

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."



Introduction to Sport Courses

Our courses are predominately course work based with many practical elements. Most of our qualifications have approximately 70% theory and 30% practical – some units of study will be more practical than others. Our BTEC Level 3 courses are endorsed by the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA). The qualifications are fully mapped to its professional standards of ‘Assistant Coach’ and ‘Safeguarding and Protecting Children’.

We pride ourselves on offering real world experiences wherever possible and have many links with local schools and other organisations to help with our delivery. At some point during the year, our sports coaching students attend local schools and deliver sessions to the children.

Sports Courses at Colchester Institute are lead by long standing members of staff. All staff are involved in regular Continuing Professional Development and are even ex students of Colchester Institute themselves!

[Please visit the college website for more information on our Sport, Coaching and Fitness Instruction Courses by clicking here](#)

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.



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.



Level 2 Diploma in Sports Coaching

This course is designed to give you qualifications and practical skills directly applicable to the sports industry. The main themes of the College Diploma are sports coaching, sports leadership, working with children and fitness instructing.

As the College Diploma is a diverse combination of various awards it is not nationally recognised in its own right (although each individual award is).

Entry Requirements:

- 4 or more GCSEs grade 3 or above including English at a minimum of grade 3
- A keen interest in sport

Progression:

- Level 3 Diploma in Professional Sports Coaching
- Level 3 Diploma in Sports Coaching and Development (if both GCSE English and Maths are achieved).

YMCA Level 1 Award in Fitness and Physical Activity

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 Award in Sports Leadership

BTEC Level 3 Diploma in Sports Coaching and Development

This course is equivalent to 2 A Levels.

By studying the selected combination of mandatory and optional units over two years, this study programme provides progression into employment but can still provide a route into higher education.

Entry Requirements:

- 4 or more GCSEs Graded 9-4 (A*-C) including English
- A keen interest in sport

Progression:

- Level 3 Diploma in Professional Sports Coaching
- HNC in Sport and Exercise Science (Coaching Science)

Units taught over the two years could include;

Careers in the Sport and Active Leisure Industry

Health, Wellbeing and Sport

Developing Coaching Skills

Applied Coaching Skills

Sports Development

Self-employment in Sport and Physical Activity

...Plus one other specialist unit

BTEC Level 3 Extended Diploma in Sports Coaching and Development

This course is equivalent to 3 A Levels.

By studying the selected combination of mandatory and optional units over two years, this study programme provides a variety of progression routes into higher education, (with a view to specific job roles within the sports coaching and sports development industry).

Entry Requirements:

- 5 or more GCSEs Graded 9-4 (A*-C) including English and Mathematics.
- A keen interest in sport

Progression:

- Level 3 Diploma in Professional Sports Coaching
- HNC in Sport and Exercise Science (Coaching Science)

Units taught over the two years could include;

Careers in the Sport and Active Leisure Industry

Health, Wellbeing and Sport

Developing Coaching Skills

Applied Coaching Skills

Research Project in Sport

Sports Development

Self-employment in Sport and Physical Activity

Practical Sports Application

...Plus five other specialist units

Better Careers Begin Here

Level 3 Diploma in Professional Sports Coaching

This course is designed to give you qualifications and practical skills directly applicable to the sports industry. The main themes of the Level 3 Diploma are sports coaching, sports leadership, working with children and fitness instructing. The 40 UCAS points available may enhance an university application.

Entry Requirements:

- 5 or more GCSEs Graded 9-4 (A*-C) including English and Mathematics
- 17+ years old
- At least one year's coaching experience
- Satisfactory DBS

Progression:

- Sports related degree at University
- HNC (Level 4) in Sport and Exercise Science (Coaching Science) at Colchester Institute
- Employment in the sports industry

Sports Leaders UK Level 3 Certificate in Higher Sports Leaders – 16 UCAS points

1st4Sport Level 3 Certificate in Supporting the Delivery of Physical Education and School Sport – 24 UCAS points

1st4Sport Level 3 Certificate in Coaching Sport and Physical Activity.

YMCA Level 2 Certificate in Fitness Instructing

NGB Coaching Qualification

Safeguarding of Children and Emergency First Aid

Your Study Programme

Regardless of the course you study, you will have a tailored programme of study which includes other aspects in addition to units of study.

Your chosen vocational pathway



Any of the courses previously discussed

Group Tutorial



Specific sessions based around health, wellbeing, finances, safety, British Values etc.

Individual Tutorial



Two or more individual tutorials a year to discuss your progress, grades and targets

Greater English and Maths



Grade 3 or below = GCSE retakes
Grade 4 or above = online study

Work Experience
(GAP or Industry Placements)



GAP = 30 hrs min
Industry Placements = 315 hrs min

What students say

My View...



**Rebecca
Jeggo**

“ The course provides opportunities to put what we are learning into practice in schools and in our own coaching outside of college. Learning from tutors who are experts in all of the areas has contributed to me achieving top grades. ”

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

1. Continue on to our Level 3 Diploma in Professional Sports Coaching or BTEC Level 3 programmes.
2. Leave to study at University on degrees such as Sports Coaching, Sports Performance, Sports Marketing, Sports Nutrition, PE teaching and Sports Therapy
3. Continue on to our UCC Higher National Certificate (HNC) in Sports Coaching Science
4. Train to become Fitness Instructors and Personal Trainers
5. Go straight into employment working and coaching for one of the many organisations that deliver PE in schools



**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.

Frequently Asked Questions

1. What costs are involved in coming on to a sports course?

We hope to offer trips such as Body Worlds in London. You will also be required to purchase a coaching uniform and for some students a DBS is required. We also strongly suggest that you purchase your own whistle and stopwatch.

2. How many days will I be at college?

Typical, each course is in college for approximately three and a half days 09:00 – 17:00. On the days not in college, it is expected for you to be completing independent study and work experience.

3. Can I get to university by doing one of the courses?

Yes. Our level 3 courses have UCAS points which gives you the option to attend university.

4. What equipment will I need?

You will need generic equipment such as an A4 notepad and pen and a Mathematics set and scientific calculator if retaking GCSE Mathematics. Specialist equipment will include sports kit (t-shirt, shorts/joggers/leggings, sports shoes/trainers, football boots and wet weather sports wear (waterproof jacket and trousers)