

Sport, Leisure & Uniformed Services



Web: www.barnfield.ac.uk/sport



Foundation Degrees also available in these subjects – see pages 106 to 113.





Nick Shirley, who graduated from Barnfield College with a BTEC National Diploma in Sport and Exercise Science and a CYQ Personal Trainer Award, has spent some time in Pasadena, California, coaching four football teams as well as promoting the sport in schools. "Football is becoming increasingly popular on the West Coast, particularly after the Beckham factor. The American Youth Soccer Organisation now has about 700,000 members."

The sports industry is a rapidly growing business in the UK, from the increased levels of grass-roots participation to the widely developing gym culture – and with the London Olympics just around the corner, the nation is set to go sports crazy!

As more people become concerned about their health, keeping fit is a becoming increasingly important – which means there will always be plenty of jobs for people with the right training and a sporting background.

This department, based at New Bedford Road, covers many aspects of the fitness industry including both instructor and therapist. We offer specialist routes such as "Football Development" which allows you to focus on one particular sport and therefore specialise your techniques for helping to treat and prevent injury.

While a love of sport is a good start, you will also need an excellent knowledge of health and safety, be an excellent motivator and physically active.

There are a range of job opportunities within this sector including:

- Aerobics instructor
- Armed services
- Emergency services
- Gym instructor
- Lifeguard
- Personal trainer
- PE teacher
- Physiotherapist
- Police cadet

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Uniformed Services

This department also offers a number of courses to help you on the ladder to a career in the uniformed public services. Whether you are considering the armed forces or emergency services our range of Diplomas offers an excellent

vocational route into these highly rewarding careers.

Students have the opportunity to develop their skills within our highly active Police Cadets team and many go on to further study before taking up full-time employment in these areas.



Megan Geraghty, 18, was the first person in Britain to complete an NVQ 2 in public service. Megan, who was Head Police Cadet in Luton last year, is now working as a volunteer instructor with the police cadets at Barnfield College. "Being in the Cadets and undertaking the courses at Barnfield has given me confidence. No matter what, I know I can do it."

Sport, Leisure & Uniformed Services

Sport, Leisure and Fitness

03

Sports Therapy BTEC National Sports Therapy Pathway (Sport & Exercise Science)

Content:

This course covers:

- Anatomy
- Sport and exercise physiology
- Sports biomechanics
- Sport and exercise massage
- Sport and exercise psychology
- Exercise, health and lifestyle
- Sports nutrition
- Sports injuries
- Training and fitness for sport
- Fitness testing
- Research methods
- Research project
- Key skills

Entry requirements:

Four GCSEs Grade C or above, preferably with English, Science and PE, enjoy sports participation.

Prospects / leads to:

Sports therapy related degree programmes or employment.

Additional info:

Course code: TBA PSF1-STNATA
Duration: 1 year

02

Sport (Exercise & Fitness) BTEC Level 2 First Diploma in Sport (Exercise and Fitness)

Content:

This course covers:

- Health, safety and injury
- Preparation for sport
- The body in sport
- Instructing exercise and fitness
- Sports leadership skills
- Practical sport
- Key skills

Entry requirements:

Minimum four GCSEs grade D, enjoy sports participation.

Prospects / leads to:

Level 3 courses in related areas, plus employment.

Additional info:

Access to a computer outside of college is useful but not essential
Course code: PSF1-BTECFD
Duration: 1 year
Full Level 2

02

Sport and Fitness Therapies VTCT Level 2 Certificate in Sports and Fitness Therapies

Content:

This course covers:

- Health, safety and security
- Employment standards
- Deal with accidents and emergencies in the sports environment
- Introducing the client to sports and fitness therapies
- Provide support for the sports and fitness therapist
- Body massage
- Gym instruction

Entry requirements:

Four GCSEs grade D or above.

Prospects / leads to:

BTEC National Sports Therapy Pathway, CYQ Diploma in Personal Training.

Additional info:

Course code: PTF1-VTCT2
Duration: 1 year



Please see our entry on page 17 regarding Barnfield Apprenticeships in this area.



Sports and Exercise Science

Personal Trainer

02

Football Development Programme VTCT Level 2 Certificate in Sports and Fitness Therapies

Content:

The Football Development Programme covers:

- Four hours' football coaching per week
- Health, safety and security
- Employment standards
- Deal with accidents and emergencies in the sports environment
- Introducing the client to sports and fitness therapies
- Provide support for the sports and fitness therapist
- Body massage
- Gym instruction

Entry requirements:

Four GCSEs grade D and above, successful completion of football trials.

