



PROSPECTUS 2021

Inspiring 16-19 year olds to develop their fitness, achieve qualifications and skills for future employment.



MPCT
Motivational Preparation College for Training

UK TRAINING PROVIDER OF THE YEAR 2017





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SPORTS AND EXERCISE COLLEGE

The Sports and Exercise College has been delivering sports, exercise and fitness courses for a number of years in Wales. The Sports and Exercise College is designed for 16-19-year-olds who wish to gain qualifications and experiences to pursue a career in the sports and active leisure industry. We offer Level 1 and 2 qualifications which we believe will help further develop our students' employability skills.

That means – get on board, get fit, get skills and qualifications, get employed and Get In The Game! You will have access to a huge range of events and activities, including presentations, training and mentoring from professional sportsmen and women and industry experts.

Our Mission

Our mission is to engage, motivate and educate in order to achieve excellence for all.

Our Ethos

We create an environment that is caring, supportive, safe and positive.

Our Vision

MPCT's vision is to provide outstanding quality of education programmes in every region of the United Kingdom. This will support all Learners to reach their potential and progress to their chosen career or learning path. We will achieve this by a sustainable growth model and robust positive performance management, which promotes an inspirational coaching and learning culture.

Our Core Values

PRIDE | Physical and mental health | Respect | Integrity | Dedication | Empathy

Physical and Mental Health, Respect, Integrity, Dedication, Empathy and PRIDE – these are the core values that now lie at the heart of MPCT culture. We believe that through living and breathing these values every day, and by encouraging our Learners to do so as well, we can all forge great relationships, leading to meaningful outcomes and creating a real sense of achievement.



CEO WELCOME



Since 1999, MPCT has shown that young people from all types of backgrounds can succeed in the right environment. We have seen and supported so many young people make the very challenging transition from childhood to adulthood and develop into positive, productive role models in their own right.

At MPCT, we believe that through outstanding leadership and teaching, all can achieve their goals. We have been inspected by Ofsted and awarded "outstanding" in all areas – in outcomes for students, learning and assessment, leadership and management and in the quality of teaching. We have also been recognised as the TES Training Provider of the Year 2017 in recognition of the exceptional results our students achieve across all of our colleges.

Every Instructor at the college are currently active in the sports and exercise industry and all are outstanding role models to our students. They have been trained by the best, and, in turn, our students are learning from the best. The sense of pride our staff feel in developing, training and supporting our students has also been recognised as MPCT ranked on the Times 100 Best Companies to Work For 2017 for the first time.

Our students have the best opportunities, qualifications and support to make an impact in the sports and exercise industry. Students who decide to pursue other career options have the core skills to support their success. With this new found set of skills and qualifications, doors are now open to them, which were previously firmly closed. Most gain far more than they ever felt possible.

A visit to any MPCT site will provide an insight into what is a very unique and rewarding education.

Huw Lewis MBE



LOCATION

Our Sports College is based at Channel View Centre in Cardiff Bay. The venue boasts excellent gym facilities and the centre not only benefits from a prime location at the heart of the community with easily accessible transport links, but is able to cater for a huge range of indoor activities and features a slipway to enable a host of watersports.

**MPCT Sports College, Channel View,
Jim Driscoll Way, Cardiff, CF11 7HB**



HEALTH AND WELL-BEING

At the Sports & 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 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. All of our instructors have experience and knowledge in supporting people with leading a healthy lifestyle. They will be able to support your goals and give you advice to ensure that you fuel your body correctly for maximum performance.



Qualified nutrition and exercise advice and guidance



FREE breakfast club



Personal, Social, Health Education



A variety of daily activities to promote wellness



Energizer activities to promote social development



PHYSICAL TRAINING

Every day of the course includes 50% practical sessions - this means you are training, taking part in sports, going to the gym, working on resistance and cardio, developing your coaching skills and getting fitter and fitter all the time. One of the great things about the physical training is that you have access to FREE training facilities and gyms on a daily basis!



Daily physical training sessions



Termly inter-centre competition



Sports specific fitness assessments to track progress



Wide range of **sports facilities**



Variety of sports for **all abilities**



Bespoke training plan to **support** your training goals



INSPIRED CURRICULUM

The Sports & Exercise College has recently designed its own bespoke curriculum to ensure we are providing our students with the qualifications, skills and experiences that meet the needs of the Sport and Active Leisure industry. Students are now challenged to work towards higher level qualifications that can open the doors to work-placements and employment. The differentiated curriculum ensures that learners individual needs are met while providing them with quality teaching and learning. Our digital learning environment also means that learning can take place anytime and anywhere, providing excellent flexibility to meet your learning needs.



