



The  
Manchester  
College®  
be amazing

# SPORTS





# Contents

It starts with you	3
Careers information	4
What our students say	6
Meet the team	10
Our location	12
Sports teams	14
Get career ready with us	16
Courses	19
Supported Learning	24
Accelerate2Industry	26
UCEN Manchester higher education	28
How to apply	30
What's next?	31



## It starts with you

**If you're never happier than when you're active, then a career in sport could be calling to you. Whether you want to play professionally, support top athletes or inspire other people to discover the enjoyment of sport for themselves, we can help you to reach your goals.**

It doesn't matter what your starting point is, how old you are or what grades you got at school, you'll find a course to suit you at The Manchester College. If you're prepared to put the hours in, we can help you to improve your fitness, abilities and skills.

At the same time, you'll be learning all about nutrition, sport science, motivation, coaching and so much more.

You'll learn from tutors with a wealth of experience in the sports industry and benefit from access to fully equipped gyms, specialised fitness testing facilities and a wide range of sports equipment.

Plus, you could even join our basketball, football or netball first teams and represent The Manchester College regionally and nationally.

And surely there's no better place to learn about sport than in Manchester?

Not only does this city have two of the world's most successful football clubs, it's also home to the national centres for basketball, cycling, lacrosse, squash, taekwondo and water polo. You'll also find clubs for professional cricket, rugby union, rugby league, netball and a whole lot more.

It's no surprise that over 23,000 people are employed in the sports industry across Manchester alone and that number is only expected to grow. So there really is a huge number of opportunities if you want a career in this energetic, dynamic sector.

Alongside your studies, you'll have the opportunity to gain work experience with a sports club, fitness centre or other relevant organisations. By the time you leave us, you'll have everything you need to progress to a fantastic career, or to continue your journey at degree level.

**So, what are you waiting for?**





# Careers information



## JOB FIGURES

There were approx. **23,125** employees working in the Sport sector in Greater Manchester in 2021, this is predicted to increase by 0.5% by 2025.



## AVERAGE EARNINGS

The average wage in GM is **£24,667 per annum** (2021).



## REPLACEMENT DEMAND

**17%** of the current workforce will be reaching retirement in the next 10 years, meaning those jobs will need replacing.



## WORKFORCE SPLIT

Currently **61%** of the workforce are female.

Types of jobs available	Skills needed	Examples of GM employers
Fitness Instructor	Coaching	David Lloyd
Health Trainer	Communication	Fitness First
Leisure Centre Manager	Customer Service	JD Gyms
Outdoor Activities Instructor	Fitness Training	Manchester City
PE Teacher	Instructing	Manchester United
Performance Sports Scientist	Leadership	NHS
Personal Trainer	Management	Nuffield Health
Sports and Exercise Psychologist	Physical Therapy	Prospero Teaching
Sports Commentator	Sales	PureGym
Sports Physiotherapist	Teaching	The Gym Group

Data sourced from Lightcast March 2023.

**FIND OUT MORE HERE**







## What our students say

Choosing to study Sport at Level 3 at The Manchester College was undoubtedly the best choice I could have made. Not only did it provide me with the academic foundation I needed to pursue my dream of earning a scholarship to America, but it also offered unwavering support as I represented the Great Britain Basketball team.

The state-of-the-art facilities and the access to training outside of my studies played a pivotal role in helping me focus on both my athletic goals and academic pursuits. The structured school day allowed me to stay organised and develop crucial independent skills essential for managing my studies effectively.

I am truly grateful for the invaluable experiences, opportunities, and support I received during my time at The Manchester College. It has been an amazing journey that I will always hold dear.

---

Joe Buchanan  
Level 3 Sport and Exercise Science







“

”





# Meet the team

When you study at The Manchester College, you'll be learning from highly qualified tutors who have a wealth of knowledge and experience of sports, coaching and fitness.

You could soon be learning from people who've coached professional players in sports such as American football and basketball. And you could even be training with a former Premier League coach!

As well as sharing their experiences with you, our tutors often use their connections to help students gain fantastic work experience placements.



**Julian Smith**  
**Assistant Principal**

Julian oversees our Animal Management, Education and Early Years, Health and Social Care, Public Services, Science, Sport, Public Services courses.

