

I WANT A CAREER IN THE SPORT. FITNESS. OR LEISURE. INDUSTRY

**WIGAN WARRIORS
INNOVATIVE EDUCATION PROGRAMMES
2013/14**



ABOUT

WIGAN WARRIORS IS ONE OF THE MOST FAMOUS AND SUCCESSFUL SPORTS CLUBS IN THE WORLD. THE CLUB HAS GROWN FROM HUMBLE BEGINNINGS INTO ONE OF THE GIANTS OF BRITISH SPORT. WIGAN WARRIORS REALISE HOW IMPORTANT IT IS FOR YOUNG PEOPLE TO MAKE HEALTHY LIFESTYLE CHOICES AND DEVELOP INTO RESPONSIBLE ADULTS. WE ALSO UNDERSTAND THAT RUGBY LEAGUE AND SPORT IS UNIQUE IN ITS ABILITY TO REACH OUT TO YOUNG PEOPLE.

WE OFFER A RANGE OF EDUCATIONAL OPPORTUNITIES FOR YOUNG PEOPLE. FROM FOUNDATION LEVEL COURSES THAT IMPROVE CONFIDENCE, LIFE SKILLS AND EMPLOYABILITY TO LEVEL 3 VOCATIONAL PROGRAMMES THAT PROVIDE ACCESS TO EMPLOYMENT OPPORTUNITIES OR HIGHER LEVEL STUDY. OUR PROGRAMMES ARE INNOVATIVE, INSPIRING AND DELIVERED THE WIGAN WAY!

EVERYTHING YOU WOULD EXPECT FROM WIGAN WARRIORS.

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LEVEL 1 SPORTS STUDIES

PROGRAMME DESCRIPTION

This sports course is ideal as a first step into a career in the sports industry. It provides a basic introductory 'hands on' programme of study covering a wide range of practical skills and activities relating to health, fitness, sport and leisure.

The units selected at level 1 explore many key areas within the industry and link closely to units on the higher level courses available through the Warriors Education Academy. This qualification provides a foundation of study from which students may progress to an Intermediate, Level 2 qualification such as the BTEC Level 2 Diploma in Sport where they can build on their new found knowledge gained through this Level 1 sports course.

Students will also be required to undertake Level 1 Functional Skills in both English and Maths to support in their continued development towards progression into further education at Level 2, alongside a qualification in Work Skills, integral for development of life, social and employment skills.

PROGRAMME DETAILS

Location

Central Park, Montrose Ave, Wigan, WN5 9XL

Duration

9 months - 1 Academic year full-time 3 days per week (timetable TBC) – commencing September 2013

Level

Foundation Level 1

Academic Entry Requirements

No pre-set qualifications

Additional Course Requirements

A keen interest in sport, positive attitude towards practical & classroom based sessions, aspiration to progress onto a Level 2 BTEC Diploma in Sports Studies

Assessment

Practical assessments, coursework, projects, mini theory assessments etc. There are no formal examinations.

Progression/Career Opportunities

Level 2 Diploma in Sport with Warriors Education Academy or Level 2 Sports and Active Leisure Course, Sports Coaching Assistant, Assistant in Instructing Fitness Activities etc...

Study Tour

Visits to the DW Stadium, Warriors Training Ground in Orrell and contact with the Warriors Staff

Course Finance

Students will receive a weekly training allowance of **£30** (term time only) to support with travel and lunch costs

PROGRAMME OVERVIEW

- **BTEC Sport Unit 4: Taking Part in Sport (3 Credits)**
- **BTEC Sport Unit 10: Risks and Hazards in Sports and Active Leisure (4 Credits)**
- **BTEC Sport Unit 12: How the Body Works (4 Credits)**
- **BTEC Sport Unit 14: Assisting a Leader in Sports and Active Leisure to Plan & Deliver an Activity (4 Credits)**
- **Level 1 Functional Skills English and Maths** (applicable to students who do not hold A-C grade GCSE English & Maths)
- **Entry Level 3 Certificate in Work Skills** (preparation for life and work)



LEVEL 2 SPORTS STUDIES

PROGRAMME DESCRIPTION

The Level 2 Diploma in Sport is an excellent introductory course for students wishing to further their knowledge of sport. It is extremely popular with school leavers and provides practical skills and techniques, combining this with an academic study based around the theories of sport.