Prospects / leads to:

BTEC National Certificate Sports Therapy pathway, CYQ Diploma in Personal Training.

Additional info:

Course code: PTF1-FD2
Duration: 1 year

03

Sport & Exercise Science BTEC National in Sport and Exercise Science

Content:

This course covers:

- Anatomy
- Sport and exercise physiology
- Sport and exercise psychology
- Sports biomechanics
- Exercise, health & lifestyle
- Fitness testing
- Sport and exercise massage
- Analysis of sports performance
- Sports nutrition
- Training and fitness for sport
- Sports injuries
- Sports coaching
- Practical sport
- Applied sport and exercise psychology
- Applied sport and exercise physiology
- Research methods
- Research project
- Key skills

Entry requirements:

Four GCSEs grade C or above, preferably with English, Science and PE, enjoy sports participation.

Prospects / leads to:

Sports-related degree programme or employment.

Additional info:

Course code: PSF1-BTECNA
Duration: 1 year

02 03

Personal Trainer (Fast Track) CYQ Level 2 Certificate in Fitness Instructing and CYQ Level 3 Personal Trainer General Populations

Content:

This fast track course covers the following:

Level 2

- Exercise and fitness knowledge
- Anatomy and physiology
- Gym instruction

Level 3

- Exercise
- Nutrition
- Weight management
- Training in different environments
- Advanced gym instructing
- Exercise and fitness knowledge
- Lifestyle and fitness assessment
- Business and marketing skills
- Key skills

Additional modules in exercise to music and circuit training may be taken at extra cost to enhance your qualification.

Entry requirements:

Four GCSEs at grade C and above (or equivalent) preferably including English, Science and PE and/or relevant sport and exercise background.

Prospects / leads to:

Self-employment, work within the fitness industry or higher education.

Additional info:

Please note that learners will progress from a Level 2 to a Level 3 course within the one-year duration of this course.
Course code: PYD1-CYQF12
Duration: 1 year

Sport, Leisure & Uniformed Services

Uniformed Services

01

Uniformed and Emergency Services

Edexcel Uniformed Services Level 1 Diploma

Content:

This Uniformed and Emergency Services course covers:

- Introduction to fitness and lifestyle for working in the public services
- Personal effectiveness for the public services
- Diversity in the public services
- Social responsibility and the value of the citizen
- Health and safety
- Practical incidents

Personal skills will be developed in addition to communication, numeracy and IT.

Entry requirements:

A successful interview, a satisfactory reference, purchase of the required textbook(s) and a commitment to learning. A career interest in this field is important.

Prospects / leads to:

Public Services First Diploma. Public service related work.

Additional info:

Course code: PPF1-PS1

Duration: 1 year

02

Uniformed and Emergency Services

Edexcel Uniformed Services Level 2 Diploma

Content:

This course covers:

- Uniformed public services employment public service skills
- Uniformed public service fitness
- Citizenship, the individual and society
- Law and its impact on the individual
- Outdoor activity

Personal skills will be developed in addition to communication, numeracy and IT.

Entry requirements:

Four GCSEs grade D or above or Level 1 Diploma in Public Services at Merit. Broad interest in public services. A successful interview, a satisfactory reference, purchase of the required textbook(s) and a commitment to learning.

Prospects / leads to:

Public Services National Diploma. Employment in emergency services, armed forces or other areas of public services.

Additional info:

Course code: PPF1-PS2

Duration: 1 year

Full Level 2

03

Uniformed and Emergency Services

Edexcel Uniformed Services Level 3 Award/Certificate/ Diploma

Content:

This course covers:

- Team leadership
- Citizenship
- contemporary society
- Team development
- Understanding discipline
- Diversity
- Physical preparation and fitness
- International perspectives
- Outdoor and adventurous activities
- Crime and its effects on society
- Major incidents

Entry requirements:

Four GCSEs grade C or above or Public Services First Diploma with Merit/Distinction or equivalent. Interest in public services career. A successful interview, a satisfactory reference, purchase of the required textbook(s) and a commitment to learning.

Prospects / leads to:

Degree courses in public services or related subjects. Employment in emergency services, armed forces or other public services areas.

Additional info:

Access to a computer outside of college is useful but not essential

Course code: PPF2-PSDL3

Duration: 2 years

Full Level 3



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