

**16YR+ NATIONAL EDUCATION PROGRAMME**

**FITNESS *INDUSTRY* COLLEGE**

# **UNLEASH YOUR POTENTIAL**



# **GET YOUR CAREER INTO SHAPE**

**HIT YOUR GOALS AND ACHIEVE A FURTHER EDUCATION QUALIFICATION  
FULL OF ENRICHMENT EXPERIENCES, WITH PATHWAYS ONTO UNIVERSITY,  
APPRENTICESHIPS AND EMPLOYMENT WITHIN THE HEALTH,  
FITNESS, SPORT & LEISURE INDUSTRIES**

**ST  
GEORGE'S  
PARK**

**SHEFFIELD  
WESTFIELD**

# **WESTFIELD SHEFFIELD**

## **FITNESS INDUSTRY COLLEGE**

# **THE INNOVATIVE HEALTH & FITNESS EDUCATION PROGRAMME**

As the Director of Education, it's a pleasure to welcome you to our Fitness Industry College.

Our innovative health and fitness education programme combines modern academic study, practical hands-on learning and the experience of work for anyone aged 16 to 19 years within the exciting environment of the health, fitness, sport and leisure industries.

Our mission is to prepare learners for success tomorrow by engaging them in rigorous and relevant learning opportunities, that promote academic, physical and emotional growth to enable them to reach and expand their potential.

Combining a passion for sport or fitness with our innovative education development programme, you can study towards a Level 2 Certificate in 'Sport, Exercise & Fitness' or an Extended Level 3 Diploma in 'Sport & Exercise Science' (equivalent of 3 A-Levels), which provides you with pathways onto university, apprenticeship and future employment within the many careers the health, fitness, sport and leisure industries have to offer.

Learners also have the opportunity if required, to enhance their Maths and English skills, including re-sitting their GCSE's or completing functional skills, along with support in achieving industry recognised fitness & personal trainer qualifications.

Delivered at state of the art facilities by our experienced tutors and qualified instructors, we ensure learners gain the industry skills, knowledge and experiences through weekly enrichment hours, to truly support their future pathways and getting their careers into shape.

We have many open events planned throughout our various venues. I hope to see you at one of our open days, welcome you to the programme and introduce you to the team.

Thank You



Darren Cox  
**Director of Education**  
Fitness Industry College



## **OUR VALUES**

**INNOVATE  
INSPIRE  
RESPECT  
EMPOWER  
PROGRESS  
ENGAGE**

## **SUPPORTED CAREER PATHWAYS**

**UNIVERSITY  
APPRENTICESHIPS  
EMPLOYMENT  
SPORT & LEISURE INDUSTRY CAREERS  
(PERSONAL TRAINER  
FITNESS INSTRUCTOR  
STRENGTH & CONDITIONING  
NUTRITIONIST  
SPORT THERAPY  
PERFORMANCE ANALYSIS  
TEACHING AND MORE...)**



## YOUR COURSE OPTIONS

### NCFE LEVEL 3 EXTENDED DIPLOMA IN SPORT & EXERCISE SCIENCE

*It is for post-16 learners who want to continue their education through applied learning, and who aim to progress to higher education or employment within the fitness, sport, leisure and exercise science sector. The qualification is wide-ranging and equivalent in size to three A Levels, and has been designed as a full two-year study programme.*

The course provides the opportunity to develop a range of practical skills and techniques, personal skills and attributes essential for successful performance in working life in this area.

#### Course entry requirements?

5 GCSE qualifications at grade 4 (C) and above (preferably including English & Maths) **or** Merit overall, achieved from a full level 2 qualification.

#### What do I do if I don't get the grades?

If a student does not meet the entry requirements above then in year one they may be enrolled onto NCFE Level 2 in Sport, Exercise & Fitness (see below). Once this is complete then they will progress to the NCFE Level 3 Extended Diploma.

#### How will I be assessed?

Through a combination of both theory, practical and enrichment learning, there will be on-going assessment throughout the course where you will develop a portfolio of evidence. 100% Coursework.

#### Enhance your Maths & English skills

Students will also have the opportunity to enhance their Maths and English including re-sitting their GCSE's or completing functional skills.

#### Overview of Study

- Preparing for a Career in Sport
- Exercise, Health & Fitness
- Anatomy & Physiology
- Encouraging Active Lifestyle
- Work Experience
- Ethics & Values
- Assessing Risk in Sport
- Sports Coaching
- Leadership in Sport
- Practical Team Sport
- Sports Nutrition
- Fitness Testing in Sport and Exercise
- Fitness Training in Sport and Exercise
- Analysis of Sports Performance
- Current issues in Sport
- Sports Injuries
- Organising Sport Events
- Instructing Physical Activity
- Applied Strength and Conditioning

### NCFE LEVEL 2 IN SPORT, EXERCISE & FITNESS

*This qualification is suitable for post-16 learners and will give the introductory skills to either start a career in sport or progress within employment in the sector. The qualification can also prepare learners for higher or further education and progression onto NCFE Level 3 Extended Diploma (see above). Designed as a one-year study programme.*

#### Course entry requirements?

3 GCSE qualifications at grade 3 and above. Learners may still enrol on the Level 2 course if the above requirements are not met as learners may demonstrate the ability to succeed in other ways.