The course is designed to give you a broad understanding of the sporting industry, enhancing knowledge surrounding fitness, nutrition, sports leadership and much more. All with a view to progressing onto our Level 3 Advanced Diploma in Sport to take that knowledge and understanding one step further towards higher education, or to start work within the industry.

In addition to obtaining the Level 2 BTEC Diploma qualification, students also undertake a **Level 1 Award in Coaching Rugby League** through the RFL. Development training will be led by highly qualified Performance Coaches here at the Warriors.

The Level 2 Diploma in Sport is made up of 'Two Core Units' and 'Five Optional Units', students will be required to undertake both mandatory and optional units to achieve the full 60 Credit qualification

PROGRAMME DETAILS

Location

Central Park Academy, Central Park, Montrose Ave, Wigan, WN5 9XL

Duration

1 Academic year full-time 3 days per week (timetable TBC) – commencing September 2013

Level

Intermediate Level 2

Academic Entry Requirements

5 GCSE's or Level 1 BTEC in Sport

Additional Course Requirements

A keen interest in sport, positive attitude towards both practical and classroom based sessions, aspirations to progress onto an Advanced Level 3 BTEC in Sports Studies

Assessment

Practical assessments, coursework, projects, IT reports and mini tests. There are no formal examinations.

Progression/Career Opportunities

Advanced Level 3 Diploma or Extended Diploma in Sport & Rugby Studies with the Warriors, Leisure and Recreation Assistant

Study Tour

Visits to the DW Stadium, Warriors Training Ground in Orrell and contact with the Warriors Staff

Course Finance

Students will receive a weekly training allowance of **£30** (term time only) to support with travel and lunch costs

UNITS OVERVIEW

- **Unit 1: Fitness Testing and Training** (5 credits)
- **Unit 2: Practical Sport** (10 credits)
- **Unit 3: Anatomy and Physiology for Sport** (5 credits)
- **Unit 5: Injury in Sport** (10 credit)
- **Unit 7: Planning and Leading Sports Activities** (10 credits)
- **Unit 10: Nutrition for Sports Performance** (10 credits)
- **Unit 14: Exercise & Fitness Instruction** (10 credits)





**THINK.
ACT.
LEARN.
DEVELOP.**

LEVEL 2 DIPLOMA IN SPORT & ACTIVE LEISURE

DESCRIPTION OF COURSE

This pathway is offered to young people between the age of 16 – 18 years who wish to pursue an immediate career in the sports, fitness, and active leisure sector. The **Active IQ Level 2 Diploma in Sport** is an excellent option if you aspire to move into employment rather than work towards higher education by following a more academic pathway. It is extremely popular with school leavers and provides an opportunity to achieve a fantastic range of sport & fitness industry recognised qualifications all wrapped within this full Level 2 Diploma in Active Leisure.

The Active IQ Level 2 Diploma in Sport & Active Leisure is made up of '9 Mandatory Units' linked to the Active Leisure Industry combined with a range of more specialist qualifications such as a **L2 Fitness Instructor Award, L2 Activity Leaders, L2 Circuit Training Instructor and a L2 in Instructing Kids Fitness.**

COURSE DETAILS

Location

Central Park Academy, Central Park, Montrose Ave, Wigan, WN5 9XL

Duration

1 Academic year full-time 3 days per week (timetable TBC) – commencing September 2013

Level

Intermediate Level 2

Academic Entry Requirements

5 GCSE's or Level 1 BTEC in Sport

Additional Course Requirements

Students must have a keen interest in sport, exercise and fitness. A positive attitude towards both practical and classroom based sessions, aspirations to progress into the active leisure industry through employment.

Assessment

Practical assessments, Tutor Observations, written worksheets, coursework, projects, IT reports and examinations.

Progression/Career Opportunities

Advanced L3 BTEC Diploma in Sport and Rugby Studies with the Warriors. Career as a Fitness Instructor, Circuit Training Instructor, Instructor of Kids Fitness, Sports Activity Coach etc.

