

Sport L3

What will happen in my first week?

During your first week at the college you will have an opportunity to meet fellow students whom are on your programme, you will have chance to view the campus and meet your tutors as well as take part in a variety of practical activities.

What can I look forward to in my first year?

During your first year you will be taking part in our 'Aspire' weeks which involve guest speakers from within the sporting sector and team building trips. You will have both theory and practical sports sessions weekly. You will be able to access the Centre of Sporting Excellence training for a variety of sports, which also include weekly fixtures.

What will my timetable look like?

You will be in College for 3 days a week. During that time you will spend your time doing 1.5 hours of practical sport per week, you will have access to train for the college sports teams, you will also be able to access the gym to aid your performance. Lessons will take place in a variety of settings from computer rooms to allow you to investigate, classrooms and also sports hall or the gym.

During your time at college you will be expected to undertake work experience within the sport and active leisure setting. Your tutors will support you in finding a suitable work placement and enhancing your employability skills

You will also have a tutorial session with your Personal Tutor. This is to support you in developing both academically, also personally, and socially.

Which modules will I study in my first term?

Unit 1 Anatomy and Physiology (Exam)
Unit 2 Fitness Training and Programming (Exam)

Other modules I will be studying throughout my first year:

Unit 4 Leadership in Sport
Unit 10 Sports Event Organisation

Unit 9 Research Methods

Unit 5 Application of Fitness Testing

Are there any books I need to buy or useful websites I should look at?

The recommended book for your programme of study is 'Pearson BTEC National Sport Student Book 1 & Book 2' this book is specific to your programme and includes all modules you will study over the 2 years of the programme. As for websites there are varieties that you can look at. For example www.sportscoachuk.org is a great site to help improve your coaching skills.

Do I need to buy any equipment or kit?

You will be expected to buy the compulsory sports kit pack which consists of t shirt and half zip. Other equipment you will need to buy will be general academic resources (Pens, Paper etc). You should also ensure you have suitable kit for indoor and outdoor practical sport i.e. trainers and boots.

Link to practical Kit: <https://www.macronstorenw.co.uk/create/Sports-Public-Services?c=7112701>

