

Welcome & Induction 2020

Sport

"Please give my thanks and congratulations to all the students . It was a great event and the children really enjoyed it."

"I just wanted to say thank you for an awesome afternoon. The children really loved it and the students were brilliant; so enthusiastic and confident."



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Sport

The following slides apply to the courses listed below;

- Level 2 Certificate in Sports Coaching
- Level 2 Diploma in Sports Coaching

Welcome – Public Services and Sport

As the Area Head for Public Services and Sport I look forward to welcoming you to the college in the near future (and hopefully soon face to face). I can assure you that you are in good hands with my team. We will all strive to ensure that you have a positive college experience at Colchester Institute during your time here and that you gain the best results possible on your chosen course.

Justine Downey

Area Head for Public Services and Sport

Who We Are – Public Services and Sport

Justine Downey (Area Head)



Bio:

“After teaching within the Area of Sport, Tourism and Public Services for over 15 years at Colchester Institute - which I thoroughly enjoyed. I was fortunate to progress successfully into the management of the Area. I have now nearly 20 years’ experience of working at the college. I have witnessed many learners transition from school to college effectively and gain job opportunities in their area of study. “

Justin Powles (Assistant Area Head)



Bio:

“Colchester Institute has allowed me to bring enriched, industry-based value to our learners’ development by utilising my 29-years of Army service; with its diversity of roles, responsibilities and deployments.”

Who We Are – Public Services and Sport

Ian Kershaw

(Course and Unit Tutor)

Bio:

“Having a passion for sport and education, Colchester Institute allows me to combine these passions to help learners develop their knowledge and experience to pursue a career in sport, exercise and health.”



Rhian Springett

(Course and Unit Tutor)

Bio:

“Starting out as a student here myself, I successfully went on to gain industry experience in sports management and sports development. After nine years of teaching across various sports programmes, I continue to enjoy the diverse range of students and challenges we face each year.”



Who We Are – Public Services and Sport

Neil Owen

(Unit Tutor)

Bio:



“With 15 years experience teaching on numerous sports programmes at Colchester Institute; I have, and continue to enjoy being able to facilitate our learners in their attempts to develop the industry-based knowledge and skills needed for a successful career in the sports industry.”

Stephen Downey

(Unit Tutor)

Bio:



“Teaching at Colchester Institute lets me support and develop learners who have an interest in working towards a career in the sports industry, making use of my 30 years experience in coaching football from grass-roots to elite professional levels.”

Who We Are – Public Services and Sport

Marion Connell

(Unit Tutor)

Bio:



“I have been in the fitness industry for 28 years and have my own business as a Personal Trainer, Sports Massage Therapist and Class Instructor. I have now been teaching 18 Years and continue to enjoy using my experiences to help students take a stepping stone into the industry.”

Where you will be learning

Due to the mix of theory and practical elements of the Level 2 Sports Coaching programmes, we use a number of different learning environments, on and off of the Colchester Campus. Photos of these are on the next set of slides.

- Classrooms** – Our key classrooms include B207, B208, B210 and D436
- Practical Spaces** – Sports Hall, Fitness gym equipped by Technogym
- Off-Campus** – Spring Lane

Where you will be learning - Classrooms

Classrooms are located centrally on campus and are a mix of theory classrooms and IT facilities. These classrooms will be your normal working areas.

Please note: our classrooms are currently undergoing some changes to ensure they are compliant with government guidelines and may appear sparse.



Where you will be learning – Practical Spaces

The college gym is newly refurbished and fitted with state of the art, Technogym equipment. This includes cardiovascular machines, resistance machines, free weights area and a separate functional fitness suit which includes stretch areas and a versatile functional training rig.



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Click image below to open video in YouTube



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Where you will be learning – Spring Lane

Spring Lane is a short walk from the Colchester Campus and boasts eight tennis courts, a hard court, an eleven a-side and junior sized football pitches, as well as a classroom and changing facilities.



Introduction to Level 2 Sports Coaching Courses

Elements of our Level 2 programmes are endorsed by a number of industry based organisations including UK Coaching and the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA).

The Level 2 programmes are designed to give learners an insight into being a sport and physical activity coach by delving into the fundamentals of safeguarding, health and safety, coaching practices, sports events and fitness and wellbeing.

We hold an annual Sports Day for 12 local Primary and Infant Schools every year and have close links with a number of sports coaching businesses, where students can gain relevant work related experiences.

“The students surpassed my expectations and more. They were kind and caring and they were very supportive of the children, especially those who found activities difficult.”