Study Tour

Visits to the DW Stadium, Warriors Training Ground in Orrell and contact with the Warriors Staff

Course Finance

Students will receive a weekly training allowance of **£30** (term time only) to support with travel and lunch costs



DIPLOMA UNITS OVERVIEW

- **Unit 1: Understanding the active leisure and learning sector**
- **Unit 2: Understanding employment rights and responsibilities**
- **Unit 3: Emergency first aid**
- **Unit 4: Customer care and diversity in active leisure**
- **Unit 5: Teamwork in Active Leisure**
- **Unit 6: Health, safety and welfare in active leisure**
- **Unit 7: Developing self in active leisure job role**
- **Unit 8: Cleaning in active leisure**
- **Unit 9: Handling and maintaining equipment in active leisure**

SPECIALIST QUALIFICATIONS

- **Level 2 Fitness Instructing**
- **Level 2 Fitness Instructing to Adolescents**
- **Level 2 Circuit Training Instructor**
- **Level 2 Sports Activity Leader (coaching)**



**PASSION.
LIFE.
ENJOYMENT.
CAREER.**

LEVEL 3 ADVANCED DIPLOMA IN SPORT

DESCRIPTION OF COURSE

This course is for students who wish to develop a comprehensive understanding of the Sports & Fitness Industry through the medium of Rugby - encompassing practical techniques, academic knowledge and technical skills. It is a popular option for both school leavers and successful Level 2 Diploma students. The course incorporates a mix of practical sessions, classroom lectures, industry visits and case study exercises, with specialist input from the Warriors Team and backroom staff.

For learners with 4 GCSE's including English Language at Grade C, the Level 3 Subsidiary Diploma has 6 units (60 Credits) of study and makes up the first year of the Full Level 3 Diploma qualification.

Students wishing to do the Level 3 Diploma over 2 Academic years 13 units (120 Credits), must have 4 GCSE's at Grade C or above including English Language and Maths or Science or another Level 2 qualification at Merit level with a Key Skill at L2.

Applicants who are successful in their application for the Level 3 Diploma will be given the opportunity to progress and complete additional units towards a Level 3 Extended Diploma requiring successful completion of 18 or more units (180 Credits).

In addition to obtaining the Advanced Level 3 BTEC Diploma qualification, students also undertake a Level 1 Award in Coaching Rugby League through the RFL.

Development training will be led by highly qualified Performance Coaches here at the Warriors.

ENTRY CRITERIA FOR STUDENTS AGED 16 AND OVER ADVANCED LEVEL 3 SUITE

Level 3 BTEC Subsidiary Diploma - 60 credits in 1 Academic year
4 GCSEs including English Language at Grade C or above, or a Level 2 qualification (eg First Diploma at Pass level including at least 1 key skill at level 2 in either Application of Number or Communication), or equivalent qualifications.

Level 3 BTEC Diploma - 120 credits in 2 Academic years
4 GCSEs at Grade C or above, including at least 1 in English Language and Maths or Science or a Level 2 qualification (eg First Diploma at Merit level including at least 1 key skill at level 2 in either Application of Number or Communication), or equivalent qualifications.

Level 3 BTEC Extended Diploma - 180 credits in 2 Academic years
5 GCSEs at Grade C or above including Maths and English Language plus one course specific GCSE such as Science, Biology or PE or an Intermediate Level course (eg First Diploma at Distinction including at least 1 key skill at level 2 in either Application of Number or Communication), or equivalent qualifications.

In addition Learning Areas may apply specific agreed aptitude assessments that assist selection.

Applicants for all courses in BTEC Sports Studies are expected to show a strong commitment to the industry and a strong personal statement



BRIEF OVERVIEW OF UNITS

Unit 1: Principles of Anatomy and Physiology in Sport

Explores the structure and function of the skeletal, muscular, cardiovascular and respiratory systems and also the fundamentals of the energy systems.

Unit 2: The Physiology of Fitness

Provides an opportunity to explore the body's response to acute exercise and how the body adapts to long-term exercise participation.

Unit 3: Assessing Risk in Sport

Makes the learner aware of the vital nature of risk assessment and its management within the sports industry.

Unit 4: Fitness Training and Programming

Looks at planning fitness training sessions and designing fitness training programmes for rugby.

Unit 5: Sports Coaching

Develops understanding and knowledge of the roles, responsibilities, skills and techniques of a rugby coach and how to apply them whilst coaching and/or leading sports sessions.

Unit 7: Fitness Testing for Sport and Exercise

Provides an understanding of fitness testing and the importance of health screening and health monitoring tests.

Unit 8: Practical Team Sports

Explores the skills, techniques, tactics and rules of team sports through practical participation.

Unit 11: Sports Nutrition

Provides a broad understanding of the importance of nutrition and hydration to a variety of sports participants.

Unit 15: Instructing Physical Activity and Exercise

Looks at designing, planning, delivering and reviewing exercise sessions which meet the needs of different client groups.

