

**LEVEL 3 SPORT**

**ABOUT THE SCHOOL**

The School of Sport Science & Exercise trains students in practical and theoretical sports knowledge, allowing them to progress their careers as professional players or sports therapists. Courses lead to further study or employment, while local partnerships provide multiple exit routes for talented athletes and instructors.

**CONTENTS**

Meet the Team Course Introduction Reading List Listening List Watch List

Get Involved



**Meet the team**

## Ryan Grant

Head of Sport Science & Exercise <https://drive.google.com/file/d/17IOCJps5JHIBKcEOyS7lxT_w-kYujnJh/view?usp=sharing>

## Anthony Gallagher

Deputy Head [https://drive.google.com/file/d/1P4mpLlYefY0r5isHVEmTuLWNaApQ\_iyk/view? usp=sharing](https://drive.google.com/file/d/1P4mpLlYefY0r5isHVEmTuLWNaApQ_iyk/view?usp=sharing)

## Kim Martin

Deputy Head <https://drive.google.com/file/d/1Q8TlWOQd1BiO_nQsGvZRXu5yVsc3pIv1/view?usp=sharing>

## Gareth Groves

Programme Manager

<https://drive.google.com/file/d/1AI9tCbtMwxA2Y_6BC_j8AG-6JdKHrT7o/view?usp=sharing>

## Martin Parker

Coaching Tutor <https://drive.google.com/file/d/1FMgY1b6utMBaDudn59UMv5Y5oVTIYrJR/view?usp=sharing>

## Andrew Ali

Course Leader

## Lois Marsden

Course Leader

<https://drive.google.com/file/d/13chMat_972DWkzCRWlbourNhSbdZ-wA4/view?usp=sharing>

## Tuscany Mellor

Course Leader

<https://drive.google.com/open?id=12ztkmgYifnbAN8uZgZiEm6LxViDN94Oc>

## Vikki Harrison

Course Leader <https://drive.google.com/file/d/1EJSlRhevGT0A0KnZXCGBD5B8742kFpIx/view?usp=sharing>

## George Trifunovic

Sports Tutor <https://drive.google.com/file/d/1hBvS5qDl4Kx6WRLoNLJEUuKVKhbPBI_l/view?usp=sharing>

## Chloe Bannerman

Sports Tutor <https://drive.google.com/file/d/1ueMMUvW5oMwvOl1efBuuylxGSYFSTtrY/view?usp=sharing>

## Adam Lunn

Sports Tutor

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## Dan Whiteley

Attendance and Data Coordinator

https://drive.google.com/file/d/1eaPUIMDsg4aYueL4kiABNBrfroRwmj5R/view?usp=sharing