With 17 years of experience in further and higher education institutions, including 15 years in managerial and senior leadership roles, Julian brings a wealth of expertise to the position.

He has worked in Premier and Championship Football Clubs, teaching on their education programs and also has experience in the Health and Fitness Industry as a Personal Trainer and Health Club Manager.



**Hayley Francis**  
**Director of Curriculum**

Hayley, Director of Curriculum for Sport, Public Services, and Care Professions, has worked at the college for over 10 years and has grown the department by aligning courses with industry needs. She leads a skilled team to deliver high-quality teaching, supports learners in achieving their goals, and collaborates closely with industry employers.



**Stuart Nickson**  
**Head of Department**

Stuart began his professional coaching career with Bury Football Academy and later moved to Rochdale AFC working with their under 15/16s teams. More recently, Stuart has worked with Premier League clubs such as Everton, Manchester City and Manchester United. He's been at The Manchester College for over ten years and is Head of Department for Sport and Public Services.



**Justine Stevenson**  
**Course leader**

Justine has over 15 years of experience in sports development, managing facilities, and working with schools and organizations across Greater Manchester. With club-level coaching in netball and launching a National League basketball club, she leverages her background to enhance the curriculum, providing students with real industry insights.



**Ambokile Bell**  
**Course leader**

Ambokile has over 20 years of experience in the sports industry, working across Europe and the Middle East as a teacher trainer for Nike and Youth Sport Trust International. With experience as a Cancer Rehabilitator for MacMillan Cancer Support and Trekstock, he brings real-world knowledge into the classroom, offering students insights into sport, leisure, and career opportunities.



**Scan here**  
to read more  
about our tutors



# Our location

All of our Sport courses - including our degree level qualifications - are taught at our redeveloped Openshaw campus - which opened in September 2021.

By studying with us you'll benefit from state-of-the art, industry standard facilities as well as our existing offer, which includes a fully equipped fitness suite and gym and a strength and conditioning gym which has treadmills, rowers, exercise bikes, free weights, squat racks and much more.

You'll be able to take to the field on our full size, floodlit FIFA approved 3G pitch and benefit from large changing rooms and officials' rooms.

You'll also have access to a lab for fitness and performance testing, and will be able to use highly specialised equipment, including Douglas bags, Cortex Metalyzers, blood pressure monitors, heart rate monitors, peak flow meters and body composition based equipment.

Our Openshaw campus is a welcoming centre, offering courses for school leavers, adults, university-level students and professionals.

Whichever Sport course you decide to take, you'll have everything you need to work your way to success.



**1** **Openshaw Campus**  
Ashton Old Road, Openshaw M11 2WH





# Sports teams

**Enrolling into our Sport department isn't just about discovering more about the sport you love and working towards a bright career.**

If you're 16-18, you'll also get the chance to represent The Manchester College at local, regional and maybe even national level! By joining one of our college sports teams, you'll develop a range of skills in a fun and welcoming environment.

Our highly qualified and experienced coaches can help you to fulfil your ambitions on the pitch or the court. You'll also be able to put what you've learnt in the classroom into practice.

## **The Manchester College Men's Football Team**

Our football team competes in the AoC National Championship League. We were crowned champions in 2023/24 after winning the Men's Regional League 1.

Trials are open to students aged 16-18, and run from enrolment until early September. If you're successful, you'll train three times a week on our full size 3G pitch at our Openshaw campus. Matches are played on Wednesdays.

## **The Manchester College Women's Football Team**

Our football team currently plays in the AoC League.

Trials are open to students aged 16-18, and run from enrolment until early September. Training will be on a Monday evening 4:30pm - 6:30pm on our full size 3G pitch at our Openshaw campus. Matches are played on Wednesdays.

## **The Manchester College Men's Basketball Team**

Our basketball team competes against colleges from across the region in the AoC North West Basketball League.

It's open to students aged 16-18, and trials take place from enrolment until early September. If you're successful, you'll train two times a week with games taking place on Wednesdays.

## **The Manchester College Women's Netball Team**

Our netball team competes against colleges from across the region in the AoC North West Netball League.

It's open to students aged 16-18, and trials take place from enrolment until early September. If you're successful, you'll train twice a week with games taking place on Wednesdays.