Unit 17: Psychology for Sports Performance

Develops understanding of the psychological dimensions of rugby and develops techniques to improve sporting performance.

Unit 19: Analysis of Sports Performance

Explores the performance demands of sport and how to analyse it.

Unit 20: Talent Identification and Development in Sport

Provides an understanding of the different predictors of talent and the ways of developing talent.

Unit 23: Organising Sports Events

Explores the concepts, knowledge, skills and qualities needed to successfully lead a rugby event.

Unit 27: Technical and Tactical Skills in Sport

Enables learners to assess their own and others technical and tactical skills, and plan their own development in rugby.

Unit 28: The Athlete's Lifestyle

Examines aspects of the athletes' lifestyles, as well as duties that they will have to undertake as part of their professional role in rugby, for example public appearances, media interviews and financial management.

ADDITIONAL COURSE INFORMATION

Location

Central Park Academy, Central Park, Montrose Ave, Wigan, WN5 9XL

Duration

2 Academic years full-time 3 days per week (timetable TBC) – commencing September 2013

Level

Advanced Level 3

Additional Course Requirements

A keen interest in sport, positive attitude towards both practical and classroom based sessions, aspirations to progress onto Higher Education Courses.

Assessment

Assessments across the units will include assignments, projects, presentations, reports etc. There are no formal examinations on the Level 3 BTEC Diploma.

Progression/Career Opportunities

As a course equivalent to A Level the Level 3 BTEC Diploma/Extended Diploma is an ideal spring board for progression to a Foundation Degree or Full Degree depending on UCAS points gained.

Employment opportunities in Rugby and its related industries are currently very good. The Subsidiary, Diploma and Extended Diploma Rugby Studies provide the qualification and experience for entry into the industry at an operational level with future prospects for management.

Study Tour

Visits to the DW Stadium, Wigan Warriors 1st Team Training Ground and specialist input from the Warriors Staff

Course Finance

Students will receive a weekly training allowance of **£30** (term time only) to support with travel and lunch costs

OPPORTUNITIES WITH WIGAN WARRIORS SPORT & FITNESS

RUGBY LEAGUE DEVELOPMENT SQUAD

As part of all our programmes, eligible learners upon selection can take part in our Rugby League Development Squad and play in a competitive games programme. We provide players with an unrivalled Rugby Education. Our team of specialist teaching and coaching staff focus on developing learners as players and coaches as well as providing elite training and coaching. The development squad provides an unrivalled platform for players to demonstrate their talent to one of the most successful Rugby League Teams in the world. Learners will be able to access a training schedule alongside a games programme throughout the Rugby season.

HEALTH & FITNESS SUITE

Our spacious fitness suite is the ideal place to keep fit during your leisure time at Wigan Warriors. Located at Central Park the Sports Centre and Fitness Suite is easily accessible whilst undertaking your course. Here you will find cardiovascular equipment, resistance machines and free weights. Our friendly, highly-qualified fitness staff will be happy to show you how to use all the equipment safely and effectively. We also offer a range of different fitness classes and enrichment activities throughout the week.

Learners are offered free off peak membership and a significantly reduced full membership with no binding contracts or hidden fees and include a free fitness programme and regular reviews.

Opening Hours:

7.00am - 9.30pm

Monday to Friday

8.00am - 4.00pm

Saturday and Sunday

You will receive your free off peak membership upon enrolment, meaning that you can keep yourself fit and healthy throughout your time studying with Wigan Warriors.



