional Qualifications: CYQ Level 1 Assistant Fitness Instructor Qualification. Community Sports Leadership Award. 1st 4 Sport Level 1 Coaching Certificate. Emergency 1st aid Award.

Possible Future Employment: Sports Coach, Physical Education Teacher, Sports Development Officer, Fitness Instructor, Sports Psychologist.

Possible Progression: HND in Sport offered at BCoT. Other higher education courses including Higher National Diplomas, Foundation Degrees or Full Honorary Degrees.

(Please see back for entry requirements)

Sports Teams

These teams are available for Under 19's:

- Netball (Womens)
- Football (Mens and womens)
- Rugby (Mens)
- Plus the Football Academy

If you are interested in any of the above, contact Steve Allison on 01256 306234 or email steve.allison@bcot.ac.uk

Basingstoke Sports Centre

If you are a full-time student and join the National Union of Students (membership fee incurred) you are able to use Basingstoke Sports Centre for free (although an induction fee is payable).



Chelsea Football Stadium: Sport & Physical Education Tour

This work-based visit to the Stamford Bridge Stadium aids the delivery of theoretical aspects of sports studies courses. The tour involves the students completing an education workbook with answers provided by an experienced guide. The workbook focuses on fitness and training, performance, nutrition and psychology, giving relevant examples from the sports industry.

The Tour includes:

- The Press Room
- Television Interview Room
- The Visitors Dressing Room
- The Chelsea FC Dressing Room
- Walk through the Player's Tunnel
- Pitch side & Dugout's



SPORT & EXERCISE SCIENCES

Portsmouth University: Applied Physiology (Fitness testing)

The Sport & Exercise Sciences students were invited down to Portsmouth University

to partake in a range of fitness tests using the universities specialist equipment. Students administered the following fitness tests as part of their Applied Physiology unit: VO2 Max test, Lactate threshold and the Win Gate test.



Dummer Golf Club: Golf Swing Analysis

As part of their Analysis of Sports performance unit the sports students had the opportunity to analyse their golf swings. This involved a taster coaching session for a basic golf swing, followed by practice on the driving range and a video analysis which was compared to Tiger Woods golf swing. This allowed students to complete a biomechanical analysis of their basic golf swing.



Sport and Exercise Science is the application of scientific principles to the promotion, maintenance and enhancement of sport and exercise related behaviours.

Sport and Exercise Sciences includes the study of sport and human biology to understand the workings of the healthy human body and the way in which physical activity promotes health and well-being.

Units Studied

Our BTEC programme includes modules in exercise physiology, biomechanics, anatomy, sports psychology, sport injuries and nutrition. You will be taught by experienced staff that have a background working within the sports industry in various professions.

Structure

Two year vocational course studying 18 units aimed at preparing students for higher education or for full time employment within the industry.

Meet our staff

All our sports lecturers have a wide experience of the sports industry and are fully qualified. They are here to support you through your college life and will help you to achieve your academic qualifications which could lead you to a career in Leisure Centre Operations, Health & Fitness Studios, Sports Coaching, Physiotherapy and PE Teaching.

Steve Allison

Steve is the co-ordinator for all of the sports teams and football academies. He is an ex-student from BCoT and has performed at semi-professional in football. Steve holds a vast amount of experience and knowledge in sports coaching and the health and fitness industry.

Daryl Taphouse

Darryl is the co-ordinator for the level 3 sports courses. He has a Sports Development and Coaching Degree from Sheffield Hallam University and also has experience as a Sports Development Officer.

Simon Lovegrove

Simon is the tutor for the Sport and Exercise Sciences course. He studied at BCoT from 1998-2000 on a Sport and Exercise Sciences Course and went on to gain a degree in Sport Science from Worcester University. As a successful



rugby player Simon has played for Basingstoke, Hampshire, Worcester Warriors, England Universities and England students.

Lindsey Hurle

Lindsey is the tutor for the BTEC Level 2 sports course. She completed a BTEC and HND at BCoT and went on to Bournemouth University to complete her degree in Sports Coaching and Development. Before returning to BCoT Lindsey worked in primary schools as a multi sports coach in Berkshire/Buckinghamshire.

Tom Walsh

Tom is a sports lecturer at BCoT specialising in Sports Coaching. A previous BCoT student, Tom completed his HND Sport and Exercise Sciences whilst playing semi-professional football for Basingstoke Town. He also has a wealth of experience in coaching football in the local community for a variety of ages and abilities.