#  Level 3 Sport

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| **Course Introduction** | **Description** | **Links** |
| **Title** | **Level 3 National Foundation Diploma in Sport** - Designed as a one-year, full time course covering the underpinning knowledge for the sport sector, supporting progression to a further year of study at Level 3, which would then support progression to higher education. | [https://qualifications.pearson.com/ content/dam/pdf/BTEC-Nationals/ Sport/20161/specification-and-sample- assessments/9781446938102\_BTEC\_ Nat\_FDip\_Sport\_SPEC\_Iss2C.pdf](https://qualifications.pearson.com/content/dam/pdf/BTEC-Nationals/Sport/20161/specification-and-sample-assessments/9781446938102_BTEC_Nat_FDip_Sport_SPEC_Iss2C.pdf) |
| **Units** | You will undertake seven units in total of which four are mandatory and two are externally assessed. | [https://docs.google.com/document/](https://docs.google.com/document/d/1CL5NWSJEOKoTnwuBC-T2QihTqGbQKbTh6_nTFOQgx2U/edit?usp=sharing) [d/1CL5NWSJEOKoTnwuBC-](https://docs.google.com/document/d/1CL5NWSJEOKoTnwuBC-T2QihTqGbQKbTh6_nTFOQgx2U/edit?usp=sharing)[T2QihTqGbQKbTh6\_nTFOQgx2U/](https://docs.google.com/document/d/1CL5NWSJEOKoTnwuBC-T2QihTqGbQKbTh6_nTFOQgx2U/edit?usp=sharing) [edit?usp=sharing](https://docs.google.com/document/d/1CL5NWSJEOKoTnwuBC-T2QihTqGbQKbTh6_nTFOQgx2U/edit?usp=sharing) |
| **Progression / UCAS** | Progress from this course into year 2 to complete an extended diploma, which could then enable you to progress to university to study in areas such as sports coaching, teaching, sports development, sports studies plus many more! |  |
| **Work Experience** | Learners are required to undertake a minimum of 30 hours work experience as part of this study programme in a related field.Work experience is an important aspect of your study programme and built into each year of your course. This short clip introduces you to the requirements and benefits of completing work experience as well as an example of how the tutors will support you in implementing your work experience plan. | [https://drive.google.com/file/d/1C9](https://drive.google.com/file/d/1C9Os0IEzFQK838iJj8m0UB3iQF4mRGs-/view?usp=sharing) [Os0IEzFQK838iJj8m0UB3iQF4mR](https://drive.google.com/file/d/1C9Os0IEzFQK838iJj8m0UB3iQF4mRGs-/view?usp=sharing)[Gs-/view?usp=sharing](https://drive.google.com/file/d/1C9Os0IEzFQK838iJj8m0UB3iQF4mRGs-/view?usp=sharing) |

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**Level 3 Sport**

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| **Course Introduction** | **Description** | **Links** |
| **Title** | **Level 3 National Extended Certificate in Sports Coaching** Designed as a one-year, full-time course covering the underpinning knowledge for the sport sector and with a primary focus on sports coaching fundamentals. This course supports progression to a further year of study at Level 3, which would then support progression to higher education or support those learners wanting to progress directly to employment in the coaching and development sector as an assistant coach. | [https://qualifications.pearson.com/](https://qualifications.pearson.com/content/dam/pdf/BTEC-Nationals/sports-coaching-and-development/2019/specification-and-sample-assessments/BTEC-NAT-NonMeasures-SportsCoaching.pdf) [content/dam/pdf/BTEC- Nationals/sports-coaching-and- development/2019/specification- and-sample-assessments/BTEC- NAT-NonMeasures-](https://qualifications.pearson.com/content/dam/pdf/BTEC-Nationals/sports-coaching-and-development/2019/specification-and-sample-assessments/BTEC-NAT-NonMeasures-SportsCoaching.pdf) [SportsCoaching.pdf](https://qualifications.pearson.com/content/dam/pdf/BTEC-Nationals/sports-coaching-and-development/2019/specification-and-sample-assessments/BTEC-NAT-NonMeasures-SportsCoaching.pdf) |
| **Units** | You will undertake three units in total, all of which are mandatory. | [https://docs.google.com/documen](https://docs.google.com/document/d/1xt22VrJr-aKnG-kY2-29D30TKVvz9GTe1Hz2tIeNX-U/edit?usp=sharing) [t/d/1xt22VrJr-aKnG-kY2- 29D30TKVvz9GTe1Hz2tIeNX-](https://docs.google.com/document/d/1xt22VrJr-aKnG-kY2-29D30TKVvz9GTe1Hz2tIeNX-U/edit?usp=sharing)[U/edit?usp=sharing](https://docs.google.com/document/d/1xt22VrJr-aKnG-kY2-29D30TKVvz9GTe1Hz2tIeNX-U/edit?usp=sharing) |
| **Progression / UCAS** | Progress from this course into year 2 to complete a diploma and work alongside as an assistant coach. Completing two years will enable you to progress to university to study in areas such as sports coaching, teaching, sports development, sports studies plus many more, or seek employment as a sports coach. If you decide you want to go to university, you will use UCAS to apply and your tutors will help you with this process. This short video explains the process of applying through UCAS. | [https://www.youtube.com/watch?](https://www.youtube.com/watch?v=avTmrdwn5ig) [v=avTmrdwn5ig](https://www.youtube.com/watch?v=avTmrdwn5ig) |
| **Work Experience** | Learners are required to undertake a minimum of 30 hours work experience as part of this study programme in a related field.Work experience is an important aspect of your study programme and built into each year of your course. This short clip introduces you to the requirements and benefits of completing work experience as well as an example of how the tutors will support you in implementing your work experience plan. | [https://drive.google.com/file/d/1C9](https://drive.google.com/file/d/1C9Os0IEzFQK838iJj8m0UB3iQF4mRGs-/view?usp=sharing) [Os0IEzFQK838iJj8m0UB3iQF4m](https://drive.google.com/file/d/1C9Os0IEzFQK838iJj8m0UB3iQF4mRGs-/view?usp=sharing)[RGs-/view?usp=sharing](https://drive.google.com/file/d/1C9Os0IEzFQK838iJj8m0UB3iQF4mRGs-/view?usp=sharing) |

