

**SPORT PART-TIME COURSES**

**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.

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**Meet the team**

## Ryan Grant

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

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Deputy Head <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

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## Martin Parker

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

## Andrew Ali

Course Leader

## Lois Marsden

Course Leader

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## 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>

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

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

## Adam Lunn

Sports Tutor <https://drive.google.com/open?id=1_vXvVgBXLPAM2jXjACi9Gl72vqAAoLJv>

## Dan Whitley

Attendance and Data Coordinator

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#  SPORT PART-TIME COURSES

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| **Course Introduction** | **Description** | **Links** |
| **Title** | Level 3 Diploma in FItness Instructing & Personal Training |  |
| **Units** | 10 Units1. - Anatomy & physiology for exercise - multiple choice exam
2. - Health, safety and welfare in a fitness environment
3. - Principles of exercise, health and fitness - multiple choice exam
4. - Know how to support clients who take part in exercise and fitness
5. - Planning gym-based exercise
6. - Instructing gym-based exercise - practical assessment
7. - Anatomy and physiology for exercise and health - multiple choice exam
8. - Programming personal training sessions
9. - Delivering personal training sessions - practical assessment
10. - Applying the principles of nutrition to a physical activity programme
 | [https://www.1st4sportqualifications.com/cent](https://www.1st4sportqualifications.com/centre_information/centreinfo_our_qualifications/qualificationbin/l3-dip-fitness-instruct-personal-training/) [re\_information/centreinfo\_our\_qualifications/ qualificationbin/l3-dip-fitness-instruct-](https://www.1st4sportqualifications.com/centre_information/centreinfo_our_qualifications/qualificationbin/l3-dip-fitness-instruct-personal-training/) [personal-training/](https://www.1st4sportqualifications.com/centre_information/centreinfo_our_qualifications/qualificationbin/l3-dip-fitness-instruct-personal-training/) |
| **Progression / UCAS** | Progression from this course: Employment as a personal trainer - Level 3 Diploma in Exercise Referral - Level 3 Diploma in Massage Therapy |  |

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| **Course Introduction** | **Description** | **Links** |
| **Title** | VTCT Level 3 and 4 Sports Massage Therapy |  |
| **Units** | Level 3: Anatomy & Physiology, Principles of Health and Fitness, Professional Practice, Soft Tissue Dysfunction, Sports Massage Treatments | Level 3: [https://qualifications.vtct.org.uk/finder/qualfin der/qual.php?qual=SP3D6](https://qualifications.vtct.org.uk/finder/qualfin%20der/qual.php?qual=SP3D6) |
| Level 4: Conducting Subjective and Objective Assessment, Sports Massage Techniques to Prevent and Manage Injury, Treatment Modalities to Support Soft Tissue Repair | Level 4: [https://qualifications.vtct.org.uk/finder/qualfin](https://qualifications.vtct.org.uk/finder/qualfinder/qual.php?qual=SP4C1) [der/qual.php?qual=SP4C1](https://qualifications.vtct.org.uk/finder/qualfinder/qual.php?qual=SP4C1) |
| **Progression / UCAS** | Level 2 Fitness Instructing, Level 3 Personal Training, Level 3 Exercise Referral, Access to HE Sports Therapy. Foundation and BSc degree at University Centre Leeds |  |

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 **Read**

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| **Title** | **Description** | **Link** |
| Brukner & Khan Clinical Sports Medicine | Excellent in depth textbook that covers everything you need to know about injuries, dysfunction, treatment and prevention options | [https://csm.mhmedical.com/book.aspx?bookid=1970#168688736](https://csm.mhmedical.com/book.aspx?bookid=1970&168688736) |
| Mac Nutrition | Nutrition articles | <http://www.mac-nutrition.com/articles/> |
| Phil Learney | Advanced Coaching Academy | <https://www.advancedcoachingacademy.com/articles/> |

 **Watch**

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| **Title** | **Description** | **Link** |
| Physio tutors | Short and informative videos telling you everything you need to know about testing for injuries and what to do during clinical assessments | <https://www.youtube.com/channel/UC_VQDInMfY5HoPn8w9OmuFw> |
| Phil Learney | Industry expert with loads of advice for people new to this industry | <https://www.youtube.com/channel/UCEle_mU2C3JRz0i92OzsGcg> |
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 **Listen**

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| **Title** | **Description** | **Link** |
| The Sports Physio Podcast | Fun and in depth podcasts that discuss real issues and complaints therapists may come across during consultation and treatments | <https://ptpodcast.com/podcasts/naf-physio-podcast/> |
| James Smith Podcast |  | <https://thejamessmithpodcast.libsyn.com/> |
| Not a Diet Book | Free audio-book | [https://www.amazon.co.uk/Not-a-Diet-](https://www.amazon.co.uk/Not-a-Diet-Book/dp/B07V7FZJVW/ref%3Dtmm_aud_swatch_0?_encoding=UTF8&qid&sr) [Book/dp/B07V7FZJVW/ref=tmm\_aud\_swatch\_0?\_encoding=UTF8&qid=&sr=](https://www.amazon.co.uk/Not-a-Diet-Book/dp/B07V7FZJVW/ref%3Dtmm_aud_swatch_0?_encoding=UTF8&qid&sr) |

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 **Get Involved**

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| **Title** | **Description** | **Link** |
| Instagram | Compete against Leeds City College sports Staff to see if you can beat their scores in a variety of sporting challenges! | https://docs.google.com/document/d/1jK\_aT okeUx55I4URYyPioBY3R5VqiHb2UDaoccE asjo/edit?usp=sharing |