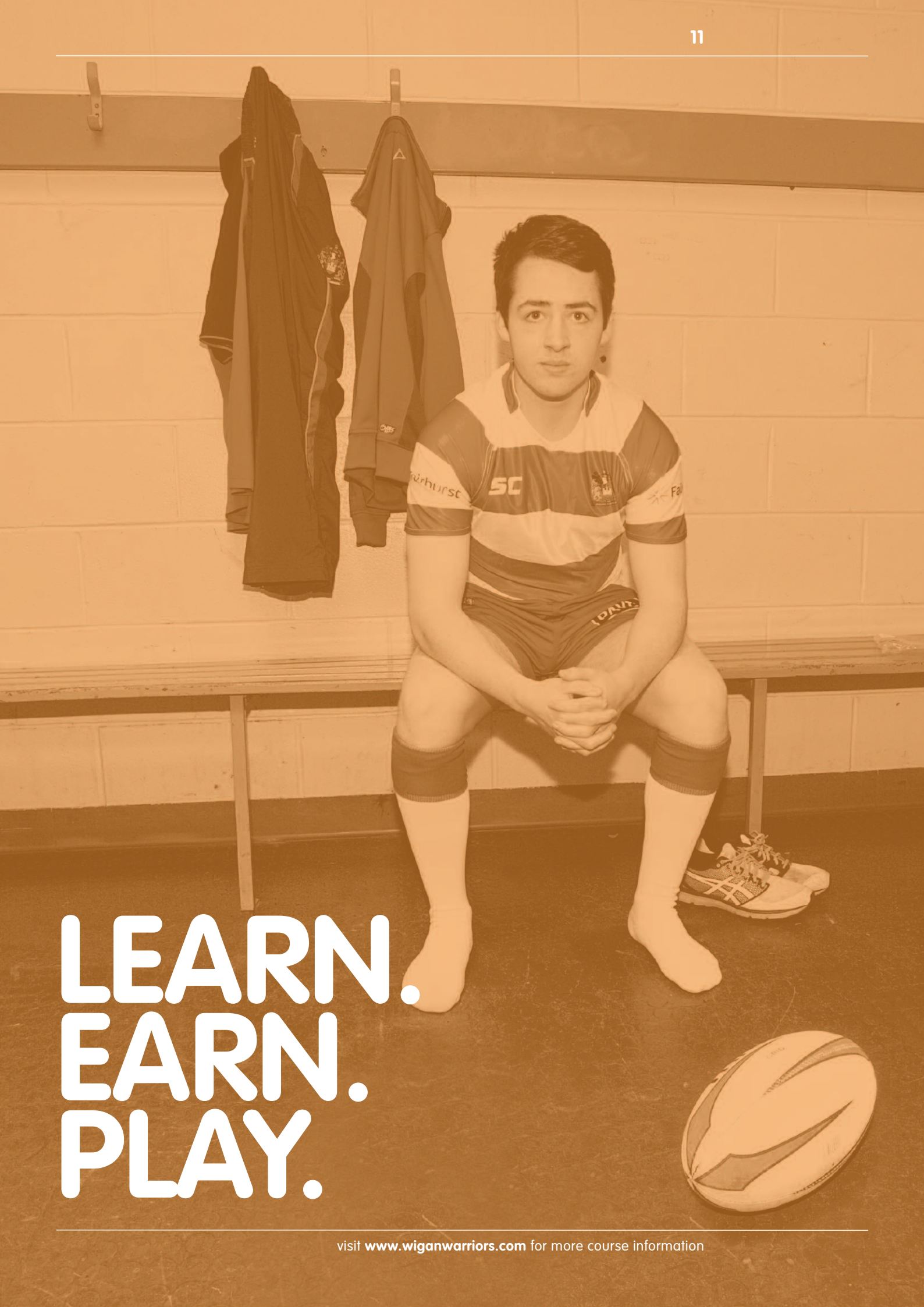
COURSE APPLICATION

WANT TO APPLY FOR A COURSE?

To start the application process all you have to do is complete the course interest form on the back page of the prospectus. Once you have done this, send the completed form to the Course Administrator at Wigan Warriors or bring it along to Central Park. (If you've already taken your GCSEs, please include a photocopy of your results certificate with your application form.)

AN INTERVIEW AND A GUIDED TOUR

We often invite applicants to attend an informal interview at Wigan Warriors. This will include a tour of the Club's practical, teaching, social facilities. It also gives you the opportunity to meet the course tutor to discuss the course content, the application process, your career ambitions and any specific learning support requirements.



**LEARN.
EARN.
PLAY.**

WARRIORS EDUCATION INTEREST FORM

NAME.

AGE.

D.O.B.

ADDRESS.

POSTCODE.

HOME TEL.

MOBILE.

EMAIL.

PARENT/GUARDIAN EMAIL.

EXPECTED GCSE RESULTS/GRADES

WHAT COURSES ARE YOU INTERESTED IN?

1.

2.

3.

Would you like to be contacted when the Warriors Education have Education Open Evenings?

YES NO

Would you like to be contacted when Warriors Education hold Course Taster Days?

YES NO

Would you like to be contacted when Warriors Education hold Promotional Events?

YES NO

CONTACT US

ADDRESS.

Adam Rigby, Course Administrator,
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ONLINE.

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