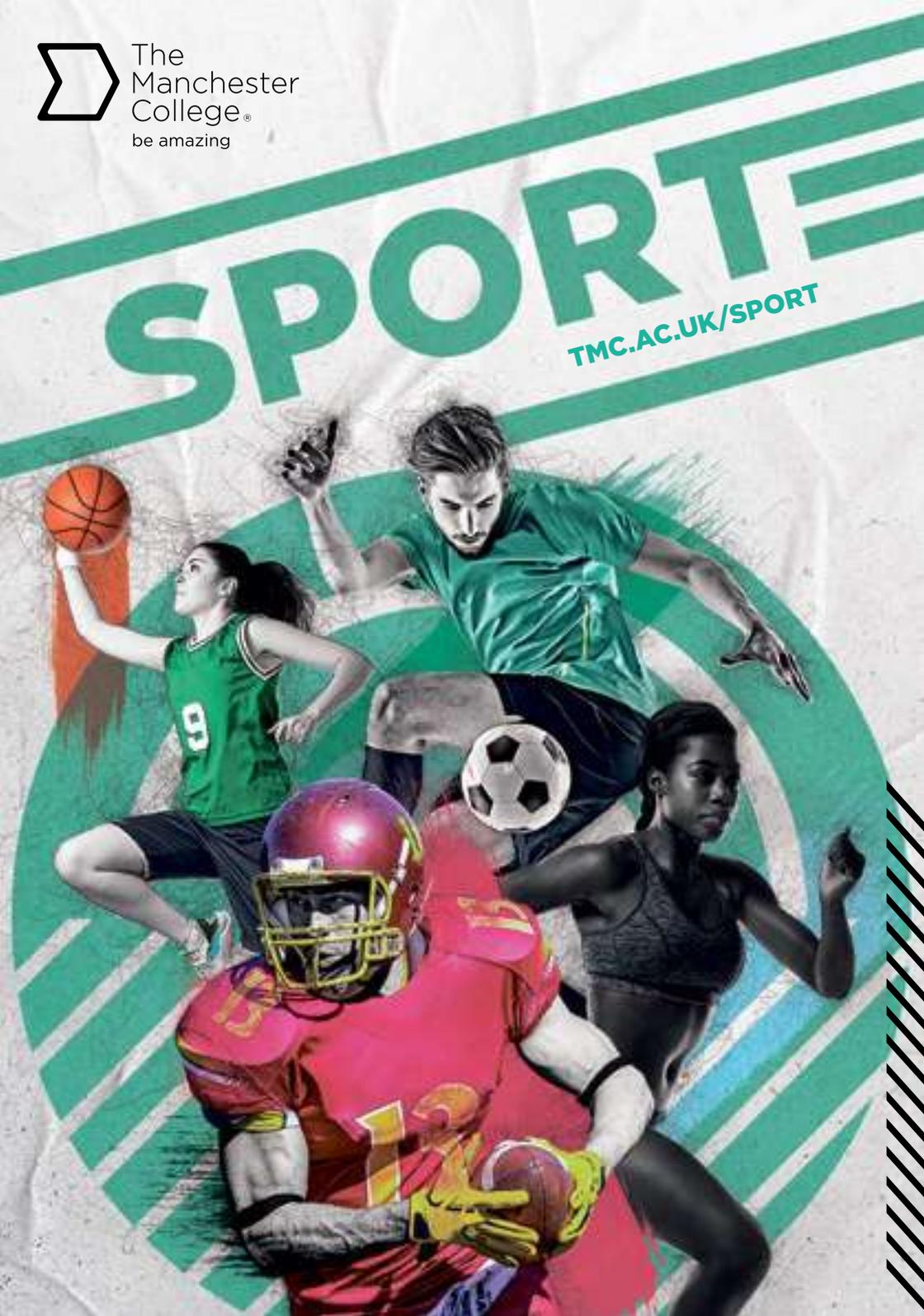




The
Manchester
College®
be amazing

SPORTS

TMC.AC.UK/SPORT





ABOUT

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 or football 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 17,000 people are employed in the sports industry across Manchester alone and that number is only expected to grow. So there really are 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, through our Centre of Excellence for Sport. 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?

CENTRE OF EXCELLENCE FOR SPORT

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

If you're aged 16-18, our Centre of Excellence for Sport is set up to help you do just that!



Study Programme

You'll join our Centre of Excellence for Sport when you enrol on any of our 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 achieve this level of qualification alongside your course. 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 careers available to you.

