



Writtle  
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# SPORT COURSE GUIDE 2020/21

SPORT

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**DID YOU KNOW PAST STUDENTS HAVE FOUND JOBS IN ORGANISATIONS SUCH AS THE NHS, NUFFIELD HEALTH AND HARLOW TOWN FOOTBALL CLUB**

# WANT TO MAKE AN IMPACT?

Health and wellbeing is a popular and expanding industry, with a growing range of job opportunities for people who want to work with professional athletes, are passionate about sports and leading an active lifestyle and want to help others improve their quality of life.

By studying Sport at WUC, you will learn from an established team of lecturers who have significant experience in the industry, and from those who are currently competing and coaching at international levels representing Great Britain. Our campus has extensive sporting facilities including floodlit tennis and netball courts, football and rugby pitches, a squash court, cricket square, and a sports hall.

Our recently developed recreation and fitness centre is equipped with cardiovascular and resistance machinery, with a functional fitness and free-weights area, and a fitness studio used for classes and teaching.

We hope this guide gives you all the information you need, but please do not hesitate to contact our admissions team if you have any questions about applying to study here, want an update on the status of your application, or have a query about what you need to do next.

T: 01245 424200  
E [admissions@writtle.ac.uk](mailto:admissions@writtle.ac.uk)

[www.writtle.ac.uk/FE-Sport](http://www.writtle.ac.uk/FE-Sport)





**DURATION:**  
**STUDY MODE - FULL TIME**  
**COURSE LENGTH - 2 YEARS**

## ABOUT THE COURSE

This course is intended for post-16 learners who want to progress directly to self-employment in the health and fitness sector as a personal trainer. Additionally, the breadth of optional content in the qualification allows learners to widen their opportunities to progress to a number of different higher-education courses.

On successful completion of the qualification, learners will be qualified to apply for membership of CIMPSA and REPs. This means that the qualification has broad recognition by employers and allows progression to a wide range of roles in the sector.

## METHOD OF ASSESSMENT

Modules are assessed using a wide variety of methods including through forms of written, practical assessment and presentation assesment.

## ENTRY REQUIREMENTS

- 5 GCSEs at Grade 9-4 or A\*-C
- Must include English, Maths and Science
- Satisfactory references from most recent School / College / Employer

## AREAS OF STUDY

Learners taking this qualification will study seven mandatory units:

- Careers in the Sport and Active Leisure Industry
- Health, Wellbeing and Sport
- Fitness Skills Development
- Personal Trainer Skills Development
- Self-employment in Sport and Physical Activity
- Nutrition for Physical Performance
- Business and Technology in Personal Training.

You will also complete four optional units. Just some of these options are:

- Sporting Injuries
- Marketing Communications
- Sports Tourism

# BTEC LEVEL 3 NATIONAL EXTENDED DIPLOMA IN SPORT, FITNESS & PERSONAL TRAINING



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What can I do after this course?

This BTEC Level 3 National Extended Diploma in Sport, Fitness and Personal Training has a primary focus on progression to employment as a personal trainer and supports learners in setting up their own personal training and exercise instruction business. This will allow learners to work independently as a personal trainer, working freelance in a local area, as well as being able to employ other personal trainers if they grow their business. You could also progress onto a Sport Science degree course.

[www.writtle.ac.uk/FE-Sport](http://www.writtle.ac.uk/FE-Sport)





**DURATION:**  
**STUDY MODE - FULL TIME**  
**COURSE LENGTH - 1 YEAR**

# BTEC LEVEL 3 NATIONAL FOUNDATION DIPLOMA IN SPORT FITNESS & PERSONAL TRAINING



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## ABOUT THE COURSE

This one-year, full time course is intended for post-16 learners who want to progress directly to self-employment in the health and fitness sector as a gym instructor.

The content of this qualification has been developed in consultation with employers and professional bodies so that it is appropriate and consistent with current industry practice and allows learners to enter direct employment to the health and fitness sector.

On successful completion of the qualification, learners will be qualified to apply for membership of CIMPSA and REPs.

## METHOD OF ASSESSMENT

Modules are assessed using a wide variety of methods including through forms of written, practical assessment and presentation assesment.