**For more information please contact:**

**Ambokile Bell - [Bella@tmc.ac.uk](mailto:Bella@tmc.ac.uk) - Basketball**

**Justine Stevenson - [JStevenson@tmc.ac.uk](mailto:JStevenson@tmc.ac.uk) - Women's Football and Netball**

**Jake Richardson - [JRichardson@tmc.ac.uk](mailto:JRichardson@tmc.ac.uk) - Men's Football**





# Get career ready with us

We passionately believe in helping you reach your ultimate goal, focusing on your future employability and developing the knowledge, skills and behaviours you will need to have a successful career.

Many of our programmes of study have been co-developed with industry partners. Working so closely with industry partners means you'll benefit from courses that are aligned with current industry skills and demands as well as a range of industry-level activities and lessons.

Once you complete your journey with us you will have the qualifications you need to take the next steps towards an amazing career, as well as the knowledge, skills and behaviours that will help you stand out to future employers.

## Study Programmes

We offer qualifications from Level 1 to Level 3.

If you haven't already obtained a Grade 4 GCSE in English or maths, you'll study to work towards achieving this qualification. This is a mandatory requirement and it's also essential you achieve this for many careers.

## Employability

To prepare you for your future career, you'll take part in a range of 'employability' activities to equip you with the knowledge and experience of the careers available to you.

You'll be assigned an Employability Co-ordinator and will take part in a wide range of activities that will help you develop the knowledge, skills and behaviours you'll need to thrive in the workplace.

## Industry Expertise

You will get the opportunity to take part in masterclasses and lessons delivered by industry experts, visits from guest speakers within the sector and industry-standard projects, that will see you working on the kind of tasks you'd be completing once you begin your career in the sport sector.

## Work Experience or Industry Placement

As part of your course you are required to take on external work experience. We will help you find a suitable placement. While there, you'll help with day-to-day tasks and shadow staff to develop the knowledge, skills and behaviours that are expected in the workplace and broaden your knowledge of the industry.

Previous students have worked with:

- 0161 Project
- British Rowing
- British Wrestling
- Greenwich Leisure Ltd
- Manchester Half Marathon
- Manchester Magic
- Manchester United Football Club
- Sport for All
- St Francis RC Primary School.

You may be able to apply for an industry placement offering a longer period of experience with a leading employer, depending on your course.

An industry placement gives you in-depth knowledge of the industry, allows you to gain hands-on experience and gives you an insight into career pathways.

With a placement, you're taking that all important first step onto the ladder; many of our students even go on to gain paid employment with their industry placement employer at the end of the year.

## Work Related Activity

There are so many careers in the sport sector and we want to help you explore as many as possible during your studies.

We organise lots of work-related activities to help you discover more about the opportunities that might be open to you. You could soon be taking part in activities such as:

- Masterclasses with brands, experts and employers, who will give you crucial tips on how to make it in the highly competitive sports industry
- Local and national trips, including visits to famous professional sports clubs and venues
- Take part in sports such as volleyball, rugby and rowing and join our teams for football, netball and basketball.







Robbie Wild  
Level 3 Extended Diploma,  
Sport and Exercise Science

# Courses

There are so many jobs in sport and fitness. Whether you want to become an athlete, coach, physiotherapist, P.E. teacher, fitness instructor or personal trainer, our courses can help you to kick-start your journey to a fantastic career.

Whatever your ability or preferred sport, if you're passionate about keeping active and pushing yourself towards that next personal best, you'll find a course that suits you at The Manchester College.

If you're 16-18, we can offer you a choice of courses from Level 1 to Level 3, in coaching, leadership and sport and exercise science.

If you're 19 or over and you're already working in the fitness sector or you'd like to, you might be interested in our specialist personal training course. This can give you a recognised qualification and the skills you need to get a job as a personal trainer.

You can even take your learning to the next level with our higher education partner, UCEN Manchester, offering a range of Sport courses at degree level.





## Level 1 | Sport and Active Leisure | 16-18

### Openshaw | One Year

Our Level 1 Sport qualification is a great place to start if you want to discover more about the industry and explore a wide range of sports.

You'll develop the knowledge and skills you need to go onto further training ahead of a future career in the sector.