Employability Sessions

You'll be assigned an Employability Tutor and will take part in dedicated 'employability' sessions which will help equip you with the skills you'll need to thrive in the workplace

Work Related Activity

You'll learn more about the industry by taking part in a range of activities. These could include:

- Visits from well-known sports people, such as British professional boxer and former WBA lightweight title holder - Anthony Crolla
- 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

Work Experience Placement

You'll spend at least 35 hours in external workplaces across the region. You'll be helping with day-to-day tasks and shadowing staff to develop your skills and broaden your knowledge of the industry. Previous students have had placements at professional and semi-professional sports clubs, physios, sports centres, sports clothing brands, and local schools.

Industry Placement

You may be able to apply for an industry placement offering more than 315 hours of experience with a leading employer. These placements give you an in-depth knowledge of the industry, allow you to gain hands on experience and provide an insight into career pathways. Some of our students even go on to gain paid employment with their industry placement employer at the end of the year, so they offer a great first step into the industry. Once you complete your journey in our Centre of Excellence for Sport, will have all the skills you need to be 'work ready' and the qualifications you need to take the next steps towards an amazing career.

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 science.

If you're over 18 and you're already working in the fitness sector or you'd like to, you might be interested in one of our specialist fitness and personal training courses. They can give you a recognised qualification and the skills you need to get a job as a fitness instructor or personal trainer or you can use one of our short courses to upskill in areas such as circuits and kettle bells.

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



SPORT

Level 1 / 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.



SPORT

Level 2 / 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.



ACTIVITY LEADERSHIP

Level 2 / One Year

Whether you want to coach at Olympics level, like Amanda Reddin, lead a Premier League football team, or help young people to enjoy and progress in their chosen sport, then this is the course for you.

You have a choice of two pathways-Football Coaching and Leadership or Sport Coaching and Activity. Whichever path you choose, you'll be starting your journey to becoming a great coach. You'll learn essential coaching skills, such as how to

prepare for a session and lead it effectively. You'll find out how to keep children in your care safe, and you'll discover how to motivate both children and adults to try their best and have the confidence to aim high.

We'll also work with you to develop your teamwork, leadership and coaching skills. While there will be some desk work, it's a highly practical course, so you'll mainly be learning out on the pitch or in our fully equipped sports hall.



SPORT AND EXERCISE

Level 3 / Two Years

Do you want to learn more about the science behind the UK's most popular sports?

This Level 3 course will give you the chance to explore this enjoyable and fascinating subject. You'll learn about applied sport and exercise psychology, and Study Anatomy for Sports performance.

You'll also improve your research methods, and delve deeper into the areas that interest you the most.

You will also develop your skills in a range of practical areas, including outdoor adventure activities, fitness programmes and more.



SPORT AND PHYSICAL ACTIVITY (COACHING)

Level 3 / Two Years

Whether your interest is football, basketball, gymnastics, athletics or any another sport, this Level 3 course will help you take your coaching abilities to the next level.

You'll study modules on coaching, exercise, health and lifestyle, fitness testing, athlete lifestyles and coaching, and learn how to combine all your knowledge to make a positive impact on someone's sporting performance.



SPORT AND PHYSICAL ACTIVITY (SPORT AND EXERCISE)

Level 3 Extended Diploma / Two Years

Take your sporting achievement and development to the next level with our Sport scholarships:

- Specialise in your chosen sport
- Gain a qualification equivalent to three A Levels
- Learn from current and former professional players and coaches
- Join The Manchester College's first team academy squad

Basketball Scholarship

- Weekly sessions with qualified coaches
- Talent identification opportunities
- Learn from professional players and coaches.
- Become part of The Manchester College's successful Basketball Academy
- Link opportunities in the game with your academic studies
- Compete in the Association of Colleges' (AoC) North West Basketball League

American Football Scholarship

- Weekly training sessions with The Manchester College's American Football Team
- Opportunities to train and become part of an established team

Football Scholarship

- Weekly sessions with qualified coaches
- Compete in AoC league and cup competitions



BECOME A FITNESS INSTRUCTOR OR PERSONAL TRAINER

If you're over 18 and want to upskill or change career, we can help. Our accredited courses will teach you everything you need to know to instruct gym classes or become a personal trainer.

We're an Active IQ approved centre, so you can be assured that you'll receive high-quality, industry-relevant training.



FITNESS INSTRUCTION AND SELF- DEVELOPMENT IN ACTIVE LEISURE

Level 2

Turn your passion for fitness into a successful career and help others achieve their workout goals.

You'll learn how to prescribe, plan and deliver safe and effective exercise programmes and sessions. You'll also develop the extra skills you need to keep your clients happy, such as customer service. And you'll learn how to

support, encourage and motivate your clients.

Through this course you will gain an industry-recognised qualification, which will allow you to progress to a Level 3 course.



PERSONAL TRAINING

Level 3

Whether you want to work for a gym or start your own small business, this course will help you to develop all the skills, knowledge and competence you'll need to work as a fully qualified personal trainer.