Latest IT facilities
available within
the centre



Digital learning
environment compatible
with all device types can
be accessed on the go.



Hands on approach
to learning



Sports and fitness
themed lessons



Gain industry recognised
qualifications



Work with like minded
people



VOCATIONAL TRAINING

During these sessions our students at the Sport and Exercise College start moving from being dependant on their instructor, to independent. On a daily basis, the students practice their instructing, coaching and leadership skills. The sessions are interactive in order to learn and progress in a positive, safe environment. This is an opportunity for instructors to stretch and challenge individuals. From these sessions, students are identified as being ready for work placement.



Educational **visits**



Develop gym
instructing skills



Develop **coaching and leadership skills**



Visits from industry
specialists



Work along side employers and
organisations contributing to
community projects



Access to professional
exercise and fitness
instructor qualifications



WORK PLACEMENTS

Work placements are an opportunity for our students to gain on the job experience. This is a chance to learn from experienced professionals and be mentored, while honing the skills they have developed in the Sports Academy. It is important for our young people to get into the habit of following a work schedule or shift pattern and answer to a boss as they take a step towards employment. Work placements offer a great opportunity for our young people to make a positive impression on employers.



Employment awareness
portfolio



Work along side experienced
industry professionals



Complete a CV



Develop Public speaking
and confidence



Gain experience in your
chosen field of work



Develop on the job
skills



BRADLEY HULME

Age: 19

Qualifications: Level 1 Diploma in Sport, YMCA Level 2 Certificate in Gym Instructing

Work Placement: Snap Fitness

Future Aims: Personal Trainer



QUALIFICATIONS

At the Sports Academy our course is designed to give you the skills you need to start your journey towards a rewarding career or continue with education and training.

Pearson BTEC Level 1 Introductory Award in Sport
Pearson BTEC Level 1 Introductory Certificate in Sport
Pearson BTEC Level 1 Introductory Diploma in Sport



New curriculum

Over at our sports section we are looking to enhance our learning knowledge by undertaking a new curriculum. The new curriculum is called BTEC level 1 introductory in Sport. The qualification embodies a flexible, learner-based approach to aid development of fundamental skills. These skills are key to help progression into further study and ultimately, work within the sports sector.

The main titles to the qualifications that we will be covering are:

- Being organised
- Developing a personal progression plan
- How exercise effects the body
- Training for fitness
- Playing sport
- Coaching skills in sport
- Assisting in a sports activity
- Contributing to running a sports event
- Getting people active
- Keeping active and healthy

Why are BTECs so successful?

BTEC'S embody a fundamental learner centre approach, with a flexible unit-based structure. In this new BTEC it will focus on the development of both transferable sector skills. The development of these key skills help progression whether that be other BTEC qualifications, further study, apprenticeships or employment.

BTEC qualifications work with the learners to ensure all their needs are met. Learners develop key progressions skills such as problem solving, communication and research.

CPD opportunities

Here at MPCT, we strive to give our learners the most opportunities and experience as possible. Alongside our YMCA level 2 gym instructor qualification, we offer 3 CPD qualifications to our learners who we think can achieve these. The CPD qualifications are Level 2 award in kettlebell, Level 2 award in spin instructing and level 2 award in suspended movement training, also known as TRX.



These 3 qualifications are industry recognised by employers, gaining these extra qualifications make our learners stand out from the rest when it comes to applying for jobs and careers in the health and fitness industry.

Vocational training days

One day a week we have a vocational training day, encouraging learner progression and development. On a vocational training day, the instructor takes a step back from instructing and allows the learners to plan and lead sessions. Giving the learners this power allows them to work on their wider key skills such as problem solving, communication, teamwork and confidence building.



Level 2 Industry Recognised Qualifications

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.