You'll also take part in lots of practical sessions – both playing games and leading them – and learn how to organise sporting events safely and effectively.

## Level 2 | Sports Coaching and School Sport | 16-18

### Openshaw | One Year

With this qualification, you will gain a key understanding of the theory and practice behind delivering safe, ethical and effective coaching sessions.

This will enable you to make sure that they have the knowledge and skills that you need to support the people you work with.

This course is suitable for you if you are passionate about coaching young people in a team, community or school setting.

Working with local primary schools, this course prepares you to deliver activity sessions that are safe, ethical and effective, and prove your competence in leading activity sessions in an appropriate sports/leisure environment.

## Level 2 | Sport, Physical Activity and Health | 16-18

### Openshaw | One Year

If you already meet the entry requirements for a Level 2 course, and are ready to dive straight in, this qualification will give you a fantastic insight into the industry. You'll develop a huge range of sports-related skills that will set you on the path to an exciting career.

You'll be taking an in-depth look at the whole sports and leisure industry, from advancing your knowledge about how the body works and why exercise is so important, to learning about sports nutrition and the qualities that make a good player.

You'll also continue to take part in lots of varied practical sessions in a range of sports and lead some activities and events yourself.

## Level 3 | Personal Training and Sport Science | 16-18

### Openshaw | Two Years

Do you have a passion for fitness and want to pursue a career in personal training?

Our Level 3 Diploma in Personal Training and Sport Science will provide you with a broad base of knowledge and skills to work in a variety of customer-facing roles within the active leisure industry, including fitness instructing and leisure operations.

## Level 3 | Sport and Exercise Science | 16-18

### Openshaw | Two Years

The Manchester College offers a broad Level 3 Sport and Exercise Science extended diploma course perfect for those aspiring to excel in the sports industry. Our curriculum covers a wide range of subjects including anatomy and physiology, sport psychology, sports coaching, event management, sports media, sports marketing and personal training.

By combining practical, theoretical, and industry experiences, students gain a broad understanding of sport and exercise science. Our state-of-the-art sports performance facilities enhance the learning experience, preparing students for successful careers.

This qualification will allow you to dive into techniques, strategies, physiology, and more to optimise sports performance for both individuals and teams. With live briefs and placement opportunities from industry partners, you will be at the forefront of success in the pursuit of a career in sport.





### Level 3 | Sport, Physical Activity and Health | 16-18

#### Openshaw | Two Years

The Manchester College offers a broad Level 3 Sport and Physical Activity course perfect for those aspiring to excel in the sports industry. Prepare for a successful career in the industry by acquiring the skills and knowledge in the sporting areas you're most interested in. By understanding the needs of others, you will be able to provide pathways for successful sporting experiences that support health, wellbeing, community and inclusion.

The course covers theoretical and practical aspects of sport development and coaching across sports, physical activity and the wider profession. Not only will you enhance your understanding of coaching and physical activity you will also study topics like fitness testing, event management, and sports development.

You will delve into the significance of coaching in sport at all levels through both classroom and practical applied learning. While understanding what it takes to become an effective coach, you will also know where we stand on the global stage, looking at the fusion of UK coaching and international standards.

You will have the opportunity to apply your learning during work placements as part of the units within the main study programme. You will be able to take advantage of our strong links with sport clubs and companies within the industry.

### Level 3 | Gym Instructing and Personal Training | 19+

#### Openshaw | 26 weeks (evenings only)

This course aims to develop learners with existing knowledge and skills in gym instruction who would like to pursue a career in personal training.

All students will learn about anatomy and physiology for exercise and health, how to apply principles of nutrition to a physical activity programme, delivering personal training sessions and how to develop a programme of personal training with clients.

If you have not achieved a Level 2 Fitness Instructing qualification, you will also study how to support clients who take part in exercise and physical activity, health, safety and welfare in a fitness environment and principles of exercise, fitness and health.





# SUPPORTED LEARNING

Promoting independence  
through accessibility and  
inclusion

Have you received learning support in the past? Do you have an Education, Health and Care Plan or an identified Special Educational Needs or Disabilities (SEND) need? Our Supported Learning team can help students with SEND to achieve their aspirational career goals.