You'll study four core units:

- Anatomy and physiology for exercise and health
- How to apply the principles of nutrition

- How to create a personal training programme for your clients
- How to effectively deliver one-to-one sessions

By the time you've finished the course, you'll be able to offer one-to-one training, baseline assessment, nutritional advice and progressive programmes. And you'll have gained a respected qualification that's approved by the Register of Exercise Professionals (REPs).



FITNESS INSTRUCTING AND PERSONAL TRAINING

Level 3

Do you love fitness and helping others? This Level 3 course will qualify you to work as both a fitness instructor and a personal trainer.

You'll study a wide range of units, including:

- Anatomy and physiology
- The principles of exercise, fitness, health and nutrition
- How to plan and instruct gym-based exercises and training sessions

By the time you finish, you'll have gained a range of skills and a much greater understanding of the subject. So you'll be well-placed to guide people in their own journey to becoming fitter.

Plus you'll gain a qualification that's recognised and approved by the Register of Exercise Professionals (REPs). You could use it to get a job as a fitness leader in a gym or health club, or to set up your own personal training business.



SHORT COURSES

If you're already working in the sector, why not take a low-cost short course to improve your skills? They're part-time and some are held in the evening, so you can fit them in around your day job. You'll be able to top up your knowledge in the area of fitness instructing that you'd like to specialise in, and gain an extra certificate.

Instructing Kettle Bell
Level 2

Instructing Circuit Sessions
Level 2

Understanding Nutrition, Performance and Healthy Eating
Level 2

UCEN
MANCHESTER
FIND YOUR FUTURE

DEGREE LEVEL UCEN MANCHESTER

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

Foundation Degree

Sport Coaching

Sport Science and Human Performance

BA (Hons) Top Up

Applied Sport and Exercise Science

Sport Coaching and School Sport

For more information or to apply, visit ucenmanchester.ac.uk



The Manchester College

SPORTS TEAMS

Enrolling into our Centre of Excellence for Sport isn't just about discovering more about the sport you love and working towards a bright career.

If you're 16-19, 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 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 16-19, and trials take place from enrolment until early September.

If you're successful, you'll train three times a week in Belle Vue Sports Village - home to the National Basketball Performance Centre. Games take place on Wednesdays.

For more information, please contact: ABell@tmc.ac.uk

The Manchester College Football Team

Our football team competes in the AoC National Championship League. We were finalists in the 2016/17 AoC National Cup, and won the Manchester Cup in 2016/17.

Trials are open to students aged 16-19, 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 the Nicholls campus. Matches are played on Wednesdays.

For more information, please contact: SNickson@tmc.ac.uk

CAREERS



PE Teacher

Average Salary: £34,000

Do you want to inspire children and young people to live healthier, fitter lives? As a P.E. teacher, you'd work with young people of all abilities. You could coach school teams, organise sports events and arrange inter-schools matches. Like all teachers, you would need a teaching qualification, and be confident enough to manage a class.



EXERCISE PHYSIOLOGIST

Average Salary: £37,000

If you want to help athletes to stay at the top of their game, you could aim for a career as an exercise physiologist. You'd use your skills and knowledge to improve your clients' performance and fitness levels, or to help prevent or treat injuries. Alternatively, you could help non-athletes to become more active and enjoy sport, in a workplace, prison or other setting.



SPORTS PERSON AND COACH

Average Salary: £24,000

If you have the talent and dedication to rise to the very top of your sport, you could become a professional player. While many sportspeople who compete at the highest levels are actually amateurs, some do pursue professional careers. As well as training hard, you'd need to know the science behind your physical and mental fitness and have a good understanding of your own body.

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.



HAYLEY FRANCIS

Head of Department

Hayley is the Head of three departments, including Sport. She's been part of our Sport department for seven years, and is particularly passionate about nutrition and children's health and activity levels. Hayley's love of sport comes from her athletic experience in track and field events across the North West, as part of Wigan Harriers Athletics Team. She's committed to making an already highly successful department even better, through excellent teaching and student support and our brand new state-of-the-art facilities.



STUART NICKSON

Sports Tutor and Sports Academy Coordinator

Stuart began his professional coaching career with Bury Football Academy before spending six years working with Manchester City's elite players. He also managed their U7 team and assisted their full-time academy coaches. More recently, Stuart has worked with a range of age groups at Everton Football Club. He's been at The Manchester College for seven years now and previously managed our Category 1 football team.



TRACEY KNOWLES

Tutor

Tracy has been teaching and assessing a range of BTECs, NVQs and vocational qualifications in health, fitness and dance for more than eight years. She joined the College three years ago and is now the lead tutor for our Level 2 and 3 Fitness Instructing and Personal Training adult courses.

