



The Course

In brief...

If you have an interest in sport and fitness and want to gain a qualification that not only enables you to progress on to university, but also prepares you with industry skills and qualifications then this is the course for you!

This course can be studied as a Foundation Diploma, Diploma or Extended Diploma depending on your GCSE/Level 2 grades.

Foundation Diploma - 4 GCSE's at grade 4 including English and Maths.

Diploma - 5 GCSE's at grade 4 or higher including English and Maths.

Extended Diploma - 5 GCSE's at grade 4 or higher including English and Maths.

Who is it for?

The qualification is intended for post-16 learners who are looking to progress to university to study a sport/fitness related degree or go into employment in the sector as a personal trainer or sports coach.

What the Course Leads to

What courses can I do after this?

University degrees in Sport, Health and Fitness including Sport Science, Physical Education, Sports Coaching and Sports Development. You could also progress onto our own Foundation Degree in Health, Nutrition and Exercise Science accredited by Solent university.

What jobs can I get?

Fitness Instructor/Personal trainer, sports coach, sports assistant or with further study at university you could pursue a career in sports science, sports/PE teaching or sports coaching.

What do I need to apply

To do this course you should have...

Minimum entry requirements;

Foundation Diploma - 4 GCSE's at grade 4 (or Level 2 equivalent).

Diploma - 5 GCSE's at grade 4 (or Level 2 equivalent) including English and Maths.

Extended Diploma - 5 GCSE's at grade 4 (or Level 2 equivalent) including English and Maths.

What about work experience?

You will need to undertake a minimum of 5 days work experience with a local employer in order to pass the course.

Key Information

Duration

2 Years

Attendance

Full-time

Level

Level 3

Qualification Name

Level 3

Awarding Body

BTEC

Curriculum Area

Business, Service Industries and ESOL - Sport

International entry requirements

If you are not from an English Language speaking country, you will need to have UKVI IELTS 5.5. We accept a wide range of academic qualifications awarded overseas and use the UK NARIC (National Academic Recognition Information Centre) guidelines for international comparisons. For tuition and accommodation fees please visit www.thecollege.co.uk/international/courses/tuition-fees and our International Operations team can offer you advice and guidance before and during your studies.

Course costs

Course Code	Start Date	Costs 16-18	Costs 19-23 (with concessions)	Costs 19+ (no concessions)
BP02403	02/09/2024	£250.00	£250.00	£250.00

* Please note fees are subject to change.

Costs

£250 (per year)

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Course Content

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The course will cover a wide range of units related to sport and fitness. This will include sport science, fitness testing, personal training, practical sport and sports leadership/coaching. The content of this qualification has been developed in consultation with employers and professional bodies so that the content is appropriate and consistent with current industry practice. It will allow learners to enter employment directly. Higher-education institutions have also been consulted to ensure that the qualification allows appropriate progression for those aspiring to go on to higher level study.

This qualification provides the knowledge and develops the skills and application required for professional accreditation with the Register of Exercise Professionals (REPs) and the Chartered Institute of Management for Sport and Physical Activity (CIMSPA) Gym Instructor and Personal Trainer standards. It is also mapped to the Personal Trainer Apprenticeship Standard. The Gym Instructor Standards are a prerequisite for all professional roles in the sector. On successful completion of the qualification, learners will be qualified to apply for membership of CIMSPA and REPS. This means that the qualification has broad recognition by employers and allows progression to a wide range of roles in the sector.

Next Steps ...

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Web: www.thecollege.co.uk

Live chat available on the website