What you will be learning – Level 2 Certificate

- On our Level 2 Certificate course learners work through a variety of units of study and produce coursework. Assessments are completed using a wide range of methods such as practical, reports, leaflets, information guides and many more. There are a total of nine units of study to complete over the course of the year; four mandatory and five specialist.
- After successful completion of all assessed elements at the end of the year, learners will achieve a Level 2 Certificate in Sport.
- Alongside the sports element of your course, you will also have GCSE English and Mathematics lessons, Group Tutorials and Individual Tutorials.
- Usually lessons are two hours long and you will have up to three of these a day. Typically lessons start at 09:00, 11:00 and 14:00.
- The whole qualification equates to approximately 60% theory and 40%. Some units of study will be more practical than others.

What you will be learning – Level 2 Certificate

Mandatory Units of Study

- Health, Safety and Welfare in Sport and Active Leisure
- Participating in Sport
- Understanding the Active Leisure and Learning Sector
- Safeguarding and Protecting Children and Young People in Sport and Active Leisure

Specialist Units of Study

- Leading a Healthy Lifestyle
- Plan, Deliver and Evaluate Sport and leisure Activities
- Event Organisation in a Sport and Leisure Environment
- Factors Affecting Participation in Sport and Physical Activity
- Injuries in Sport

Entry Requirements: A minimum of 4 GCSEs 9-2 (A*-E) including English

What you will be learning – Level 2 Diploma

- Our Level 2 Diploma programme is designed to give you qualifications and practical skills directly applicable to the sports industry.
- Learners on this programme will work towards completing four separate industry relevant qualifications as detailed on the next slide. It has a diverse combination of awards with each being nationally recognised in its own right.
- Alongside the sports element of your course, you will also have GCSE English and Mathematics lessons, Group Tutorials and Individual Tutorials.
- Usually lessons are two hours long and you will have up to three of these a day. Typically lessons start at 09:00, 11:00 and 14:00.
- The whole qualification equates to approximately 60% theory and 40%. Some units of study will be more practical than others.

What you will be learning – Level 2 Diploma

Qualifications

- 1st4Sport Level 2 Certificate in Supporting Learning in Physical Education and School Sport
- 1st4Sport Level 2 Certificate in Coaching (Sport and Physical Activity)
- Sports Leaders UK Level 2 Award in Sports Leadership
- YMCA Level 1 Award in Fitness and Physical Activity

Entry Requirements: A minimum of 4 GCSEs 9-3 (A*-D) including English

What students say



**Kaitlyn
Brand**

I like that the programme involves coursework and practical work, like coaching in schools. I have progressed from Level 2 to Level 3, and this wouldn't have been possible without the help of the tutors.



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What students do after this course

Typically, students go on to do one of the following;

1. Progress on to the Level 2 Diploma from Level 2 Certificate in Sports Coaching
2. Progress on to our BTEC Level 3 Extended Certificate in Sports Coaching
3. Progress on to our Level 3 Diploma in Professional Sports Coaching
4. Progress on to Apprenticeships
5. Move into employment with various businesses such as leisure centres and coaching organisations

What students do after this course – Case Study

Case Study of Chris Kirby:

After leaving school, I started at Colchester Institute in 2017 where I studied the 1 year BTEC Level 2 Extended Certificate in Sport as well as GCSE English and Mathematics.

I then progressed to the Level 2 College Diploma in Sports Coaching where I gained qualifications and skills in coaching, physical education, leadership and fitness instructing.

When I finished this course in 2019, I progressed to the Level 3 Diploma in Professional Sports Coaching. After lock down, I am now currently working hard to achieve all the qualifications.

Before the lock down, I was volunteering as a coach in a football league for disabled people organised by Essex County Football Association.

My plan after this course is to be a personal trainer.

What you need to have before you start

Generic Equipment

- A4 folder or ring binder with dividers
- A4 lined notepad
- Selection of writing pens, pencil, highlighter etc.
- Mathematics set and scientific calculator if retaking GCSE Mathematics

Specialist Equipment

- Sports shoes / trainers
- Football boots
- Sports kit (t-shirt, shorts/joggers/leggings)
- Wet weather sports kit (i.e. waterproof rain jacket and trousers)
- Sports Coaching Uniform (to be purchased at enrolment)

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Course costs and fees



Coaching Uniform
~ £75

Presenting Coursework
- dependant on each
student



DBS ~£60
Only applicable to
some students



Trips
£TBC

Frequently Asked Questions

Please join some of our tutors for a Zoom session where we hope to answer some of your frequently asked questions. Details are below;

Level 2 Sport Zoom - 11:30am - Tuesday 30th June

Meeting ID: 942 5904 4681

Password: 006689

Welcome Day Questionnaire

As we were not able to meet you at our Welcome Day, we'd love you to fill in a very short questionnaire so that we can still find out a little bit more about you before you start in September.

The questionnaire can be found by clicking the link below or scanning the QR code

[Level 2 Sports Coaching Welcome Day Questionnaire](#)



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We look forward to seeing you soon!



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