#### How will I be assessed?

Continuous on-going assessment Through both theory, practical and enriched learning. 100% coursework.

#### Overview of Study

- Participating in sport
- Preparing to work in the sport & leisure industry
- Anatomy & physiology for exercise
- Introduction to healthy exercise & nutrition



### EXAMPLE TIMETABLE NCFE LEVEL 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM	NCFE Level 3 Qualification 10:30-13:00	Enrichment & Experience 11:00-13:00	GCSE Maths & English (if required) 09:00-12:00 Group/Individual Tutorial 10:00-12:00	NCFE Level 3 Qualification 10:30-13:00	Enrichment & Experience 11:00-13:00
PM	Enrichment & Experience 14:00-16:00	NCFE Level 3 Qualification 14:00-16:30	Personal Health & Fitness 13:00-16:00	Enrichment & Experience 14:00-16:00	NCFE Level 3 Qualification 14:00-16:30



# INSPIRING SPORTING & EDUCATIONAL SUCCESS

## YOUR **COURSE** ENRICHMENT

**LEARN & TRAIN WITH INDUSTRY EXPERTS**  
**ON-SITE EDUCATION WITH QUALIFIED TUTORS**  
**LEARN WITHIN STATE OF THE ART FACILITIES**  
**REAL INDUSTRY OPPORTUNITIES & EXPERIENCES**  
**COMMUNITY SPORT & FITNESS DELIVERY**  
**EDUCATIONAL TRIPS & FITNESS EXPO VISITS**  
**GUEST INDUSTRY SPEAKERS**  
**OWN PERSONAL FITNESS DEVELOPMENT**  
**SUPPORT IN OBTAINING PROFESSIONAL FITNESS**  
**& PT QUALIFICATIONS**  
**RECREATIONAL TEAM BUILDING**  
**CAREER PATHWAY SUPPORT & LIFE SKILLS**  
**INCLUSIVE GYM MEMBERSHIP\*\***  
**INCLUSIVE TRAINING KIT\*\***

\*COURSE ENRICHMENT IS REWARDED ON ATTENDANCE, STUDENT BEHAVIOUR & PERFORMANCE

\*\*DEPENDANT ON SITE LOCATION

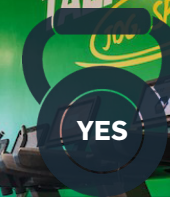
## YOUR **COURSE** LOCATION



STATION HIGH  
TECH GYM



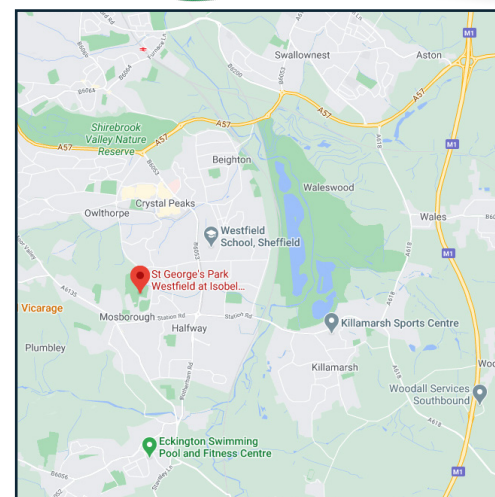
FITNESS STUDIOS



FUNCTIONAL  
TRAINING ZONE



ONSITE  
EDUCATION



**ST  
GEORGE'S  
PARK**

**SHEFFIELD  
WESTFIELD**

**Tel:** 0114 248 4829

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St Georges Park Westfield  
Moss Way  
Sheffield  
South Yorkshire  
S20 8FA



# NEXT STEPS

YOUR JOURNEY STARTS HERE

## 01

### REGISTER YOUR INTEREST

Visit [fitnessindustrycollege.com](http://fitnessindustrycollege.com) and register your interest in one of our courses and receive an invite to our next experience event

## 02

### ATTEND OUR EXPERIENCE SESSION

Join us at one of our experience events and meet our fitness, education team to discuss your career goals and find out all about our sport, education programme.

## 03

### REGISTER YOUR CONDITIONAL OFFER

Receive and accept your conditional offer with the **FITNESS INDUSTRY COLLEGE**

## 04

### ATTEND FUTURE EXPERIENCE SESSIONS

Attend our future events (optional) and bond with your prospective classmates

## 05

### COLLECT YOUR GCSE/COLLEGE RESULTS

Attend our GCSE results drop in session, let us know how you got on, and hopefully celebrate the results you need to enrol with the **FITNESS INDUSTRY COLLEGE**

## 06

### JOIN THE FITNESS INDUSTRY COLLEGE

**UNLEASH YOUR POTENTIAL** and get your **FUTURE INTO SHAPE** by enrolling with **FITNESS INDUSTRY COLLEGE**

**APPLY FOR THE NEXT ACADEMIC YEAR AT**

**[WWW.FITNESSINDUSTRYCOLLEGE.COM](http://WWW.FITNESSINDUSTRYCOLLEGE.COM)**