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**Level 3 Sport**

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| **Course Introduction** | **Description** | **Links** |
| **Title** | **Level 3 National Extended Certificate in Sport and Fitness** | [https://qualifications.pearson.co](https://qualifications.pearson.com/content/dam/pdf/BTEC-Nationals/sport-fitness-and-personal-training/2019/specification-and-sample-assessments/BTEC-NAT-NonMeasures-SportsFitness.pdf) |
|  | Designed as a one-year, full-time course covering the underpinning | [m/content/dam/pdf/BTEC-](https://qualifications.pearson.com/content/dam/pdf/BTEC-Nationals/sport-fitness-and-personal-training/2019/specification-and-sample-assessments/BTEC-NAT-NonMeasures-SportsFitness.pdf) |
|  | knowledge around health and fitness and with a primary focus on | [Nationals/sport-fitness-and-](https://qualifications.pearson.com/content/dam/pdf/BTEC-Nationals/sport-fitness-and-personal-training/2019/specification-and-sample-assessments/BTEC-NAT-NonMeasures-SportsFitness.pdf) |
|  | the fundamentals of gym instructing. This course supports | [personal-](https://qualifications.pearson.com/content/dam/pdf/BTEC-Nationals/sport-fitness-and-personal-training/2019/specification-and-sample-assessments/BTEC-NAT-NonMeasures-SportsFitness.pdf) |
|  | progression to a further year of study at Level 3, which would then | [training/2019/specification-and-](https://qualifications.pearson.com/content/dam/pdf/BTEC-Nationals/sport-fitness-and-personal-training/2019/specification-and-sample-assessments/BTEC-NAT-NonMeasures-SportsFitness.pdf) |
|  | support progression to Higher Education or support those learners | [sample-assessments/BTEC-](https://qualifications.pearson.com/content/dam/pdf/BTEC-Nationals/sport-fitness-and-personal-training/2019/specification-and-sample-assessments/BTEC-NAT-NonMeasures-SportsFitness.pdf) |
|  | wanting to progress directly to employment in the health and fitness | [NAT-NonMeasures-](https://qualifications.pearson.com/content/dam/pdf/BTEC-Nationals/sport-fitness-and-personal-training/2019/specification-and-sample-assessments/BTEC-NAT-NonMeasures-SportsFitness.pdf) |
|  | sector as a gym instructor. | [SportsFitness.pdf](https://qualifications.pearson.com/content/dam/pdf/BTEC-Nationals/sport-fitness-and-personal-training/2019/specification-and-sample-assessments/BTEC-NAT-NonMeasures-SportsFitness.pdf) |
| **Units** | You will undertake three units in total, all of which are mandatory. | [https://docs.google.com/docume](https://docs.google.com/document/d/15O_60hCjGZgWrt0PArksOcE3ejbI8k6Vr2uT2-PaCM8/edit?usp=sharing) [nt/d/15O\_60hCjGZgWrt0PArksO cE3ejbI8k6Vr2uT2-PaCM8/edit?](https://docs.google.com/document/d/15O_60hCjGZgWrt0PArksOcE3ejbI8k6Vr2uT2-PaCM8/edit?usp=sharing) [usp=sharing](https://docs.google.com/document/d/15O_60hCjGZgWrt0PArksOcE3ejbI8k6Vr2uT2-PaCM8/edit?usp=sharing) |
| **Progression / UCAS** | Progress from this course into year 2 to complete a diploma and work alongside as a fitness instructor. Completing two years will enable you to progress to university to study in areas such as health and wellbeing, sports nutrition, teaching plus many more, or seek employment as a personal trainer! |  |
| **Work Experience** | Learners are required to undertake a minimum of 30 hours work experience as part of this study programme in a related field. Work experience is an important aspect of your study programme and built into each year of your course. This short clip introduces you to the requirements and benefits of completing work experience as well as an example of how the tutors will support you in implementing your work experience plan. | [https://drive.google.com/file/d/1](https://drive.google.com/file/d/1C9Os0IEzFQK838iJj8m0UB3iQF4mRGs-/view?usp=sharing) [C9Os0IEzFQK838iJj8m0UB3iQ](https://drive.google.com/file/d/1C9Os0IEzFQK838iJj8m0UB3iQF4mRGs-/view?usp=sharing)[F4mRGs-/view?usp=sharing](https://drive.google.com/file/d/1C9Os0IEzFQK838iJj8m0UB3iQF4mRGs-/view?usp=sharing) |