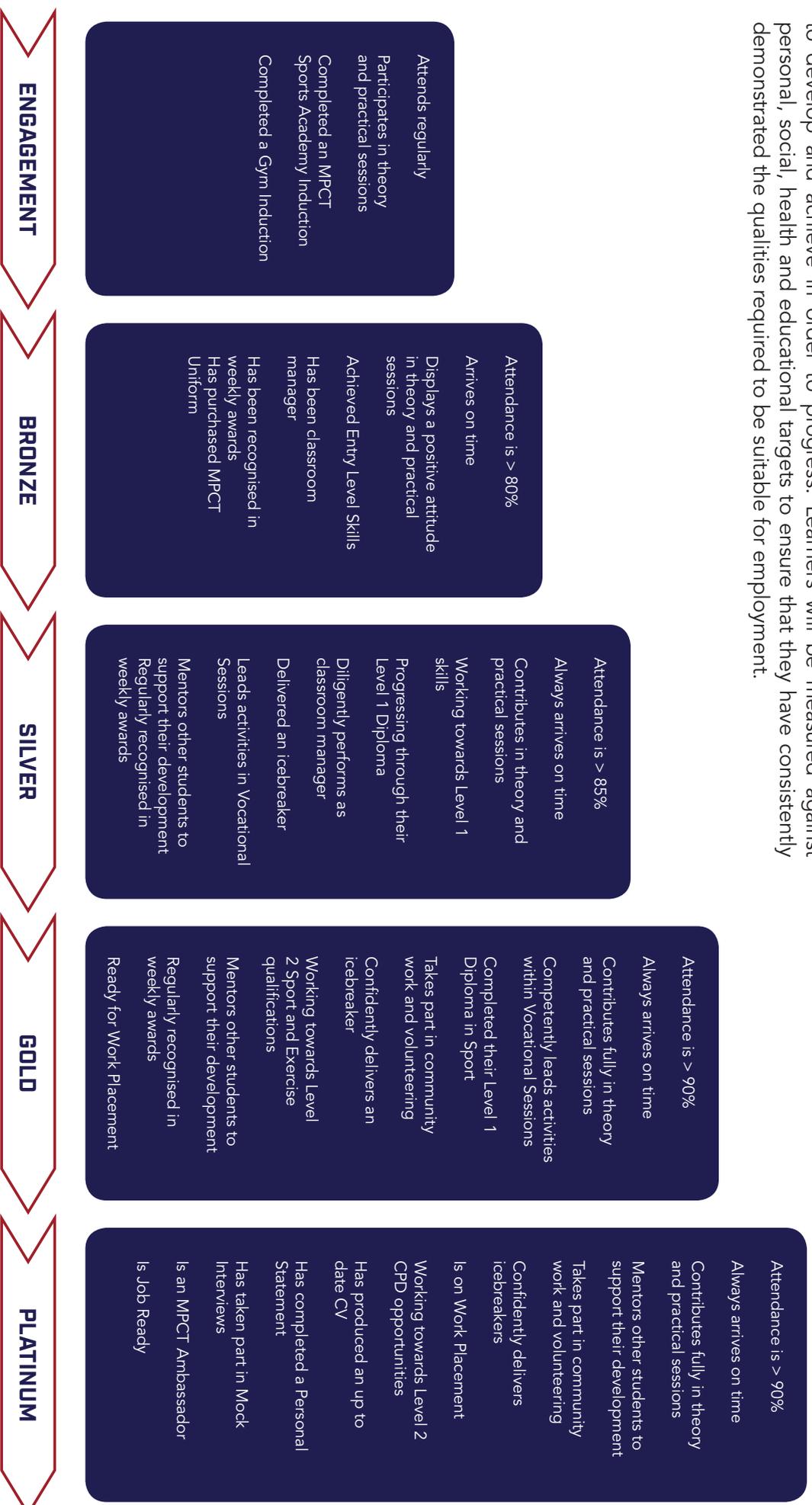
- The Level 2 Certificate in Gym Instructing
- The Level 2 Certificate in Principles of Coaching Sport
- Level 2 Award in Instructing Group Indoor Cycling
- Level 2 Award in Instructing Kettlebell Training
- Level 2 Award in Instructing Circuit Training Sessions
- Level 2 Award in Instructing Suspended Movement Training

Entry requirements:

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

PROGRESSION PATHWAY

Learners who attend the Sports & Exercise College will follow the Progression Pathway model below. The path way is a progressive model that challenges Learners daily to develop and achieve in order to progress. Learners will be measured against personal, social, health and educational targets to ensure that they have consistently demonstrated the qualities required to be suitable for employment.





