



WESTON  
COLLEGE



**CEH**  
CAREER EXCELLENCE HUB

SPORT  
& FITNESS

# WELCOME

**Sport brings together communities, improves health and well-being and provides essential skills, such as teamwork, coaching others, leadership and resilience.**

We have decided to launch brand new Career Excellence Hubs, which gives a greater focus on preparing our learners for industry and we would be delighted to welcome you along to our new Sport and Fitness Career Excellence Hub.

Whether it's liaising with businesses in the industry to make sure we're teaching you relevant and up-to-date skills, creating the best facilities and digital platforms in the region for you to study in, or selecting the top teachers with current industry experience - our Sport and Fitness Career Excellence Hub is focused on providing you with the right learning environment to help you reach your potential.

We are about preparing you for a career - what we offer is far more than just a course. Weston College is a diverse and inclusive learning environment, and we reward our students when they go above and beyond their abilities and expectations.

This guide will introduce you to our Sport and Fitness Career Excellence Hub.

I look forward to welcoming you soon.

**Dr Paul Phillips CBE, PhD, DLit, EdD**  
Principal and Chief Executive

Over **2 million** play **football weekly** in the UK

Over **7,000** gyms in the UK

Sport contributes **£39 billion** to the UK economy

Over **445,400 people** work in the UK **sports industry**

# WHAT IS THE CAREER EXCELLENCE HUB?

**As a Weston College student you will become part of our exciting new Career Excellence Hub in Sport and Fitness.**

This means you will take part in a study programme with lots of career boosting benefits, all with the aim of giving you the opportunity to become career ready!

Our mission statement is 'creating brighter futures' and 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.

So, whether you're a school leaver or looking to study a full-time programme, our Career Excellence Hubs will help you stand out from the crowd and get ahead!



# WHAT'S IN IT FOR ME?

You'll get to study in **state-of-the-art** learning spaces in the Health and Active Living Skills Centre, using the latest **industry standard** equipment, with concepts and ideas delivered by lecturers who have a wealth of industry experience.

We will equip you with 21st Century **employability skills** to progress you onto your next career destination. This will include, working on **'real world learning'** using employer briefs and real-life case studies and scenarios to encourage up to the minute workplace problem solving.

Upskilled with the latest digital tools and technologies as a **Microsoft Showcase College**.

In a rapidly changing world of work, your identity, professional networks, and digital capability will increasingly influence your **future career opportunities**. We'll prepare

you to stand out by showcasing your work and achievements.

If competitions are in your sights, you will also have the option to compete against the best in the UK through our links with **WorldSkills UK**.

You will be supported with outstanding wrap-around pastoral support via our **Wellbeing@Weston** model which provides all learners with access to highly qualified teams of welfare and mental health practitioners and resources all designed to support you **achieve** your **career** goals.

Inspired with personalised **1:1 Careers** Education Information Advice and Guidance, helping you look at all the options available to you for progression to the next step on your career journey.

Regardless of what your **career goal** is or whether you simply need to know what your options are - our team of highly trained careers advisors (Level 6 and above) offer relaxed, impartial advice to get you where you want to be helping you figure out the **best route to achieve your dream career**.

Empowered to learn more about your own **mental health and wellbeing** as part of your journey with us. Our ethos of **Body and Mind** will help you learn to develop coping strategies, build resilience, and access the proven benefits of exercise for wellness.

As well as all of the above benefits of being part of one of our Career Excellence Hubs, Weston College also offers you a fun, social experience designed for you to meet like-minded people, as well as being the only **OUTSTANDING COLLEGE IN THE REGION!**

**OUR SPORT & FITNESS CAREER EXCELLENCE HUB IS ENDORSED BY:**



We will provide you with **unrivalled exposure** to these employers with enhanced work experience, employer visits, simulation, as well as understanding what it means to be truly inclusive in a **modern** workplace, through valuing other people's diversity and ideas based on the principles of Fairness Respect Equality Diversity Inclusion and Engagement.



*Proud to be part of the  
WorldSkills UK Innovation Network*



# STUDY PROGRAMMES

We have a range of programmes available in our Sport & Fitness Care Career Excellence Hub, which will prepare you for a life in the industry.