## ENTRY REQUIREMENTS

- 5 GCSEs at Grade 9-4 or A\*-C
- Must include English, Maths and Science
- Satisfactory references from most recent School / College / Employer

## AREAS OF STUDY

Learners taking this qualification will study four mandatory units:

- Careers in the Sport and Active Leisure industry
- Health, Wellbeing and Sport
- Fitness Skills Development
- Self-employed in Sport and Physical Activity

You will also complete two optional units. Just some of these options are:

- Fitness Testing
- Nutrition for Physical Performance
- Business and Technology in Personal Training
- Fitness Training



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**What can I do after this course?**

This This qualification is aimed at learners looking to progress to employment, particularly self-employment, in the sector as a gym instructor. Self-employment in this industry is common, with many instructors working in a freelance capacity across a number of health and fitness providers in a local area.


[www.writtle.ac.uk/FE-Sport](http://www.writtle.ac.uk/FE-Sport)






**DURATION:**  
**STUDY-MODE - FULL TIME**  
**COURSE LENGTH - 2 YEARS**

# BTEC LEVEL 3 NATIONAL EXTENDED DIPLOMA IN SPORT & OUTDOOR ACTIVITIES



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## ABOUT THE COURSE

This course is intended for post-16 learners who want to progress directly to employment or self-employment in the outdoor activities sector as an outdoor activities instructor.

In this qualification, learners will develop their knowledge of sustainability, including current legislation and the impact of countryside use. Learners will also have the opportunity to develop their knowledge, skills and behaviours in a range of optional units, allowing them to specialise as relevant to their localised needs. This is especially crucial in the outdoor sector, owing to the wide range of differing facilities and provision available in the UK and internationally. The qualification will also enable a learner to progress to higher education.

## METHOD OF ASSESSMENT

A variety of practical assesments, worksheets, questions projects, poster, written assignments and presenations and exams

## ENTRY REQUIREMENTS

- 5 GCSEs at Grade 9-4 or A\*-C
- Must include English, Maths and Science
- Satisfactory references from most recent School / College / Employer

## AREAS OF STUDY

Learners taking this qualification will study eight mandatory units:

- Careers in the Sport and Active Leisure Industry
- Health, Wellbeing and Sport
- Personal Skills Development in Outdoor Activities
- Applied Leadership and Instructing in Outdoor Activity
- Research Project in Sport (Pearson-set)
- Health and Safety Factors in Outdoor Learning
- Outdoor Activity Provision
- Impacts and Sustainability of Outdoor Activities.

You will also complete two optional units. Just some of these options are:

- Sport Development
- Expedition Experience

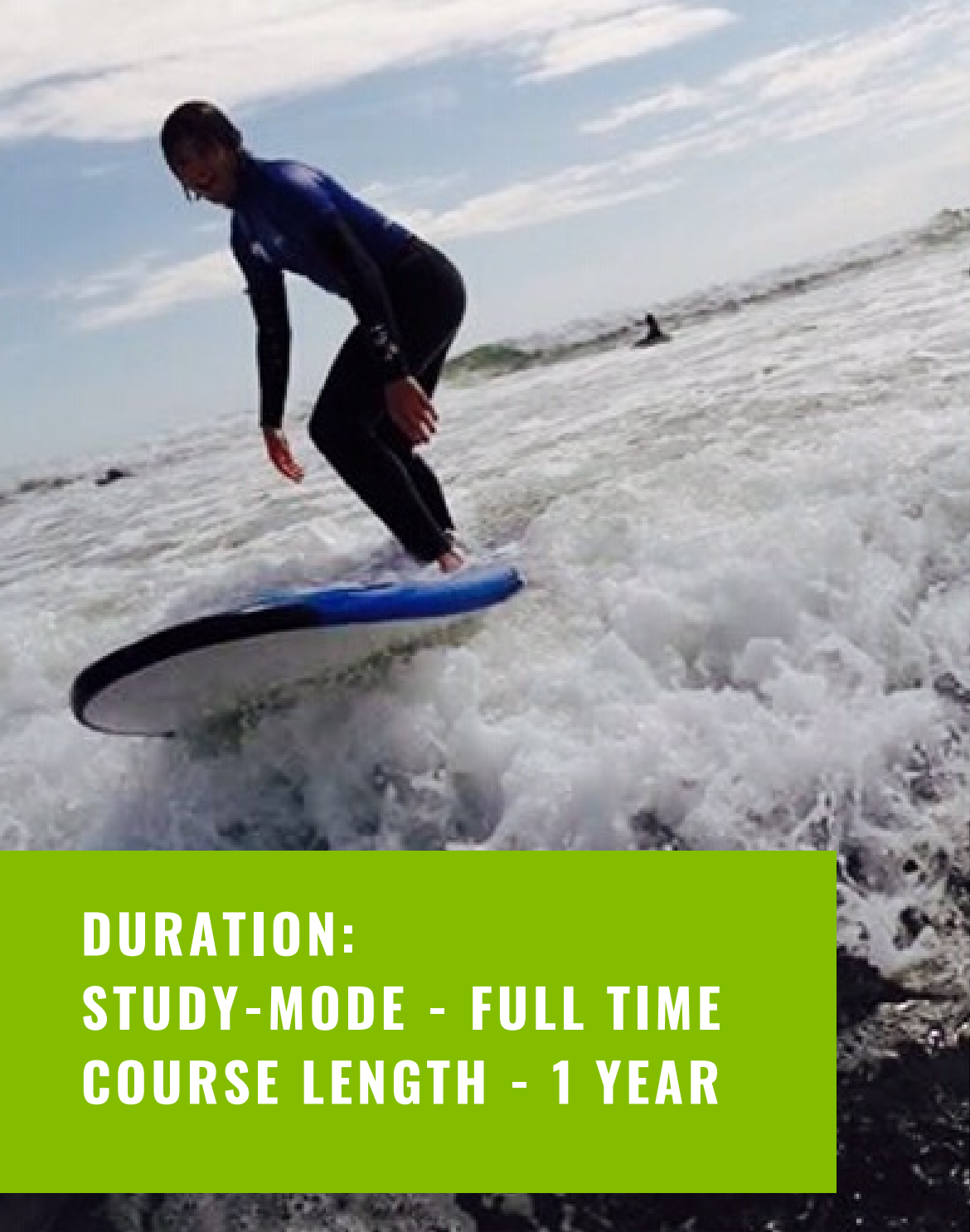


What can I do after this course?

This BTEC Level 3 National Extended Diploma in Sport and Outdoor Activities is focused primarily on progression directly to employment as an Outdoor Activities Instructor. Learners with this qualification can go on to work as a freelance outdoor activities instructor. They can work at a variety of outdoor pursuit centres, both daytime centres, for example high ropes courses, and residential centres. They can work as expedition leaders in the UK and overseas, with school-age children on bushcraft trips or in holiday companies and national parks, wildlife trusts and country parks. You may also want to progress onto a degree programme.

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**DURATION:**  
**STUDY-MODE - FULL TIME**  
**COURSE LENGTH - 1 YEAR**



# BTEC LEVEL 3 NATIONAL FOUNDATION DIPLOMA IN SPORT & OUTDOOR ACTIVITIES



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## ABOUT THE COURSE

This is intended for post-16 learners who want to progress directly to employment in the outdoor activities sector as an assistant outdoor instructor.

Learners will gain the underpinning knowledge, skills and behaviours needed to work in the Sport and Outdoor Activities sector. Students will focus on exploring factors affecting the outdoor sector and how to maintain health and safety, including in respect of the equipment and facilities required for participation in outdoor activities.

Students will develop and reflect on their personal skills and environmental responsibilities when delivering various outdoor activities.

## METHOD OF ASSESSMENT

A variety of practical assessments, worksheets, questions projects, poster, written assignments and presentations and exams

## ENTRY REQUIREMENTS

- 5 GCSEs at Grade 9-4 or A\*-C
- Must include English, Maths and Science
- Satisfactory references from most recent School / College / Employer

## AREAS OF STUDY

Learners taking this qualification will study five mandatory units:

- Careers in the Sport and Active Leisure Industry
- Health, Wellbeing and Sport
- Personal Skills Development in Outdoor Activities
- Health and Safety Factors in Outdoor Learning
- Outdoor Activity Provision

You will also complete at least one optional units. Just some of these options are:

- Sport Development
- Expedition Experience
- Nutrition for Physical Performance



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**What can I do after  
this course?**

**This BTEC Level 3 National Foundation Diploma in Sport and Outdoor Activities is aimed at learners looking to progress to employment as an Assistant Outdoor Activities Instructor. The IOL has confirmed endorsement that this qualification can lead to employment in this job role.**

[www.writtle.ac.uk/FE-Sport](http://www.writtle.ac.uk/FE-Sport)



**DURATION:**  
**STUDY-MODE - FULL TIME**  
**COURSE LENGTH - 2 YEARS**

# BTEC LEVEL 3 NATIONAL EXTENDED DIPLOMA IN PERSONAL TRAINING & FITNESS WITH FOOTBALL

\*Subject to validation



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## ABOUT THE COURSE

New for September 2020, this female football academy which is in partnership with Leyton Orient Football Club gives girls the opportunity to get professional coaching from Leyton Orient Football Club and compete in games against other schools and colleges.