LEARNER PROGRESSION

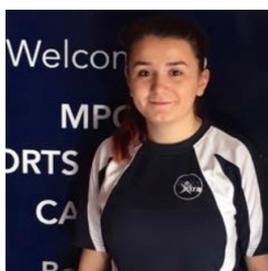
There are many routes that can be taken after your time with MPCT. Whether you want to progress into the sport and exercise industry, further education or a completely different route we can help you get there! Here are a few examples from previous Learners.



Tom Prew started his MPCT journey after he left college as it wasn't for him. Tom gained employment with Creazione Gym in Caerphilly where he started a Level 2 Apprenticeship in Gym Instructing. Following the completion of his apprenticeship Tom joined the Cardiff Sports College where he gained a Level 2 Coaching qualification in November 2020. From here Tom began an apprenticeship with the Welsh Rugby Union where he now works coaching children of all ages in Caerphilly County Borough.



After becoming disengaged from school, **Molly Philpott** decided to join MPCT Sports Academy because of her interest in sport, particularly rugby. She soon found her feet, developing her confidence and leadership skills. Molly took part in several community projects, running sport sessions for primary school aged children with Sport RCT and the Rhondda Miners rugby cluster. Outside of the college, Molly has moved through the Cardiff Blues U18's into the senior team as captain and was recently selected to represent Wales. The PT programme she followed at the college helped prepare her for Sport at this level. Since leaving MPCT, Molly has become a trainee nurse at Royal Glamorgan Hospital.



Keeley Treharne joined the Sports Academy with the aim of being a sports coach. Her enthusiasm and drive were evident and she began a work placement with Sports Xtra in Cardiff, volunteering through a holiday camp. After making a quick impression, Keeley took up a coaching role. As an apprentice with MPCT she has completed her Level 2 Principles of Coaching Sport qualification while developing her experience at Sports Xtra.



Andrew Simmonds joined the Sports Academy with the aim of becoming a football coach. Andrew quickly started to develop his coaching skills through the Inspired by Sport curriculum and Vocational Sessions. Andrew started volunteering at his local football club on weekends in order to gain further experience. After a visit to the University of South Wales with the Sports Academy, Andrew decided to apply for the Foundation Degree in Community Football Coaching and Development. He has since enrolled at USW and is working towards his career goals.



MacCauley Britton joined the Sports Academy with the aim of becoming a gym instructor. He particularly enjoyed the Vocational Sessions where he developed his instructing skills. This led to a work placement at J2 gym in Tonypandy. After settling and making an impression at J2, Mac was offered a role as an apprentice with MPCT. After completing his Level 2 Foundation Apprenticeship, he moved on to complete his Level 3 Personal Training Apprenticeship with MPCT.



QUOTES/FEEDBACK

"MPCT have been a great partner, helping us to deliver a wide range of events in the community and becoming a great asset especially in the Rhondda area. The students have been able to work alongside our staff, coaches and USW students to ensure all the children taking part have a safe and enjoyable experience. We have already seen two MPCT student's progress from a voluntary role into a paid coaching position with us, delivering some key projects over the last couple of months... we hope to get more in future! Plans are in place to develop the partnership going forward; we thank you for your current support and look forward to a bright future."

Scott Woodford, Community Sports Officer, Sport RCT.

"Jordan has spent many years in a school catering for pupils with challenging behaviour. He found it difficult to adhere to rules and basically any work he completed was determined by him. When it was decided he would be going to MPTC I along with others thought he wouldn't last for more than a month. Jordan proved us all wrong, after a tricky start he grew and matured, applying himself and feeling pride at what he'd achieved. He is proud at the qualifications he has. He made friends and gained the respect of the tutors. He attended an awards night and demonstrated great pride at receiving an award. The college has given Jordan discipline aspirations and a purpose. Jordan has had a rough start to life but the college has given him a glimpse of what his future may look like. I will never be able to thank the college enough and especially the support and guidance Alex has given us throughout Jordan's time with you. Thank you again." **Rhianydd and Gary Lucas, Learner's Parents**

"MPCT is an amazing opportunity for young people like myself to pursue a career in sport. You can not only earn recognised qualifications but you can also meet a great group of people. Since I joined the course I was welcomed with open arms from the staff and the learners. It's been by far the best course I've been on and would recommend it to anyone who like this type of thing." **Ethan Evans, former Learner**

"MPCT is a great course to provide recognised qualifications and at the same time keep you fit. You learn a ton of new sports and skills that you probably wouldn't have learnt anywhere else. It is a much better option than staying in school or going to college if you do not like that type of learning. I've learnt much more here than in school! It also gives you some qualifications that school can't provide." **Andrew Rees, former Learner**

"MPCT is an excellent learning environment and a great starting point for anyone who hopes to pursue a career in the sport and exercise industry." **Ross Thomas, former Learner**



UNIFORM

MPCT uniforms are supplied by Black Mountain Embroidery Solutions.



