



APPRENTICESHIP SPORTS & FITNESS

Enthusiastic about sports & fitness? Start a **Sports & Fitness Apprenticeship** with Uxbridge College and earn while you learn!

HOW APPRENTICESHIPS WORK



SPORTS & FITNESS APPRENTICESHIP PROGRAMME

This apprenticeship contains pathways that cover many aspects of sport and leisure, from professional sport to exercise instruction to play work, including work in leisure centres, gyms, stadiums and private sports clubs, as well as outdoor activity centres and adventure playgrounds.

Entry requirements	Levels offered	Qualification gained
<ul style="list-style-type: none"> ■ 16 years or over ■ GCSE English & maths or equivalent ■ Basic skills assessment in literacy & numeracy. 	<p>Level 2 - Intermediate Apprenticeship (equivalent to five GCSE passes)</p> <hr/> <p>Level 3 - Advanced Apprenticeship (equivalent to two A Level passes).</p> <hr/> <p>Duration - 15 -18 months</p>	<ul style="list-style-type: none"> ■ Technical Certificate ■ NVQ Qualification ■ Functional Skills (English, maths & ICT) <hr/> <p>Exam Body - CYQ</p>

VIEW OUR VACANCIES TO APPLY

uxbridgecollege.ac.uk/apprenticeships



ALREADY WORKING?

Turn your job into an apprenticeship. Call us on 01895 853622 / 01895 853786 to get you started.

This factsheet is issued as a general guide and may be altered at any time, August 2016.

 **01895 853622 / 01895 853786**
 **apprenticeships@uxbridgecollege.ac.uk**
 **www.uxbridgecollege.ac.uk/apprenticeships**
 **@UCApprenticeJob**





SAMPLE UNITS YOU MAY STUDY

TECHNICAL CERTIFICATE

You will study knowledge based units that combines theory and performance. Sample units include:

Level 2:

- Promote health, safety and welfare in active leisure and recreation
- Work with clients to help them adhere to exercise and physical activity
- Reflect on and develop own practice in providing exercise and physical activity.

Level 3:

- Design, manage and adapt a personal training programme with clients
- Apply the principles of nutrition to support client goals as part of an exercise and physical activity programme.



CHOOSE UXBRIDGE COLLEGE



A TOP COLLEGE

in London for success rates.



THE LARGEST

college provider of apprenticeships in west London.



WE WORK

with many companies e.g. Barclays, British Airways, Royal Opera House & Sky.



91% OF APPRENTICES

secure employment at the end of their apprenticeship through Uxbridge College.



FREQUENTLY ASKED QUESTIONS (FAQs)

What extras will I get?

NUS Apprentice Extra Card -

To get discounts on shopping, visit

www.apprenticeextra.co.uk

Apprentice Oyster Card -

To get up to discounts on travel within London Borough, visit

<https://tfl.gov.uk/fares-and-payments/adult-discounts-and-concessions/apprentice-oyster-photocard>

Do I already need to have a job?

You should be working a minimum of 30 hours per week in a job. If you are unemployed, view our vacancies to apply for a job: www.uxbridgecollege.ac.uk/apprenticeships

Can I start an apprenticeship after Year 11?

Yes, you can! Young people in England must stay in education or training until they turn 18. If you're looking for a different option after Year 11, an apprenticeship could be the answer for you!

How long does it take to complete an apprenticeship?

You can complete each apprenticeship within 15 -18 months,

depending on your experience, competence and the company you are working in.

How much does it cost?

There is no cost for you to do an apprenticeship if you are 16-23 years old and you will be paid a wage.

How am I assessed?

Assessments are carried out in your workplace. Our assessor will come and assess you in your job role.

What's next after I complete my apprenticeship?

Further Study -

If you complete a Level 2 Apprenticeship, you may be able to progress onto Level 3. Apprentices that complete Level 3 may be able to go onto a Level 4 Higher Apprenticeship.

Career opportunities -

Leisure and sports centre professionals, youth and community workers, sports players, personal trainers, GP – exercise referral, aerobics instructor, sports coaches, instructors and officials and fitness instructors.