



SPORT AND FITNESS ACADEMY

Career enhancing opportunities
for Level 3 Sport Students

SPORT AND FITNESS ACADEMY



Welcome to the Bury College Sport and Fitness Academy.

The department prides itself on providing students with the skills, knowledge and experience they need to achieve their goals and kick-start their careers. Our wide range of courses develop the practical and theoretical skills needed for employment in the exciting and diverse sport and fitness industry.

Being part of the Bury College Sport and Fitness Academy means that in the second year of your Sport Level 3 course you will have the unique opportunity to specialise in one the following pathways:

SPORTS MASSAGE FITNESS INSTRUCTING

Upon completing your Level 3 course, you may choose to progress onto our Sport and Exercise Science HNC. This course is a higher-level qualification designed for those who wish to pursue or advance their career in Sport, Health & Fitness.

All our highly experienced staff are looking forward to welcoming you to the Sport department and working with you to be the best that you can be.

Ben Fallows

Head of Curriculum for Sport



ACHIEVE YOUR GOALS

As a Bury College Level 3 Sport and Fitness student, you will benefit from:



A dedicated Sport and Fitness Centre with state-of-the-art facilities



Exceptional support from caring tutors with a wealth of industry experience at elite level



Visits and masterclasses* from industry renowned professionals



Professional teaching and coaching



Exciting trips and visits*



Career-enhancing work experience placements

*Please note – all activities are subject to Covid-19 restrictions.



STATE-OF-THE-ART FACILITIES

As a Level 3 Sport and Fitness student you will have access to a wide range of industry standard facilities. The sport centre includes:

- Fully equipped gym
- Sport science laboratory
- Sport therapy clinic
- 4-court sport hall
- Dance and Fitness Studio
- 3G Football Pitches
- Grass Football Pitches



ADDITIONAL QUALIFICATIONS

TAKE YOUR TRAINING FURTHER!

During the second year of your Sport Level 3 course you will have the exciting opportunity to undertake one of the following qualifications alongside your full-time course:

SPORTS MASSAGE FITNESS INSTRUCTING

This is your unique chance to specialise in the industry that you are most interested in and secure an additional career-enhancing qualification. These qualifications will support your progression into industry or onto university and can open doors to lots of new opportunities.



SPORTS MASSAGE

Secure a qualification in Sports Massage and discover a rewarding career within the fitness industry.

QUALIFICATION

Level 3 Diploma in Massage Therapy for Sports (RQF)

COURSE OVERVIEW

A career in sports massage would be a great choice for those who have an interest in sport and exercise science; perhaps those who want to know how to compete safely and help others do the same. Sports Massage Therapists work with a range of abilities and ages, from youth footballers in a local amateur team, to professional middle-distance runners or golfers and rugby teams.

This course will provide you with the knowledge of anatomy and physiology for sports massage, an understanding of

sports massage techniques, client assessment, and the ability to demonstrate professional practice on a wide range of athletes.

ASSESSMENT METHODS

You will be required to create a portfolio of evidence which demonstrates achievement of all the learning outcomes and assessment criteria associated with each unit.

The main pieces of evidence for the portfolio are:

- Assessor observations
- Worksheets
- Record of oral and written questioning
- Learner and peer reports

CAREER OPPORTUNITIES

- Upon completion of this course, you will be qualified to start seeking work in the field of sports massage
- You may wish to progress onto a Sport and Exercise Science HNC Level 4 qualification at Bury College University Centre

“My time at Bury College has been brilliant. The Sports tutors and facilities are great and I am excited for my future.”

Joseph Lambert

Achievement: Sport Level 3 – Triple Distinction Stars

Progression: University of Central Lancashire to study Sports Therapy



FITNESS INSTRUCTING

Train to become a fitness instructor or personal trainer and gain a recognised qualification to help kick-start your career.

QUALIFICATION

Level 2 Certificate in Planning and Delivering Gym-based Exercise (RQF)

COURSE OVERVIEW

Gain the skills and knowledge required to work in a professional gym setting and learn how to plan, deliver and evaluate safe and effective fitness instruction sessions unsupervised.

This qualification aims to develop your knowledge of anatomy and physiology, providing you with the knowledge to develop good customer service and the personal qualities required by the exercise and fitness industry. This qualification is REPs (Register of Exercise

Professionals) endorsed. Successful completion of the course will make you eligible for REPs membership.

