

Level 3 Extended Diploma in Sports & Leisure

Sport & Leisure

—
Fact Sheet

full time

September

FE



**LIFE CHANGING
LAKES COLLEGE**

Apply online at www.lakescollege.ac.uk

When does it start?

September

Where does it take place?

Lillyhall Campus

Achievement rates

2008/2009 — 92%

To apply contact

Student Services

Telephone: 01946 839 300

student.services@lwc.ac.uk

www.lwc.ac.uk

Hallwood Road

Lillyhall Business Park,

Workington, Cumbria

CA14 4JN

What's on the Course?

Students have to achieve 180 credits from the units below.

Mandatory Units:

1. Principles of Anatomy & Physiology in Sport

2. The Physiology of Fitness

3. Assessing Risk in Sport

4. Fitness Training and Programming

5. Sports Coaching

6. Sports Development

7. Fitness Testing for Sport & Exercise

8. Practical Team Sports

9. Practical Individual Sports

Additional Units:

11 Sports Nutrition

12 Current Issues in Sport

14 Exercise, Health & Lifestyle

16 Exercise for Specific Groups

17 Psychology for Sports Performance

18 Sports Injuries

19 Analysis of Sports Performance

21 Sport and Exercise Massage

23 Organising Sports Events

24 Physical Education and the Care of Children and Young People

26 Work Experience in Sport

42 Research Investigation in Sport and Exercise Sciences

You are expected to undertake development of essential skills while studying on this course. This will cover, at an appropriate level, Communication, Application of Number and Information Technology. A tutorial enrichment programme is available to help you get the most out of your course. Regular attendance at these sessions has proved invaluable to past students.

How long does it take?

Full time 2 year course, 36 weeks per year

Who is it suitable for?

Anyone wanting to pursue a career in the sporting industry or wanting to enter the BTEC National Diploma in Sport.

What are the entry requirements?

- A keen interest in sport both in terms of participating and spectating
- To be able to work independently and in groups
- Five GCSE grade C or above preferably with maths and english language
- Foundation/Level 2 award in a relevant subject

What can I do next?

When you have successfully completed this course you may be able to progress to:

- Higher Education studying for a Degree or Higher National Diploma

- Employment within the Sport and Leisure Industry at Supervisory level

How much does it cost?

Full time students under 19 - free.
Full time students over 19 - Please contact Lakes College for further information.

(certain remissions may be available. contact Student Services for more information).

How do I apply?

To apply for this course you will need to complete a college application form and then have an interview. Contact details below.

If you need any help deciding which course to apply for you can get impartial advice and guidance from our Advice & Guidance Officer or Student Services.

Student Services

Telephone: 01946 839 300

student.services@lwc.ac.uk

www.lwc.ac.uk

What if I need support?

The college provides a range of additional support for students who would like extra help with their studies. If you need help in deciding what to study or information on travel, finance, childcare, personal or health concerns, please contact student services.

'Lakes College is committed to eliminating any form of discrimination - be it based on gender, race, ethnic origin, background, religion or belief,