LOCATIONS



Nicholls Campus

Hyde Road,
Ardwick
Manchester
M12 6BA

If you're taking a 16-18 course, you'll be learning at our Nicholls campus, which is home to a vast array of sports facilities and equipment.

Whether football or American football is your sport, you'll be able to take to the field on our full size, floodlit 3G pitch or grass pitch, and benefit from large changing rooms and officials' rooms.

Our indoor sports hall is also open if you want to take part in yoga, dodgeball, basketball, circuit training and other activities. And you'll be able to work on your personal fitness in our fully equipped gym, which has resistance machines, cardiovascular machines, free weights and more.

Our classrooms are used for both theory lessons and sports analysis, so we have the specialist software and equipment you'll need to analyse performance, including GoPro cameras.



Openshaw Campus

Ashton Old Road
Openshaw
Manchester
M11 2WH

All of our adult Sport courses are taught at our Openshaw campus, including our degree level qualifications.

You'll benefit from a fully equipped fitness suite and gym, which has treadmills, rowers, exercise bikes, free weights, squat racks and much more. 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 metalysers, blood pressure monitors, heart rate monitors, peak flow meters and body composition based equipment. So, whichever Sport course you decide to take, you'll have everything you need to work your way to success.

BUILDING EXCELLENCE

The Manchester College strives to deliver an exciting and innovative learning experience to all our students looking to learn new skills. We are committed to playing a pivotal role in shaping the learning of today and for the generations to follow.

In support of our commitment, The College, alongside Higher Education partner UCEN Manchester, is investing £140 million to transform and restructure our campus estate which are set to open throughout 2021 and 2022.

A powerful mix of new and redeveloped campuses, as a student you will enjoy exceptional, state-of-the-art study facilities alongside access to outstanding student support services. Our aim; to create a healthy, happy, productive environment in which you can thrive as we encourage you to create a positive and prosperous future.

Our Sport facilities will benefit directly from our investment with a brand new 3G pitch and multi-sport facilities, match



analysis suite and fitness testing room at our Openshaw campus for everything from elite performance to community clubs and activities.

It will enable us to expand and enhance our current Centres of Excellence allowing us to remain at the cutting edge of industry standards whilst offering you the very best environments to unleash your creativity and maximise your potential.

WHAT OUR STUDENTS SAY



JOEL FLETCHER

Level 3 Sport

“I love it at The Manchester College. The tutors and support staff really show that they care. I know that if I want to start early or use the facilities late, I’ll be allowed; they are really flexible.”



LENIN SIBANDA

Level 3 Sports and Exercise

“Being at The Manchester College has shown me different career paths that I could take and I have met new people that have helped me over the years.”



JAYLYNN FYNE

Level 3 Sports and Exercise
(Basketball Scholarship)

“There’s a great atmosphere at The Manchester College. The people I’ve met through the course and tutors are all really easy to get on with.”



KAI DAVIES

Level 3 Sports and Exercise
(Basketball Scholarship)

“Since starting at the college, I’ve been motivated by the tutors and the culture of the campus to push myself to achieve higher grades and get involved in every opportunity that is offered to me. My tutors consistently discuss different career paths with us, introducing us to some pathways we wouldn’t have considered. They have also helped me deal with real life situations like how to handle myself in an interview.”



HOW TO APPLY

Applying to study at The Manchester College is really easy and can be done online via desktop, tablet or mobile.

Simply follow these eight steps and you'll be on your journey to amazing in no time at all.

- **Step 1**
Visit tmc.ac.uk
- **Step 2**
Browse our range of courses and choose the course you'd like to apply for
- **Step 3**
Apply for the course using our application portal, making sure you complete all of the relevant information
- **Step 4**
Receive a conditional offer
- **Step 5**
Book to attend an Applicant and Parent Information Evening (16-18 year old students only)
- **Step 6**
Register to attend our New Student Welcome Day (16-18 year old students only)
- **Step 7**
Join us at enrolment on the date we specify on your invite (For 16-18 year old students applying for September this will be after you receive your results)
- **Step 8**
Start your journey to amazing

Find out more and apply

To find out more about The Manchester College and our Sport department and to apply for one of our courses visit:

tmc.ac.uk/sport

Visit us

Join us at one of our Open Events throughout the year to learn more about our courses, visit the campus you could be studying at and tour our facilities, speak to our tutors, view demonstrations and work from current students and much more. To find out when our next Open Events are taking place visit:

tmc.ac.uk/events

Contact Us

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



03333 222 444



enquiries@tmc.ac.uk

Stay in Touch

Follow us on via our social media channels



The Manchester College



@TheMcrCollege



@TheMcrCollege



The
Manchester
College[®]
be amazing