

Sports and Associated Therapies

Dunstable College believes in offering its students a variety of pathways within its courses to enable them to adapt their study to suit their needs. These courses prepare students for careers in sports, leisure and outdoor sectors with considerable practical, work-related course work.

The Sports and Therapy facilities are based in newly refurbished premises at Kingsland Skills and Enterprise Centre.





26201 07 BTEC Introductory Diploma Sport and Leisure (Can be linked to Football Development Programme)

Level 1

This course will develop the skills and qualities needed for working in this sector. It adopts a "hands-on" approach and is taught in the context of real jobs and careers. The course is the equivalent of four GCSEs grades D-G.

Course Duration
One year

Course Content
This course will provide you with an introduction to the skills associated with working in this sector, giving you a better understanding of the needs of the industry.

Students will study:
3 compulsory core units

- Starting Work in Sport and Leisure
- Working in Sport and Leisure
- The Healthy Body.

2 personal skills units to prepare students for work Plus 3 optional units including

- Issues in Sport
- Taking Part in a Sports Event
- Taking Part in Sport.

Key Skills
All students aged 16-18 are required to complete the three Key Skills Units in Communication, Application of Number and Information Technology.

Qualifications/experience needed to join the course

You will need at least one of the following:

- An appropriate standard of literacy and numeracy
- Qualifications at entry level.

Study Centre
Kingsland Skills and Enterprise Centre, Houghton Regis.

After the course is finished
This qualification could lead to a Level 2 First Diploma in either Exercise and Fitness or Sports Performance if a merit grade is achieved.

26202 07 BTEC First Diploma Sport - Exercise and Fitness

Level 2

This course prepares you for careers in the sports or outdoors sectors. It provides a good progression route to more advanced qualifications.

Course Duration
One year

Course Content
Students will study 7 units:

- The Body in Sport
- Health, Safety and Injury in Sport
- Preparation for Sport
- Planning and Leading Sports Activities
- Instructing Exercise and Fitness
- Sport and Leisure Facility Operations
- Introduction to Body Massage.

Key Skills
All students aged 16-18 are required to complete the three Key Skills Units in Communication, Application of Number and Information Technology.

Qualifications/experience needed to join the course
You will need at least one of the following:

- 2 GCSE Passes at Grade C or above
- Merit Grade from a Level 1 Course
- A Sports/Leisure Qualification.

Study Centre
Kingsland Skills and Enterprise Centre, Houghton Regis.

After the course is finished
This qualification could lead to a higher exercise/fitness course, eg Gym Instruction/Personal Trainer. If a Merit Grade is achieved, you may progress to a Level 3 qualification. (A Merit Grade is equivalent to 4 GCSE grades A-C).



26203 07 BTEC National Diploma in Sport



Level 3

This is a practical, work-related course. You will learn by completing projects and assignments based on realistic workplace situations. You will develop the skills needed for careers in the area. This qualification is equivalent to three A Levels and leads to higher education or into employment.

Course Duration
Two years

Course Content
Students will study 4 core units and 14 specialist units including:

- Sport in Society
- Reflective Practitioner
- Health & Safety in Sport

- Psychology for Sport Performance
- Body in Action
- Fitness Testing
- Sports Injuries
- Principles of Coaching
- Nutrition for Sports Performance.

Key Skills
All students aged 16-18 are required to complete the three Key Skills Units in Communication, Application of Number and Information Technology.

Qualifications/experience needed to join the course
You will need at least one of the following plus a strong interest in sport:

- A minimum of 4 GCSE Passes at Grades A-C
- A BTEC First Diploma in Sport at Merit Level
- An equivalent Qualification.

Study Centre
Kingsland Skills and Enterprise Centre, Houghton Regis.

After the course is finished
This qualification could lead to higher education in the form of a sports-related degree or employment within the sports industry.

26208 07 BTEC National Award in Sport & Exercise Science

Level 3

A BTEC National Award is a practical, work related course based on realistic workplace situations, activities and demands. You focus on a particular subject area and develop a range of specialist skills and knowledge. The students will work with clients in the College clinic. The award is suitable for school leavers and mature students alike.

