

Sports and Exercise College

2017/18

#GetInTheGame

MPCT
Motivational Preparation College for Training



In partnership with
Cardiff and Vale College
Coleg Caerdydd a'r Fro



Overview

This Sports and Exercise College guide is for school leavers and young people aged 16-23 who want to look at the courses we offer in sport, exercise and fitness. Our Apprenticeship courses are for anyone 16 or over who want to earn, learn and work in the industry. This will give you an overview into the courses and opportunities but you can find out more, including how to apply, by visiting our website.

MPCT.CO.UK

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The MPCT Group

The Motivational Preparation College for Training (MPCT) is a thriving and distinguished training provider with 3 distinct provisions: Sports and Exercise College, Military Preparation College and Military Preparation School.

We are experts in sport, exercise and fitness. We have a mind, body and soul approach to all that we do. At the Sports and Exercise College our students benefit from our holistic approach by developing their transferable, personal and social skills. Ultimately, this makes our students more prepared and more employable.

Mission Statement

MPCT will engage, motivate and educate to achieve excellence for all.

Ethos

The ethos of MPCT is to create an environment that is caring, safe, supportive and positive.



Sports and Exercise College

The next generation of sport professionals

At the Sports and Exercise College you have loads of opportunities to take part in sports competitions and tours. You will be part of a winning team that will develop and stretch you.

#GetInTheGame

That means - get on board, get **fit**, get **skills** and **qualifications**, get **employed** and give it all you have. You will have access to a huge range of events and activities, including presentations, training and mentoring from **professional** sportsmen and women, **Olympians** and **industry experts**.

We are always focused on how we can help you develop physically and mentally to maximise your employability skills. With the Sports and Exercise College you will have opportunities to plan and lead training sessions, events and competitions. This will develop your confidence and entrepreneurial mind-set and give you that much needed experience to get employment when you progress.



Why the Sports and Exercise College?



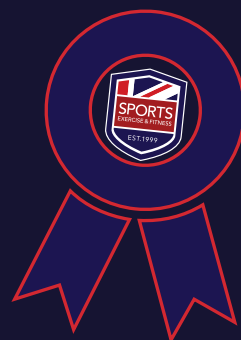
Due to our exceptional performance we are
TES Training Provider of the Year 2017!

We are that good!

10,000

students have completed our course.

86% of our students **successfully** completed
their **learning programme**.



GetInTheGame

We have supported **80%** of our students to either
lose or gain weight to improve their **fitness, health**
& **wellbeing**.

Active Learning

State-of-the-art facilities **FREE** to access every day...

...to support your development



93% of our students think we are
very good or good

Your opinion matters

96% of our students think the **teaching** at the
Academy is very good or good.

Professional Sport Coaches & Instructors

Advancement to **university & careers** in the **sport**
and **exercise industry**.



Your Opportunities



Rights

Our deal with all students openly and transparently, while adopting the highest level of professionalism at all times.

Professional Standards

Our staff are committed to their on-going professional development in order to remain current with industry trends. All staff are actively engaged in sport and active leisure and understand what it takes to be successful.

Responsibilities

Our staff develop a healthy relationship with students based on openness, honesty, mutual respect and trust while making your needs a priority

Coaching & Instruction

At the Sports and Exercise College we pride ourselves on the inspirational relationships our Instructors and Coaches have with their students. Unlike other colleges who will pass their students around from tutor to tutor, at the Sports and Exercise College students have a dedicated Instructor for the whole of the course – theory and practical. This means that we develop, nurture and provide time and space for these positive relationships to evolve.

Safe Working Practice

Our staff will thoroughly plan and prepare all activities and environments to ensure you receive the highest levels of coaching and instruction. All sessions will aim to develop and empower you on your journey in sport and active leisure.

Personal Responsibilities

Our staff are all committed to their own lifestyle and development in order to create a positive environment for you. Sports Academy staff are all current, practicing exercise, and fitness professionals' role modelling outstanding behaviours.



The Register of Exercise Professionals

Sports and Exercise Courses

At the Sports and Exercise College students can enrol on a full-time course or choose an Apprenticeship if they're already working in the sport and active leisure industry. We have full time courses at Entry level, Level 1, Level 2 and Level 3. The course you start on depends on your GCSE grades or previous qualifications.



Traineeship

If you want a career in the sports and leisure industry, the full-time Traineeship programme is a popular choice.

The course is between 21-30 hours and you can join at any time. The length of the full-time courses depend on the individual ability of each student.

The Traineeship courses range from Entry level to Level 2. Our Level 3 course provides you with a fantastic progression to further develop your skills, knowledge, career and higher education ambitions.



