

## NCFE Level 2 Diploma

# Sport (Sports Coaching)

### Why study this course at Cronton Sixth Form?

The sports staff have a wealth of sporting experience and will fully support your progress on the course. In addition to your main qualification, you will also have the opportunity to gain coaching awards and take part in a variety of enrichment activities.

### What will I study?

On this course you will study a variety of sports related subjects on a full-time basis. The course is designed for those who want a career in the sport, health or exercise industry.

During the year you learn about sports performance, sports coaching, nutrition, how to instruct exercise and fitness, anatomy and how the body works, health and safety, strength training and conditioning and will take part in practical sport. You will also study either Functional Skills or GCSE's to support your practical and career development.

### How will I be assessed?

Coursework, Group Seminars, Professional Discussions, Practical Delivery and Exams are some of the assessment's methods used to achieve the qualification modules.

#### Areas of study include:

- Anatomy and Physiology
- Fitness Training and Programming
- Sports Coaching
- Participation in Sport
- Developing Technical and Tactical Skills for Performance
- Planning and Running an Event
- Work Experience

### Entry Requirements

You will need to have received at least 4 GCSEs at grades 9 - 3 including a Grade 3 in English Language and Grade 3 in Maths. You will also need to be playing a sport to study Sport at Cronton Sixth Form.

### Can I study this course if I have not taken it at GCSE?

You do not need to have studied this subject in your GCSE's, but it is preferable. You will need to be playing/competing in a sport to show you have an interest in this area.



## A Centre of Excellence

Students studying sport at Cronton will be part of a Centre of Sporting Excellence and will have access to the fitness suites in the new IDEA Centre. Our coaches are committed to helping young athletes develop and excel both academically and professionally.

Our extensive elite sporting opportunities include individual coaching, prestigious and high profile sporting partnerships, scholarships, links with governing bodies and an international ski trip. The focus is on encouraging and supporting every student in maximising their performance in their chosen sport.



#### Please note:

You will study your vocational course full time over one or two years. Vocational courses are assessed via a mix of projects, assessments and exams and can also offer students progression to university.

## Enrichment Opportunities

Students studying A level and Vocational Sport at Cronton had the opportunity to go Skiing in France and visit Barcelona, these experiences have provided them with the opportunity to travel, complete work experience, take in different cultures, grow on a personal level and make lifelong friendships.

Students can also take part in a full Sport enrichment programme and talented sports performers will have the opportunity to join our Centre of Sporting Excellence providing access to the fitness suites in the new IDEA Centre. Our coaches are committed to helping young athletes develop and excel both academically and professionally. Our extensive elite sporting opportunities include individual coaching, prestigious and high-profile sporting partnerships, scholarships, links with governing bodies and an international ski trip. The focus is on encouraging and supporting every student in maximising their performance in their chosen sport.

## What can this course lead on to?

Most of our student's progress onto the YMCA Level 3 Diploma in Personal Training or Level 3 BTEC Extended Diploma in Sport. There are also opportunities to apply for the armed forces, or to seek employment within leisure centres, health clubs or sport coaching within the UK or abroad.

## Any additional costs?

Students will be expected to purchase the course kit package that is £50 and make a contribution to trips and visits that are organised to support curriculum delivery.

## What have previous students said about this course?

"It's really easy to make friends at Cronton because you all have a common interest in Sport and you will be likely progressing onto Level 3 with them, so you will find that they become friends for life. My time at the College has been enjoyable, fun and fascinating"

## Ofsted Outstanding 2020

### Our students

"Relationships between learners, apprentices and their teachers and assessors are excellent"

"Learners and apprentices develop their confidence, resilience and strong independence skills"



## Outstanding Facilities

Offer sports science support in the new IDEA Centre for gifted and talented students for all sports including athletics, triathlon, gymnastics, taekwondo and many more. Up to 5.5 hours of individual coaching and one-to-one specialist support for talented sports students.