Students will partake in 8 hours of coaching and games per week and will train in the mornings and have lessons in the afternoon. This also including GCSEs or functional skills.

All abilities are welcome, but previous playing experience is an advantage.

## ENTRY REQUIREMENTS

- 5 GCSEs at Grade 9-4 or A\*-C
- Must include English, Maths and Science
- Satisfactory references from most recent School / College / Employer

## WORK EXPERIENCE

There will also be work experience included in this course, whereby Leyton Orient Football Club are giving students the chance to visit the club and spend time working alongside/ shadowing the backroom staff.



**GOT A QUESTION ABOUT  
THIS COURSE?**


**SS@WRITTLE.AC.UK**

**OR**

**ALAN@WRITTLE.AC.UK**

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**DURATION:**  
**STUDY-MODE - FULL TIME**  
**COURSE LENGTH - 1 YEAR**

## BTEC LEVEL 3 NATIONAL FOUNDATION DIPLOMA IN PERSONAL TRAINING & FITNESS WITH FOOTBALL

\*Subject to validation



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## ABOUT THE COURSE

New for September 2020, this female football academy which is in partnership with Leyton Orient Football Club gives girls the opportunity to get professional coaching from Leyton Orient Football Club and compete in games against other schools and colleges.

Students will partake in 8 hours of coaching and games per week and will train in the mornings and have lessons in the afternoon. This also including GCSEs or functional skills.

All abilities are welcome, but previous playing experience is an advantage.

## ENTRY REQUIREMENTS

- 5 GCSEs at Grade 9-4 or A\*-C
- Must include English, Maths and Science
- Satisfactory references from most recent School / College / Employer

## WORK EXPERIENCE

There will also be work experience included in this course, whereby Leyton Orient Football Club are giving students the chance to visit the club and spend time working alongside/ shadowing the backroom staff.



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# BTEC LEVEL 2 EXTENDED CERTIFICATE

**DURATION:**  
**STUDY-MODE - FULL TIME**  
**COURSE LENGTH - 1 YEAR**



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## ABOUT THE COURSE

This one year programme has been developed for those wishing to take the first steps into the Sports and Fitness industries.

The range of sporting disciplines required for this course include: Personal Fitness, Sports Coaching, Personal Training, Anatomy & Physiology, Nutrition and Outdoor Adventure Activities.

## WORK PLACEMENTS

This is an integral part of the course and will reflect your own personal interests.

## METHOD OF ASSESSMENT

These include various forms of written assignments, practical assessments, projects and presentations.

## ENTRY REQUIREMENTS

- 2 GCSEs at Grade 3/4 (D) or above
- Satisfactory references from most recent school/college/employer.
- Please note: Alternative qualifications or experience will be considered on application.

## AREAS OF STUDY

- Fitness for Sport and Exercise, Anatomy and Physiology
- Designing Exercise Programmes,
- Practical Land-Based Outdoor and Adventurous Activities
- Coaching and Leading of Sports Activities.
- Additional Learning Goal / Qualification:
- YMCA Level 1 Award in Fitness & Physical Activity (Fitness industry qualification).

**What can I do after this course?**

Successful completion of the course means you can progress to the Level 3 Extended Diploma: Outdoor Adventure Sports or Sport, Fitness and Personal Training qualification.

This qualification can lead to many roles within the health, sport and fitness industry such as Sports Coaching, Gym Instructing & Personal Training as well as areas within Sports Development and Leisure.

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# WHERE ARE THEY NOW?

**Name:** Zara Mills

**Currently:** Studying Level 3 Extended Diploma in Sport (Performance & Excellence)

**Zara said:** "Writtle University College has given me an insight into the different areas of sport. My tutors have helped me explore my options and I have now decided what I want to do in the future."