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**Read**

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| **Title** | **Description** | **Link** |
| Careers in Sports Coaching | Use this link to delve into the world of sports teaching and coaching, look at potential career options and gain some fantastic advice and guidance on the sector. Check out the latest news in the world of coaching and gain hints and tips from famous people such as Chelsea and England's Fran Kirby. | [https://careers-in-sport.co.uk/teaching-and-](https://careers-in-sport.co.uk/teaching-and-coaching/) [coaching/](https://careers-in-sport.co.uk/teaching-and-coaching/) |
| Top Tips | 10 top tips for succeeding at college. Read how to make the most of your time at college and jump on the road to success! | [https://opportunity.org/learn/lists/10-habits-of-](https://opportunity.org/learn/lists/10-habits-of-successful-students%22%20%5Cl%20%22.XsPmG2hKjic) [successful-students#.XsPmG2hKjic](https://opportunity.org/learn/lists/10-habits-of-successful-students%22%20%5Cl%20%22.XsPmG2hKjic) |
| James Smith Not a Diet Book | Thinking about meal plans, programming and achieving weight loss and the marketing tactics of the fitness industry.If you are interested in learning more about the facts and no nonsense approach to the fitness industry, this is definitely worth a read (available as a book, Kindle or audiobook).Or alternatively Jame Smith's Instagram is full of helpful hints, tips and videos. | [https://www.amazon.co.uk/Not-Diet-Book- Confidence-Transform/dp/0008374279](https://www.amazon.co.uk/Not-Diet-Book-%20Confidence-Transform/dp/0008374279)<https://www.instagram.com/jamessmithpt/?hl=en> |

