

LEVEL 3 SPORT



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.

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>

What will my timetable look like?

You will attend college 3 days a week, taking part in practical sport, training for college teams, and using gym facilities. Lessons take place in classrooms, computer rooms, and sports facilities. You will also complete work experience in a sport or leisure setting, with tutor support, and attend tutorial sessions to support your academic, personal, and social development.

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 I study in my first term?

Unit 1 Anatomy and Physiology (Exam)

Unit 2 Fitness Training and Programming (Exam)

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

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