Pro Stretch Sports Shorts

4 way stretch fabric, zip up pockets with fully elasticated waistband with inner drawcord.

£19



Zippered Hoodie

Hooded sweatshirt with full zip. B&C Perfect Sweat Technology - high quality fabric, comfort and durability.

£30



Cool Round Neck T-Shirt

Moisture-wicking fabric, self-fabric crew neck, set in sleeve design. 100% polyester

£18.00

Sports Bundle 1 - £90.00



Bundle contains 1 each of personalised round neck t-shirt, polo t-shirt, and hooded sweatshirt, 1 pair of pro-stretch shorts, and a 1 3-ply mask



BLACK MOUNTAIN
EMBROIDERY SOLUTIONS

HOW TO ORDER YOUR UNIFORM

To order your uniforms please get in touch

VISIT www.bmes.london

CALL 01989 566364

EMAIL orders@bmes.london

FAQ

FREQUENTLY ASKED QUESTIONS

Do I need qualifications to start the course?

No. You just need the right attitude.

Is the course free?

Yes The training is free due to the course being part funded by the European Social Fund.

Do I need to be fit to join the course?

No. We will make sure that you work at a level that is suitable for you. Your fitness will improve naturally as you take part in exercise every day at the college.

Do I get paid?

You are eligible for a Training Allowance. For further information contact us on 0330 111 3939.

Will I get to wear a uniform?

Yes. All students on the programme wear the college uniform. This makes them part of the team and gives them a sense of pride. Details on your uniform will be explained on day one.

Will I need to pay for any equipment?

No.

Will the course help me choose a career?

You will receive individual careers advice whilst on the course to help you with your vocational choices.

Do I get any holidays?

Yes. You will be eligible to have up to 35 days' holiday per year.

When can I start?

Unlike traditional colleges, you can start anytime during the year. This is usually within a week of applying.



OUR INSTRUCTORS

At the Sports & Exercise College, we pride ourselves on the inspirational relationships our instructors and coaches have with their students. At the Sports 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.



Ryan James

Title: Head of Sport & Apprenticeships
Qualifications: Certificate in Post 16 Education, Level 4 External Quality Assurance (EQA), Level 3 Award in Personal Training, Level 2 Award in Group Indoor Cycling, Level 2 Award in Kettlebell Training
Sporting Honours: Welsh Baseball

Ryan combines his role as Head of Sport & Apprenticeships with playing semi-professional rugby for Newport RFC.



Reuben Tucker

Title: Sports and Apprenticeships Manager
Qualifications: MSc by Research - Exercise Physiology, BSc (Hons) Sport and Exercise Science, Level 3 Award in Education and Training, Level 3 Award in Assessing Vocationally Related Achievement, Level 4 IQA, Level 3 Certificate in Personal Training.
Sporting Honours: Wales U20 Rugby



Alex Webber

Title: Skills Instructor
Qualifications: Level 3 Award in Education & Training, Level 3 Apprenticeship in Exercise & Fitness (Personal Training), Level 3 Emergency First Aid at Work, Level 2 Award in Group Indoor Cycling, Level 2 Award in Kettlebell Training, WRU Level 1 Coaching Award
Sporting Honours: Wales 7's, Common Wealth Games.

Alex combines his role at MPCT with playing semi-professional rugby for Pontypridd RFC.



Josh Skinner

Title: Lead Training Instructor
Qualifications: Level 3 Emergency First Aid at Work, Level 2 Foundation Apprenticeship in Exercise & Fitness (Instructing), Level 2 Group Indoor Cycling, Level 2 Kettlebell Training
Sporting Honours: Newport Gwent Dragons

Josh combines his role at MPCT with playing semi-professional rugby for Newport RFC.

MPCT[™]

Motivational Preparation College for Training

#GETINTHEGAME

**FOR MORE INFORMATION
GET IN TOUCH TODAY**

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