**Listen**

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| **Title** | **Description** | **Link** |
| Anatomy Mythbuster | Have a bit of fun with some anatomy mythbusters, find out how much you think you know and what is fake news. | Spotify - <https://open.spotify.com/episode/1qy4to8mj4HsR6WPk6MklW> |
| Planet PE | Discover some great playlists on this YouTube channel around PE/sport, especially linked to anatomy. | <https://www.youtube.com/channel/UCZYYCR8YjZlb5S3DMZW3u7g/featured> |
| Mike Nilson & Scott Baptie | A great podcast that looks at the nutrition for young athletes. A very beneficial listen for anyone joining one of our Level 3 programmes. | [https://podcasts.apple.com/gb/podcast/fff-149-sports-nutrition-for-youth-](https://podcasts.apple.com/gb/podcast/fff-149-sports-nutrition-for-youth-athletes-students/id971178438?i=1000459837954) [athletes-students/id971178438?i=1000459837954](https://podcasts.apple.com/gb/podcast/fff-149-sports-nutrition-for-youth-athletes-students/id971178438?i=1000459837954) |

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**Watch**

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| **Title** | **Description** | **Link** |
| Tutorial - How to create electronic session plans to use within your course | You will plan numerous coaching sessions during this course. This tutorial will introduce you to a site and software that allows you to create digital copies of session plans. Basic functions will be covered which you can then practise to create your own sessions which can easily be printed for you to use or record or send as an attachment to your tutors | Video 1 - Introduction to the session and registering an account with Sportplan [https://drive.google.com/file/d/1MJ3z9VresVePQI](https://drive.google.com/file/d/1MJ3z9VresVePQIAItTzOsniqWD2lShCp/view) [AItTzOsniqWD2lShCp/view](https://drive.google.com/file/d/1MJ3z9VresVePQIAItTzOsniqWD2lShCp/view) Video 2 - How to create your first drawing [https://drive.google.com/file/d/1bV4aV-\_A-ookf-](https://drive.google.com/file/d/1bV4aV-_A-ookf-5FHxwPqy1DblWymWJ2/view) [5FHxwPqy1DblWymWJ2/view](https://drive.google.com/file/d/1bV4aV-_A-ookf-5FHxwPqy1DblWymWJ2/view) Video 3 - How to create and share your first plan [https://drive.google.com/file/d/1kAwlz92ZOc00Tj-](https://drive.google.com/file/d/1kAwlz92ZOc00Tj-JSoGRktwi9UJdoOOx/view) [JSoGRktwi9UJdoOOx/view](https://drive.google.com/file/d/1kAwlz92ZOc00Tj-JSoGRktwi9UJdoOOx/view) |
| Introduction To Anatomy & Physiology | Over the course, you will gain an in depth understanding of the human body and how it works. Use the videos to start building your knowledge of human anatomy. | Video 1 - Introduction to muscles and bones htt[ps://www.youtube.com/watch?v=Ge7LK3h83f0](http://www.youtube.com/watch?v=Ge7LK3h83f0) |
|  |  | Video 2 - The heart htt[ps://www.youtube.com/watch?v=7XaftdE\_h60](http://www.youtube.com/watch?v=7XaftdE_h60) |
|  |  | Video 3 - Heart and lungs htt[ps://www.youtube.com/watch?v=Vi1JK6IYVt8](http://www.youtube.com/watch?v=Vi1JK6IYVt8) |
| Work | Work experience is an important aspect of your study | [https://drive.google.com/file/d/1C9Os0IEzFQK838](https://drive.google.com/file/d/1C9Os0IEzFQK838iJj8m0UB3iQF4mRGs-/view?usp=sharing) |
| Experience - | programme and built into each year of your course. This | [iJj8m0UB3iQF4mRGs-/view?usp=sharing](https://drive.google.com/file/d/1C9Os0IEzFQK838iJj8m0UB3iQF4mRGs-/view?usp=sharing) |
| Introduction and | short clip introduces you to the requirements and benefits |  |
| Support | of completing work experience as well as an example of |  |
|  | how the tutors will support you in implementing your work |  |
|  | experience plan. |  |
| Fittest in Dubai | Documentaries on Netflix, considering the impact of | Redeemed - |
| and/ or | training methods and programming, gain an insight into | <https://www.netflix.com/gb/title/80176064> |
| The Redeemed | the application of these and the effect that they have in | Fittest in Dubai - |
| and the | elite sporting performances in the world of crossfit. | <https://www.netflix.com/gb/title/81247572> |
| Dominant: |  |  |
| Fittest on Earth |  |  |
| Game Changers | Documentary on Netflix. Think about what you know about dietary intake, energy balance and the recommendations around protein intake and athletes. What are the effects of a vegan or vegetarian diet on elite level performance?Consider the conclusions drawn, the credibility of the sources and the amount of information available in the field. | <https://www.netflix.com/gb/title/81157840> |

