

# LEVEL 3 SPORT & PHYSICAL ACTIVITY

Subject Area

Student Type

Study Mode

Sport, Military &

Emergency Services

Students aged 16-18

Full Time

## What is the course about?

This highly-practical and active two-year course will help to develop your professional, personal and social skills and allow you to enhance valued transferrable skills such as communication, problem solving, time management, research and analytical skills. As well as allowing you to try a variety of different sports in a wide range of settings, you will have the opportunity to specialise in your preferred sport, giving you the opportunity to tailor your qualification to best suit your future career aspirations.

## Why should I choose the course?

The sports sector is large and diverse ranging from health and fitness through to sport and leisure. The fitness industry alone is currently worth over £5 billion for the first time and a government push on community involvement and healthy lifestyles has resulted in a huge range of jobs becoming available. So, if you are interested in sport and have a specific career you wish to pursue or an openness to the many careers that the sports industry has to offer, this course is for you. It will prepare you to understand and develop the multidiscipline area of sport and the knowledge, skills and behaviours required to be successful in whichever sporting career you eventually choose to strive towards.

## What will I learn?

During this course, you will study a diverse range of modules, including sports coaching, performance analysis, sports injuries and rehabilitation, nutrition and diet, biomechanics and sport and exercise psychology. You will advance your knowledge and skills in the many aspects of sport, and you will develop your professional, personal and social skills through interaction with peers, stakeholders and clients. This course will allow you to specialise in your preferred sport, giving you the opportunity to tailor your qualification to best suit your future career aspirations. All the while, you will be building your theoretical knowledge and understanding of sport, physical activity and the industry to help to underpin these skills.

You will be assessed through exams and coursework, which will include reports, presentations, observations and practical coaching.

## What will the course lead on to?


Upon successfully completing this course, having developed a range of skills, techniques, personal attributes and attitudes essential for successful performance in many sports careers, you will be sure to find your dream job in no time. Whether you dream of coaching, teaching or even becoming a professional athlete in your favourite sport, you will have plenty of options available to you. Many of our previous students have also progressed onto university places or apprenticeships aspiring to be PE teachers or sports and development coaches.



**Warrington  
& Vale Royal  
College**

Warrington Campus  
Winwick Rd, Warrington WA2 8QA

 [wvr.ac.uk](http://wvr.ac.uk)

 01925 494 494

Winsford campus  
Weaver St, Winsford CW7 4AH

 [learner.services@wvr.ac.uk](mailto:learner.services@wvr.ac.uk)

## Are there any links with industry and university?

As part of this exciting course, you will have the opportunity to work with local employers such as the Warrington Wolves Foundation, allowing you to progress and enhance your skills with the support of leading industry professionals. We also invite a number of guest speakers from the industry into the college, and give you the opportunity to go on trips and visits. And you can even complete a one to two week work placement, which could be with a local gym, or as part of our European work placement opportunities going as far afield as working with Benfica FC.

## What support is available?

You will be allocated a progress coach who will provide you with support to help you succeed on your study programme and progress on to your chosen career or progression path. We have a team of staff dedicated to providing learning support if required, as well as a Welfare Team that is on hand to offer guidance, support and help when needed.

Additionally, eligible students can access a wide range of finance and funding support to help them during their time at college.

Click here for learning support: <https://wvr.ac.uk/college-life/learning-support>

Click here for finance support: <https://wvr.ac.uk/college-life/financial-support>

## Why should I choose to study the course at Warrington & Vale Royal College?

Studying sport with us will mean you will be taught by tutors that have achieved an extremely high level of performance as professional athletes and within industry recognised careers including professional football and rugby league players along with sports science, strength & conditioning and coaching roles within professional sport. These experiences, combined with high levels of subject knowledge and state-of-the-art facilities, means you will be provided with an invaluable and unique education experience.

## What are the entry requirements?

Learners must have 5 GCSE grade 4 (or equivalent) including maths and/or English to complete the course, or alternatively, we have a programme for learners to complete these courses before or alongside their football course, depending on their qualifications.

Applicants who do not meet these entry requirements will be assessed on an individual basis by the Curriculum Director.

## Are there any additional costs associated with the course?


There will be some additional costs associated with this course, as you will be required to purchase the department kit. The cost depends upon the number of items you choose to purchase as part of your package. If you are selected to take part in the European Work Placement, you would be required to self-fund the trip.



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