

Sport



Introduction

Do you want to turn your passion for sport into a career? Then this Level 3 course is designed for you. The qualification allows you to develop wide ranging knowledge, understanding and skills required to progress to further study at a wide range of universities or international scholarships or progress into sports-based employment.

Course overview

Our Level 3 Sport course covers various topics ranging from anatomy and physiology, fitness training for health and wellbeing, sports coaching and development, and application of fitness testing.

We cover a wide range of sports throughout the course whilst also allowing you to apply knowledge of your own sport through your assignment work. During the second year students will study a more diverse range of topics including sport psychology, exercise programming for specific groups and will organise sporting events within the local community.

Example of units covered include:

- Anatomy and sports physiology
- Sports coaching
- Fitness testing and fitness programming
- Organising sports events
- Sports psychology
- Sports injuries and sports massage
- Practical sports

Course duration/location

Two years, full-time
Delancey Campus

Personal development

This course will provide opportunities for you to go beyond a pure focus on all things sport-related, as there is a strong thread of personal and skills development embedded in your course allowing you to become reflective, independent participants, leaving the course with self-awareness and an ability to access and apply the knowledge you have gained in a variety of settings.

In addition, you will participate in enrichment activities such as healthy cooking, basic car maintenance, communication skills and develop a deeper understanding of the society we live in by having the opportunity to explore and discuss current affairs.

Entry criteria

Five GCSEs at grades C/4 or above in a range of subjects including English language and preferably maths, or a relevant Level 2 qualification at merit or above, or relevant experience for mature students.

Assessment method

You will be assessed through a mix of coursework and practical assessment. You will be assessed through a range of styles including written assignments, practical application of knowledge and sector relevant production of materials and presentations suitable to the assignment scenario. Your work will be assessed by your lecturers, internally verified and then externally verified by the awarding organisation.

You will gain the equivalent of three A' levels after two years of study.

Progression opportunities

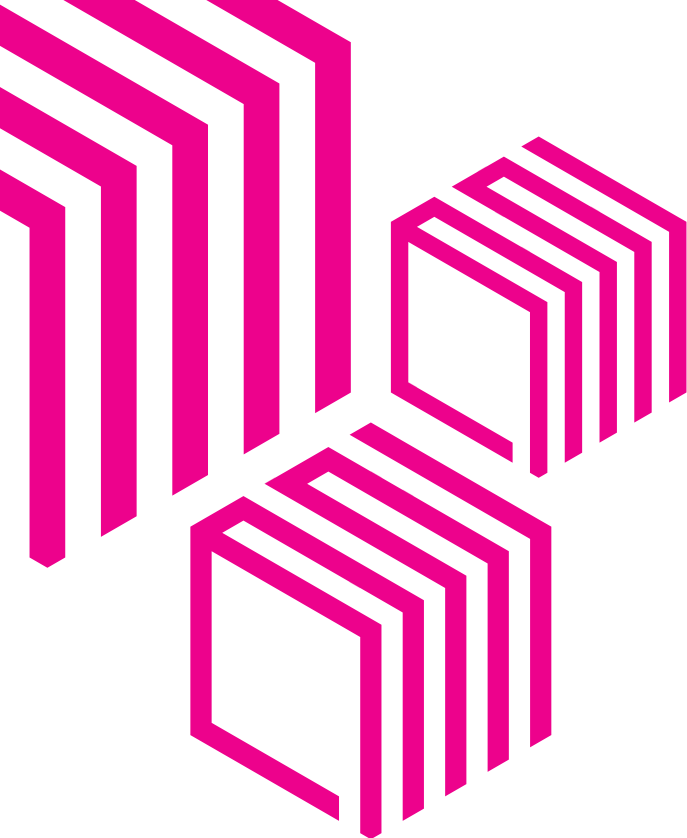
This is an excellent springboard to prepare you for degree level study or work in the sport and active leisure industry. Your tutors will provide information, advice and guidance to help you make informed decisions about your next steps.

Additional learning support

As part of your learning programme, if you have not yet attained a grade C/4 or equivalent in mathematics and English language, you will be required to study a Functional Skill or GCSE in these subjects. Some students may require additional support for a number of reasons. At the start of your course you will be asked to complete an initial assessment in order for us to identify any additional needs that you may have. During your course, your personal tutor will be able to guide you on how best to access support.

We can offer the following:

- Progress Coaches
- Learner Support assistance (1:1)
- Learner Support assistance (group)
- Learner Support assistance
- Specialist ESOL teaching
- Study lab sessions
- In-class support
- Special arrangements for exams



For more details or how to apply, please contact Gemma Honey
E: gemmah@gcfe.net

Course information correct at time of publication. Courses offered may be subject to change. July 2024

E enrolment@gcfe.net

W college.tgi.ac.gg



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