Course Duration
One year

Course Content
Students take 3 core units

- Scientific Principles for Sport & Exercise
- Sport & Exercise Sciences Project
- Anatomy for Sport & Exercise

Specialists Units

- Sports Massage
- Sports Injuries
- Fitness Testing.

Key Skills
All students aged 16-18 are required to complete the three Key Skills Units in Communication, Application of Number and Information Technology.

Qualifications/experience needed to join the course

- A BTEC First Certificate or Diploma in a Related Subject at Merit Level or above.
- At least four GCSCs at Grades A* - C
- Appropriate Work Experience
- A keen Interest in Sports Therapy

All students will be invited to attend an interview.

Study Centre
Kingsland Skills and Enterprise Centre, Houghton Regis.

After the course is finished
BTEC National Awards are valued by employers and higher education (universities). You can either gain immediate employment in Sports Therapy or if you decide to go to university and have other qualifications, you could take a degree or a Foundation Degree in subjects such as:

- Sports Studies
- Sports Science.

BTEC Football Development Programme

26204 07 **Introductory Certificate in Sport**
26205 07 **First Diploma in Sport**
26206 07 **National Certificate in Sport**



Level 1
Level 2
Level 3

This programme provides a clear progression route from beginners to the equivalent of A Levels standard, enabling successful students to progress into employment or on to university.

Course Duration
Level 1 – One year
Level 2 – One year
Level 3 – Two years

Course Content
You will study between 6-18 units depending upon the level of your course. All courses are modular and consist of such subjects as:

- The Sports Industry
- Practical Sport
- The Sports Performer
- Preparation for Sport
- Body in Action

- Fitness Testing
- Sports Injuries
- Nutrition for Sports Performance.

Key Skills
All students aged 16-18 are required to complete the three Key Skills Units in Communication, Application of Number and Information Technology. There are also opportunities to complete:

- FA Learning on-line Programme
- FA Level 1 Coaching Award

Qualifications/experience needed to join the course
Level 1 – Students will require a keen interest in football and a good fitness level and have some success at GCSE level.
Level 2 – Students will need 2 GCSEs at grades A-C, a keen interest in football and a good fitness level.

Level 3 – Students will need 4 GCSEs at grades A-C, a BTEC First Diploma or equivalent at Merit level. A keen interest in football plus a good fitness level are also required.

Study Centre
Kingsland Skills and Enterprise Centre, Houghton Regis.

After the course is finished
Depending on which level you start at, you may progress to the next level or employment in the industry. On completion of Level 3, you may progress to higher education in a sports-related degree.

Note: we are always interested in hearing from females to enrol on this course, with a view to forming a female football team.



Sports and Associated Therapies

26207 07 VTCT Diploma in Sports and Fitness Therapy Techniques

Level 3

You will study the use of a wide range of techniques covering sports and fitness therapies and gain underpinning medical knowledge.

Course Duration

One year

Course Content

You will study the theory and practical aspects of:

- Employment Standards
- Health & Safety
- Anatomy & Physiology
- Remedial Massage
- Tapping & Strapping
- Health-Related Fitness Testing
- Biomechanics of Movement
- Treatment of Activity Injuries
- Post-Medical Rehabilitation
- Remedial Exercise
- Individual Exercise
- Stress Management
- First Aid.

Students will work with clients in the College clinic and gym and take part in work experience.

Key Skills

All students aged 16-18 are required to complete the three Key Skills Units in Communication, Application of Number and Information Technology.

Qualifications/experience needed to join the course

Students must be at least 17 years old. Students will need a minimum of 4 GCSEs at Grade C or above and have a strong interest in the area of sports therapy and health. Students with the Sports Therapy Diploma will also be eligible for this course as a progression route. All students will be invited to attend an interview. Mature Students are also welcomed on to this advanced course.

Study Centre

Kingsland Skills and Enterprise Centre, Houghton Regis.

After the course is finished

Successful completion of this course can lead to employment in sports and leisure centres, health resorts or your own business projects. You may wish to progress to higher education in a sports-related degree.



The following Foundation Degrees are offered in conjunction with the University of Bedfordshire to help you further your studies:

- Foundation Degree (FdA) in Health, Fitness and Personal Training
- Foundation Degree (FdA) in Football Studies.



Note: For further information please ask for the Higher Education course information leaflets.