We provide a highly personalised offer for students to create a supportive learning environment for all. Whatever course you choose to study, our provision is specifically designed to support you on your journey to independence and into further education or employment.

Find out more about how we can help you:  
[tmc.ac.uk/supported-learning](https://tmc.ac.uk/supported-learning)





# We'll help you Accelerate2industry

As soon as you enrol on a Sport course, we'll start talking to you about the opportunities that could be open to you in the future. To guide you through the process and help you achieve your aspirational career goals, we've teamed up with our higher education partner, UCEN Manchester, on an exciting initiative.



Ultimately, the aim of Accelerate2Industry is to help you progress into either higher study, higher education with UCEN Manchester, or your chosen career.

The initiative runs throughout the academic year and there are three distinct phases:

## Step 1 - Plan >>>

Find out about the options available to you at the end of your study programme.

## Step 2 - Pass >>>

Your tutors will speak to you about what you're planning on doing next year and support you to secure the grades you need to move on to the next phase of your journey.

## Step 3 - Progress >>>

Your tutors will ensure that you have all of the information and support you need to re-join us in September or progress on to university, employment or an apprenticeship.

## Progressors Award >>>

Do you want to study with a higher education provider that offers something a little bit different and delivers courses that are career focussed and lead you straight into employment? If so, our Progressors Award is just for you.

The award is open to all Level 3 students at The Manchester College that, upon completion of their course, enrol onto a higher education course at UCEN Manchester. The Progressors Award is currently £200. Please check the amount, eligibility, and terms and conditions ahead of making your progressors application to UCEN Manchester during your final year of Level 3 study.

Book a campus tour, taster session or other support session with the UCEN Manchester Outreach Team by contacting [HEfutures@ucenmanchester.ac.uk](mailto:HEfutures@ucenmanchester.ac.uk).

Scan for more information, advice and guidance.





## **DEGREE LEVEL**

Once you've completed one of our Level 3 Diplomas, you may want to progress onto a degree-level qualifications through our higher education partner – UCEN Manchester.

### **BACHELORS DEGREE (BSC)**

- **BSc Sport And Exercise Science**
  - **BSc in PE and School Sport**
  - **Top Up Degree BSC (HONS)**

**This one year qualification allows you to obtain an Honours degree from a Foundation degree or equivalent.**

- **Applied Sport and Exercise Science**
  - **PE and School Sport.**



The reason I chose UCEN Manchester is because of being a student at The Manchester College Openshaw Campus last year, I already knew the place inside and out.

Working with the tutors feels amazing, because I've got to know them on a personal level, and the facilities here are some of the best I've ever seen. I would definitely recommend UCEN Manchester.

*Adam Edwards,  
Sports Coaching Foundation Degree Student*



For more information or to apply  
**visit [ucenmanchester.ac.uk](https://ucenmanchester.ac.uk)**





# How to apply

Applying to study at The Manchester College is really easy. Just follow these steps and you will be on your journey to amazing in no time.



## Step 1

Visit **tmc.ac.uk**



## Step 2

Choose a course, apply at an open event, online or mobile



## Step 3

Receive a conditional offer - you must accept this within 12 weeks



## Step 4

Book to attend an interview



## Step 5

Register to attend our New Student Welcome Day on 30 June (16-18 only)



## Step 6

We will invite you to enrol in August or September after you receive your results (if applicable)

# What's next?

## Find out more and apply

To find out more about Sport at The Manchester College and to apply scan the QR code or visit: **tmc.ac.uk/sport**



## Visit us

Join us at one of our open events throughout the year to learn more about our courses, tour our facilities, speak to our tutors and much more. To find out when our next open event is taking place and to register your place visit: **tmc.ac.uk/events**

## Stay in touch

Follow us on our social media channels:

 **The Manchester College**

 **@TheMcrCollege**

 **@TheMcrCollege**

 **@themcrcollege**

## Contact Us

Got a question about one of our courses, about The Manchester College or just need to get in touch? Contact us:

 **enquiries@tmc.ac.uk**

 **03333 222 444**





The  
Manchester  
College®  
be amazing



*The Manchester College is committed to equality of opportunity, non-discriminatory practices and supporting individual learners. This information is also available in a range of formats, such as large print, on request.*