

# SPORT, FITNESS & WELLBEING

## Football Academy Level 3

### Study Programme Overview

The programme is aimed at boys and girls with a talent for football and run in partnership with Bolton Wanderers Community Trust.

A 'work hard play hard' ethos is expected of all students and a balanced approach to the sporting/academic demands of the programme is essential.

Once you have completed the programme you will be able to progress to further or higher study, leading to employment, since this programme maximises career prospects.

Engaging with employers is also an integral part of this programme – we'll seek to ensure that you have opportunities to gain real-world experience of your chosen sector.

### What You'll Learn

Topics on your Study Programme will include:

- Instructing, Observing & Assisting Gym-Based Activities
- Evaluating and Developing Own Practice in Instructing Exercise & Fitness
- Motivating and Supporting Clients to Develop Maintain Fitness
- Planning & preparing Gym-Based Activities with Clients
- Dealing with Accidents & Emergencies (First aid)

### Elements of study

Your programme consists of the following elements:

- Study of your chosen vocational subject - 50% of your programme
- Employability skills, such as punctuality, attendance, communication and team work
- Work experience or an Industry Placement, giving you a taste of working life
- Tutorial and personal development, such as healthy living, volunteering and citizenship skills

### Entry Requirements

Four GCSEs at grade 4 and above including English and Maths or a related level 2 qualification.

### How will I be Assessed?

You will be assessed by assignments, projects, practical work and case studies.

### Pre-Professionals Programme

Working with your Learning Development Mentor (LDM), Tutors and Careers Coaches, you'll gain an insight and understanding of your sector, helping you to make important decisions about your future, whether that's university or employment.

Thanks to our partnership with the University of Bolton, you'll also benefit from everything the University has to offer, with a range of opportunities to build additional skills and experiences, giving you everything you need to become a **FUTURE SPORT & FITNESS PROFESSIONAL**, in whichever field you choose!

Exposure to employers is also an integral part of this programme – we'll seek to ensure that you have opportunities to gain real-world experience of your sector, giving you the qualifications and experience to progress!



You'll also enjoy a wide range of events, including showcases, enterprise activities and cultural celebrations.

## Open Events

Open Events are the best way to discover what life as a Bolton College student is like, giving you an insight into College life.

Open Events at our Deane Road Campus are as follows:

- **Thursday 20th October 2022, 5pm-8pm**
- **Tuesday 15th November 2022, 5pm-8pm**
- **Wednesday 7th December 2022, 5pm-8pm**
- **Wednesday 8th February 2023, 5pm-8pm**

If you'd like to attend one of these events, register by visiting [www.boltoncollege.ac.uk/register-open-events](http://www.boltoncollege.ac.uk/register-open-events)

## How to Apply?

Find this course on our website [www.boltoncollege.ac.uk](http://www.boltoncollege.ac.uk) then click the 'Apply' button.

You'll be asked to set up a Learner Hub account so that you can track your application and enrol online. You'll also be asked to book your interview for your course at the same time.