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# Sports



## » SPORTS

The sports and leisure industry has seen a dramatic growth in recent years, as more people become aware of the need to lead a healthy lifestyle.

Whether you have the passion to train or want to retrain into a new industry, the Fitness Industry is always an option. This industry gives you the chance to work as a Fitness Professional in wide range of locations from Gyms, Health Clubs to Cruise Ships.

We work closely with Notts County FC, Leicester City FC, the national Angling Development Board and Beedles Lake Golf Club to name a few.

Students on all our sports courses benefit from extensive coaching and personal development from a team of highly qualified tutors.

All our sports students are automatically eligible to join the “BMC Sports Academy” and join the college sports teams.



What to play sports while you study? Check out the Sports Academies on p18.

## » STUDENT PROFILE

**Sam Hillyer**

**INTRODUCTION TO SPORTS**

**WINNER: THE DON MCCORMICK AWARD FOR ACHIEVEMENT**

“I really enjoyed the practical side of the course, especially the coaching. At first I found it very daunting, especially when I was asked to coach people the same age as me, but after help from the BMC coaches and tutors I felt that I could do it. A highlight for me was football coaching with the children of St Mary’s Primary School in Melton. I found the course has helped me get a real focus in life and I’m ready for the challenges of the Advanced Sports course, I might even go to uni! Something I never thought I would be able to do.”



# » INTRODUCTION TO SPORTS

## EDEXCEL BTEC LEVEL 2 DIPLOMA IN SPORT

**This course is a great way to improve your skills if you want to work in the sport, recreation and fitness industry. There will be a lot of hands-on work as well as classroom study. One day every week will be an outdoor workshop.**

There will be a number of opportunities for residential trips throughout the year in the UK, including places such as Derbyshire, Snowdonia, the Lake District and Scotland.

### **COURSE DURATION AND START DATE:**

A full-time 1 year course, running over 4 days per week, starting in September.

### **ENTRY REQUIREMENTS:**

4 GCSEs at Grade D or above.

### **MODULES:**

- Fitness testing and training
- Technical and tactical awareness in sport
- Planning and leading sports activities
- Anatomy and physiology
- Expedition experience
- Practical sports
- Exercise and instruction

### **CAREER PROGRESSION AND FUTURE OPPORTUNITIES:**

You can pursue a career in Leisure Centres, Gyms or Outdoor Pursuits Centres. You can focus on becoming a coach in a general sports role or in a more specific sport. You can go onto the Further or Advanced Sports course dependent on your results.

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# » FURTHER SPORTS

## EDEXCEL BTEC LEVEL 3 SUBSIDIARY DIPLOMA IN SPORT

**This course is aimed at developing your skills in sports management. You will get the opportunity to look more indepth at the fitness side of sports.**

### **COURSE DURATION AND START DATE:**

A full-time 1 year course, running over 4 days per week, starting in September.

### **ENTRY REQUIREMENTS:**

4 GCSEs at Grade C or above, or Introduction to Sports.

### **MODULES:**

- Leadership in sport
- Nutrition
- Psychology of sport performance
- Assessing risk in sport
- Fitness testing for sport and exercise
- Physiology of fitness

- Sports coaching
- Practical sports
- Anatomy and physiology
- Work experience

### **CAREER PROGRESSION AND FUTURE OPPORTUNITIES:**

You can go onto the Advanced Sports course, or start work in a leisure centre or gym.

**NEW FOR 2012**

Cycling exercise  
at Rutland Waters



## » ADVANCED SPORTS

### EDEXCEL BTEC LEVEL 3 EXTENDED DIPLOMA IN SPORTS DEVELOPMENT & COACHING

**This course is for individuals who want to develop skills to pursue a career in the sport, recreation and fitness industry.**

This course combines practical sports and outdoor activities with academic study. It will provide you with an opportunity to equip yourself with the knowledge, skills and understanding to enhance your employment prospects in the sport, recreation or outdoor leisure industries. In addition to the timetabled activities there will be a residential trip in the UK.

#### **COURSE DURATION AND START DATE:**

A full-time 2 year course, running over 3 days per week, starting in September.

#### **ENTRY REQUIREMENTS:**

4 GCSEs at Grade C or above or Introduction to Sports at Merit level or Further Sports.



#### **MODULES:**

- Exercise, health and lifestyle
- Sports development
- Practical sports
- Instructing physical activity and exercise
- Sports injuries
- Organising sports events
- Profiling sports performance
- Fitness training and programming
- Leadership in sport
- Principles and practices in outdoor adventure
- Outdoor and adventurous expeditions
- Nutrition
- Psychology of sport performance
- Assessing risk in sport
- Fitness testing for sport and exercise
- Physiology of fitness
- Sports coaching
- Practical sports
- Anatomy and physiology
- Work experience

#### **CAREER PROGRESSION AND FUTURE OPPORTUNITIES:**

Higher National Diploma or a Degree level course such as sports studies, outdoor education, adventure tourism, environmental science, leisure management, recreation management or teacher training.

# » WORK-BASED LEARNING OPTIONS

## **BMC FITNESS PACKAGE**

**Our part time bespoke package trains and transforms you from having basic or little knowledge and experience of fitness through both level 2 and level 3 qualifications in just 14 weeks, with the added bonus of being Emergency Aid trained too!**

On completion of the qualifications it will allow you to register at REP's Level 3 Personal Trainer status. This will allow you to open up a vast field of new experiences and job opportunities. You can even go self-employed and run your own Personal Training business.

## **COURSE DURATION AND START DATE:**

A part-time 14 weeks course, over 1 evening and 1 Saturday per week.

## **MODULES:**

### **Level 2 Certificate in Fitness Instructing**

- Anatomy and physiology for exercise
- Know how to support clients who take part in exercise and physical activity
- Health, safety and welfare in a fitness environment
- Principles of exercise, fitness and health
- Planning gym-based exercise
- Instructing gym-based exercise

### **Level 3 Certificate in Personal Training**

- Anatomy and physiology for exercise and health
- Programming personal training with clients
- Delivering personal training sessions
- Applying the principles of nutrition to a physical activity programme

### **Emergency Aid Course**

This course will equip you with sufficient knowledge and expertise to save and support life in the event of an accident or sudden illness. The certificate is valid for three years.

### **Course Price: (Subject to change)**

£995 including exam fees.