Entry level

Our Engagement course is a great way to get a feel for the Sports Academy provision on a part-time programme. This will help you understand what the expectations on the course are. You will attend for 21 hours a week (3.5 days) and will benefit from increased support to gain confidence on the course before you progress on to the Level 1 course.

Entry requirements:
no requirements/qualifications needed but a desire for sport and active learning is essential.



Level 1

Our Level 1 course introduces you to the sport and active leisure sector to develop and nurture your practical and academic knowledge and skills. You will attend for 30 hours a week (5 days) and will also have the opportunity to study maths and English.

Entry requirements:
no requirements/qualifications needed. You must be working towards E3 in Communications and in Application of Number.



Level 2

The Level 2 qualifications are FREE for students who complete the Level 1 course with a dedicated, professional and proactive approach to their study. The Level 2 courses are perfect for those who are committed to pursuing a career in the active leisure industry as a fitness/gym instructor or sports coach. These courses are delivered alongside the Level 1 course.

Entry requirements:
Excellent attendance, attitude and performance on the Level 1 course.



Level 3

The Sport BTEC Level 3 is a great course for students who want to progress to higher education or further their career in the sports and fitness industry. It's the equivalent of 3 A Levels and provides UCAS points for anyone who wants to progress on to university. The course is more comprehensive and will develop knowledge and skills at a higher level. The course is 19.5 hours per week so it can be flexible to accommodate students who work part-time.

Entry requirements:
5 GCSE's grade C or above OR Level 2 in Sport, Exercise and Fitness.

"I joined because I love sport and have a huge interest in becoming a coach"

Gifted & Talented

Our status as **TES FE training provider of the year 2017** is a testament to the additional support we give to all of our learners to make sure everyone achieves their full potential. This applies to academic and physical/sporting achievements.

For our learners who enrol at the **Sports and Exercise College** show that they are focused, engaged, determined and applying themselves, we will deliver an extended course that will provide up to two additional qualifications at level 2 in Exercise and Fitness and Principles for Coaching Sport. Our level 3 learners benefit from personalised support with university applications and entry into the workforce for those who are setting up their own business.



Molly Philpott
Club: Wattstown Ladies
Region: Cardiff Blues U18 Girls
Representative honours: East Wales (Vice Captain)

Traineeship Courses

At the Sports and Exercise College we are totally committed to giving our students the best possible learning experience using our active learning approach. This means that our students love coming to college to gain the skills and qualifications to follow their career ambitions.

Our courses are based at Cardiff Central Youth Club and Coleg y Cymoedd in RCT. Both locations have fantastic facilities that are all **FREE** to use including, high-quality gym, sports hall, spin studio, dojo, futsal pitch, swimming pool and tennis courts.

You will also benefit from free health & fitness classes! Whilst your Instructor and Coach (fully qualified) will train and support you, soon enough you will be training and coaching others, running sessions for your peers and in the local community and on work placements in the sports, exercise and fitness industry.

Level 1

The **Level 1 BTEC in Sport & Active Leisure** allows students to study all areas of sport, ranging from finding out about fitness and how the body works through to taking part in sport and planning your own sport sessions.

Level 2

The **Level 2 Certificate in Exercise & Fitness** is great for those students who are considering a career in the health and fitness sector. Students will gain the knowledge and skills to plan and instruct gym-based exercise sessions, learning how to teach a range of group and individual exercise.

AND...

Level 2

The **Level 2 Award in the Principles for Coaching Sport** gives students the essential coaching knowledge and skills that can be used in any coaching session. Students will look at all stages of coaching from planning, delivering and evaluating coaching activities.

OR...

"The best thing about the Sports and Exercise College is that it is all based around sports and fitness which has always been my biggest interest."





Sport BTEC Level 3

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The Sport BTEC Level 3 is a great course for 16-23 year olds who want to progress to higher education or further your career in the sports and fitness industry. The 2-year course provides you with an opportunity to learn in-depth theory behind sport development, coaching and fitness. This is perfect for you to get a firm understanding in key areas of sport and helps you decide which area you want to continue to explore in your study and career.

Throughout the course you will study a range of subject areas including principles of anatomy & physiology in sport, fitness training and programming, fitness testing and psychology of sport. You will also have a high quality work placement within the sports and fitness industry so you can apply the knowledge and skills you develop on the course.

Our Level 3 courses are based at Cardiff Central Youth Club. The site has fantastic facilities that are all FREE to use including, high-quality gym, multi-purpose sports arena, spin studio, dojo, futsal pitch, swimming pool, roller derby and tennis courts.

You will also benefit from free health & fitness classes! Whilst your Instructor and Coach (fully qualified) will train and support you, soon enough you will be training and coaching others, running sessions for your peers and in the local community and on work placements in the sports, exercise and fitness industry.