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**Get Involved**

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| **Title** | **Description** | **Link** |
| Plan a coaching session | After watching the video tutorials showing how to use Sportplan to create electronic session plans, create your own session plan which contains details of a warm up and a game of your choice. Once complete, attach your plan to the email provided and send to us for feedback. | <https://www.sportplan.net/> |
| Personal profile | Complete the questions within this profile to allow your tutors to get to know you prior to joining us in September. | [https://forms.gle/ChxNfD1Nwa4Hy6i](https://forms.gle/ChxNfD1Nwa4Hy6iP8) [P8](https://forms.gle/ChxNfD1Nwa4Hy6iP8) |
| Work experience - initial ideas | The intention of completing this form is to get you thinking about potential areas where you would benefit from completing some work experience whilst studying. Having an idea of which sectors you would like to gain more experience in at the start of the course, will enable you and your tutors to plan towards implementing this throughout the year. | <https://forms.gle/roL6vty3eL1M6dYc7> |
| E-learning- iphone app | Explore the human body using this free IOS app. Learn more about the different systems of the body and how they are structured. | App - Visual Anatomy Lite |
| Sporting challenges! | Compete against Leeds City College sports staff to see if you can beat their scores in a variety of sporting challenges. | [https://www.instagram.com/p/CAIOsx](https://www.instagram.com/p/CAIOsxWnoVi/?utm_source=ig_web_copy_link) [WnoVi/?](https://www.instagram.com/p/CAIOsxWnoVi/?utm_source=ig_web_copy_link) [utm\_source=ig\_web\_copy\_link](https://www.instagram.com/p/CAIOsxWnoVi/?utm_source=ig_web_copy_link), [https://www.instagram.com/p/B\_2IGk](https://www.instagram.com/p/B_2IGkJA4XD/?utm_source=ig_web_copy_link) [JA4XD/?](https://www.instagram.com/p/B_2IGkJA4XD/?utm_source=ig_web_copy_link)[utm\_source=ig\_web\_copy\_link](https://www.instagram.com/p/B_2IGkJA4XD/?utm_source=ig_web_copy_link), [https://www.instagram.com/p/B\_zXKI](https://www.instagram.com/p/B_zXKICHVwp/?utm_source=ig_web_copy_link) [CHVwp/?](https://www.instagram.com/p/B_zXKICHVwp/?utm_source=ig_web_copy_link) [utm\_source=ig\_web\_copy\_link](https://www.instagram.com/p/B_zXKICHVwp/?utm_source=ig_web_copy_link), [https://www.instagram.com/p/B\_43N](https://www.instagram.com/p/B_43NTQHW6x/?utm_source=ig_web_copy_link) [TQHW6x/?](https://www.instagram.com/p/B_43NTQHW6x/?utm_source=ig_web_copy_link)[utm\_source=ig\_web\_copy\_link](https://www.instagram.com/p/B_43NTQHW6x/?utm_source=ig_web_copy_link), [https://www.instagram.com/p/CAFYB](https://www.instagram.com/p/CAFYBEDnePX/?utm_source=ig_web_copy_link) [EDnePX/?](https://www.instagram.com/p/CAFYBEDnePX/?utm_source=ig_web_copy_link) [utm\_source=ig\_web\_copy\_link](https://www.instagram.com/p/CAFYBEDnePX/?utm_source=ig_web_copy_link) |