Whether you want to specialise in sport, or fitness, we have a course for you – just **click on the course**, and it will take you to the course page on our website:



SPORT  
& FITNESS

## Sport and Fitness



# INDUSTRY SKILLS

Through our Career Excellence Hubs you will develop skills for life, which will help you gain employment once you have completed your study programme. We will help you to gain both hard skills, and soft skills, which employers have highlighted as keys skills in this sector, but what exactly are they?

Hard skills are the measurable ones that you list on your CV, and that you may hold certification in. Whereas soft skills are interpersonal, and help you to develop your character, which will benefit you in building relationships with co-workers and customers.

Alongside input from our Career Excellence Hub employer partners and advisory boards, we as a college have invested in powerful Labour Market Intelligence tools

to further guarantee that our curriculum meets employer need. Not only do we use all this information to inform our curriculum design, but it is also used to inform our skills and individual development programme called ID that's purpose is to accelerate your progress towards your career goal and next steps by equipping you with the complete package of knowledge, experiences and skills.



**We have built them into your study programme, meaning you will learn and develop these skills with us:**

## Hard Skills

- Anatomy and Physiology
- Instructing
- Rehabilitation
- Physical Education
- Sports Coaching

## Soft Skills

- Teaching
- Customer Service
- Innovation
- Leadership
- Safeguarding

English and maths are also a very important part of Sport & Fitness, here are some of the key skills they provide:

## English

- Speaking, listening and communication skills
- Debates on topical issues such as: sexism, racism and pay.
- Writing detailed sports reviews and reports
- Interpreting and following instructions accurately
- Negotiating rules
- Spellings for parts of the anatomy and technical terminology

## Maths

- Timing runs, working out the averages
- Measuring distance and height
- Working out BMI
- Making league tables
- Weightlifting- using different KGs on bars
- Performance analysis (Personal best), Medium, Mode, Mean & Range
- Angles and rotation- Javelin, throwing skills
- Formation and shape- How teams should line up
- Volume and liquids- How much an average person should drink daily (water).

# PROGRESSION ROUTES

Once you've completed your course, there are several options for you to further develop your skills and knowledge...



If you completed a Level 1, or Level 2 course, you can continue to progress to the next level course. Click here to go back to our course page, and discover the relevant course route, for you.



An apprenticeship is a fantastic way of entering the industry. Not only will you get the opportunity to get your foot in the door with a local or national company, you will also be able to earn while you learn.

Through apprenticeships you will work closely with an experienced professional to develop and practice your skills, all whilst receiving the benefits that being a student brings.



We have several degree options on offer at UCW, which will allow you to further develop your knowledge. UCW is rated as Gold in the Teaching Excellence and Student Outcomes Framework, meaning the teaching, learning and opportunities we provide are of the highest quality in Britain.

We offer a Sports Studies FdSc, which could lead you to an exciting career in the sporting industry. You can find the full UCW course list, here.

# CAREER IDEAS

Motor Vehicle is an exciting and varied industry, so you might not know exactly which route you'd like to take yet. Here are a few different career options for you, with one of them potentially becoming your future career...

## EXERCISE PHYSIOLOGIST

Exercise physiologists investigate how people respond and adapt to muscular activity. They also look into ways in which people can improve their performance and fitness levels to help prevent or treat illness.

**Average salary:** £25,000

## PERSONAL TRAINER

Personal trainers work with their clients, to create fitness programmes, as well as motivating and guiding them to achieve their goals.

**Average salary:** £26,000

## SECONDARY SCHOOL TEACHER

Secondary school PE teachers plan, teach and assess learners aged between 11 and 18, in a range of sports.

**Average salary:** £30,000

## SPORTS COACH

Sports coaches can specialise in specific sports, and help people participating in sports to work towards achieving their full potential.

**Average salary:** £20,500

## SPORTS DEVELOPMENT OFFICER

Sports development officers help schools and communities get more actively involved in sport by organising projects and initiatives.

**Average salary:** £22,000

## SPORTS THERAPIST

Sports therapists support people recovering from injuries, by providing treatment, rehabilitation and support, as well as offering advice on prevention.

**Average salary:** £23,000

# CONTACT US

Got a question about our **Career Excellence Hubs** or one of our programmes or just need to get in touch?

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