Course start date: Our next course starts in September 2018.

Course length: The BTEC Level 3 is a two year course.

Entry criteria: You need to have 5 GCSE's at grade C or above, including English, Maths and Science OR a Sport, Exercise and Fitness Level 2 qualification.

As well as the Level 3 BTEC, you will also have the opportunity to complete extra qualifications that will further develop you and your employability skills, such as:

- ☐ Football Leaders
- ☐ Badminton Leaders
- ☐ Circuits and Gym Instructor
- ☐ Squash Leaders
- ☐ NPLQ
- ☐ Rugby Ready
- ☐ Multi Skills Development
- ☐ Tag Rugby
- ☐ Principles & Preparations for Coaching Sport

Progression opportunities : After completing the Level 3, you can progress to university or employment in a variety of roles in the sport and active leisure industry, including: Personal Trainer, Sports Development Officer, Sports Centre Supervisor, Field Study Officer, Outdoor Recreation Supervisor and Outdoor Development Trainer.

FREE personal training & state-of-the-art facilities

Apprenticeships

One of the best things about an Apprenticeship framework is that it allows you to not only earn while you learn but also to learn in a controlled environment supported by an employer and the Sports Academy. We have Level 2 and Level 3 Apprenticeships, you will also have the opportunity to improve your English and Maths.

You need to be employed or find an Apprenticeship employer who will support you throughout the completion of your Apprenticeship.

Apprenticeship Frameworks

When you enrol on an Apprenticeship you will complete several industry recognised qualifications as part of the training programme. All Apprenticeships have progression opportunities within the chosen sector. For more on Apprenticeship Frameworks visit www.mpct.co.uk/sport-exercise-fitness/activeapprenticeships/courses

Level 2 Foundation Apprenticeship in Instructing Exercise and Fitness - Gym Instructor

Level 2 Foundation Apprenticeship in Instructing Exercise and Fitness - Circuit Training

Level 2 Foundation Apprenticeship in Exercise and Fitness - Activity Leadership

Level 2 Foundation Apprenticeship in Activity Leadership - Leadership Pathway

Level 3 Apprenticeship in Personal Training - Personal Trainer

1. Ask your employer or find an employer

Ask your employer if they will support you to complete a Level 2 or Level 3 Apprenticeship. If you're not employed already you can search for Apprenticeship vacancies and employers on the Apprenticeship Matching Service (AMS) website. Careers Wales also list Apprenticeship vacancies and employers on their website.

2. Contact us

Speak to the Apprenticeship staff to find out if you're eligible and arrange to meet with an Apprenticeship Officer. Call us on 0330 111 3939 or email enquiries@mpct.co.uk

3. Meet an Apprenticeship Officer

One of our Apprenticeship Officers will arrange to meet with you and your employer (usually at your place of work) to discuss and agree your training programme. You will have the same Apprenticeship Officer throughout the whole of your programme so they can nurture and develop you.

4. Join the Apprenticeship programme

Confirm start date and complete enrolment forms and then you are on your way to an industry recognised qualification.

Visit www.mpct.co.uk/sport-exercise-fitness/active-apprenticeships for more information.



Health & Well being

We encourage and practice healthy behaviours and lifestyles every day. It helps us look good, feel good and stay ahead of the game. As part of our routine, we support every student in the following ways:

- ☐ Eat a free healthy breakfast at college every day
- ☐ Form positive nutritional habits
- ☐ Sports coaching and physical exercise every day
- ☐ Mentoring and support from qualified Coaches & Instructors
- ☐ Self-esteem and confidence development
- ☐ Study all aspects of healthy living
- ☐ Provide role models for healthy lifestyles from staff & professional athletes

#GetInTheGame

You can apply or find out more about the range of Sports, Exercise & Fitness courses & progression opportunities the Sports Academy offer on our website.

www.mpct.co.uk/sport-exercise-fitness/

You can also **call** us, **email** us or **web chat** with our staff – they are really friendly and easy to talk to.

0330 111 3939

Open days

We hold open days every Thursday for anyone interested in our courses. You will have the chance to meet the Instructors & Coaches, check out the facilities and find out more about the opportunities the Sports Academy can offer you.

Sessions times run from 10am – 12pm or 2pm – 4pm.

Sports Academy Cardiff: Cardiff Central Youth Club, Ocean Park, Ocean Way, Cardiff, CF24 5HF

Sports Academy RCT: Coleg y Cymoedd, Rhondda Campus, Llwynypia, Tonypany, Rhondda Cynon Taff, CF40 2TQ



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TRAINING
PROVIDER OF
THE YEAR 2017