Units Covered:

- Principles of health and wellbeing for exercise, fitness and health
- Anatomy, physiology and kinesiology for exercise and health
- Know how to support client lifestyle management and enhance client motivation for exercise and physical activity
- Principles of professional practice and health and safety in a fitness environment
- Planning professional practice with effective consultations and assessments for gym-based exercise sessions

- Instructing professional practice and effective exercise supervision in gym-based exercise sessions

CAREER OPPORTUNITIES

- This qualification provides you with access to the Register of Exercise Professionals
- You may wish to progress onto a Level 3 Personal Training qualification
- Previous learners who have successfully completed this qualification have gained employment within gyms working as a gym instructor, delivering gym inductions whilst also providing practical experience and guidance on the gym floor.

“I am very proud of my exceptional results, and all I have achieved over the last two years.”

Mark McCoy

Achievement: Sport Level 3 - Triple Distinction Stars
Progression: University Academy 92 to Study Sports and Exercise Science



POSITIVE FUTURES

The Bury College Sports department proactively encourages you to develop your personal, professional and employability skills. Our extensive Positive Futures programme is embedded throughout your course and focuses on key aspects of your development through a diverse range of activities including:

- Visits from professionals and industry specialists
- Access to high-end sports equipment
- Industry specific work placements
- Mock Interviews
- Curriculum activities specifically designed to develop your confidence, resilience, collaboration and communication skills

FOOTBALL AND NETBALL SPORTS ACADEMIES

As a Level 3 student, you will have the opportunity to be part of our Sports Academies. Trials are held during the first few weeks of the academic year, and all students are welcome to try out for the Football or Netball Sports Academies.

Players will receive two hours per week of expertise coaching that will include:

- Technical and tactical practice
- Strength and conditioning
- Personalised workout programmes
- Competitive fixtures
- Performance analysis

All will be delivered by our fully qualified FA coaches who will coach, mentor and support all players through their development.

ENRICHMENT OPPORTUNITIES

During your time at Bury College there will be the opportunity to join sports teams and get involved in a wide range of sport enrichment. These may include*:

- | | | | | |
|-------------|------------|--------------|-----------|----------------|
| ▪ Badminton | ▪ Football | ▪ Nerf | ▪ Cricket | ▪ Table Tennis |
| ▪ Boxing | ▪ Gym | ▪ Volleyball | ▪ Running | |

*Please note - these activities are subject to change as we try to meet the demands of students.



SPORT STUDENT SUCCESS

The Bury College Sport and Fitness Academy prides itself on providing students with the skills, knowledge and experience they need to achieve their dream career goals. Through the support of their tutors and from the sheer passion of individuals, Bury College is extremely proud of the students who excel within their chosen sports each year.

Meet just a small selection of future athletes who are achieving success both in the sporting arena and in the classroom as they prepare for their careers to take off:



**SPORT
SUCCESS**

**BURY
COLLEGE**

**ENGLAND
WOMEN'S
NETBALL TEAM
PLAYER**

BERRI NEIL
Former pupil of
**PARRETHORN
HIGH SCHOOL**

"I am so proud to be playing for the England Netball team. I have had the opportunity to tour the world and compete in competitions. My Bury College tutors have been really supportive."

Course: Sport Level 3



**SPORT
SUCCESS**

**BURY
COLLEGE**

**ATHLETICS
RUNNER**

HOLLY MURRAY
Former pupil of
WARDLE ACADEMY

"The tutors at Bury College are so welcoming and have supported me with my athletics commitments. The College has also put me forward for sponsorships to support me during my time here."

Course: Sport Level 3



**SPORT
SUCCESS**

**BURY
COLLEGE**

**NATIONAL
SWIMMER**

EWAN WILSON
Former pupil of
OASIS ACADEMY

"I can't recommend Bury College enough, my tutors have been so supportive and there is a great balance between my studies and my swimming commitment."

Course: Sport Level 3



**SPORT
SUCCESS**

**BURY
COLLEGE**

**ENGLAND
WOMEN'S
NETBALL TEAM
PLAYER**

NIKITA NARNOR
Former pupil of
**PARRETHORN
HIGH SCHOOL**

"I am really enjoying my time at Bury College and I receive great support from my tutors. It is great that I can manage my training around my studies and secure a recognised qualification."

Course: Sport Level 3



**SPORT
SUCCESS**

**BURY
COLLEGE**

**KICKBOXING
CHAMPION**

SCARLETT ROBINSON
Former pupil of
**WOODHEY
HIGH SCHOOL**

"I am so proud of all that I have achieved. I really like the practical elements of my Bury College Sport course and learning all about nutrition has really helped me with my training."





Course: Sport Level 3



KICK-START YOUR CAREER

Apply for a Sport course and start this September.
Visit: www.burycollege.ac.uk

If you have already applied then we look forward to welcoming you to Bury College and working with you to achieve your goals.

 Market Street ■ Bury ■ BL9 0BG
 0161 280 8280
 www.burycollege.ac.uk
 information@burycollege.ac.uk

