

Sport & Leisure

Why study with us?

- Great careers! Studying sport, leisure or fitness can take you in many different directions. It can lead to teaching, coaching, a career in professional sport - or to setting up on your own as a personal fitness trainer.
- State-of-the-art facilities: with new classrooms, training facilities and the latest technology, you can aspire to the highest levels in your sport
- An experienced teaching team ensures that your underpinning educational base is developed at the same time. Our coaches and fitness instructors work with a variety of groups and individuals on a regular basis providing the quality services the sector demands.
- Using our great facilities, you are given the opportunity to work with the local public, experiencing coaching and leading local junior schools' PE sessions at the college sports facility on our coaching based courses. The college has links with 16 local primary schools where learners on these programmes of study will gain invaluable work experience coaching the young people of Wolverhampton, and further opportunities arise within college when schools use the 3G surface at Wellington Road Campus.
- Opportunities to attend numerous events including Leisure Industry Week at the NEC where you can view the latest innovations in fitness, talk to potential employers and network with fellow fitness professionals exist. There is an employability and personal social development programme too: interview techniques are taught, and there is help and advice on CVs and letters to employers among other important aspects that prepare you for employment.
- The college teaches sport at a very high level. A roll of honour in the Sports café area lists students who have participated in their sport nationally: every year between six and eight individuals represent the college at the British College Sports (BCS) Championships events around the country. In 2011, two students picked up gold medals for trampolining and swimming.
- Celebrating your success: Students' success, along with academic achievement, is celebrated at an annual awards evening, attended by guests from the sporting industry.
- Our football and basketball academies are affiliated to BCS who organise inter-college sport locally, regionally and nationally. Our courses provide you with the skills and knowledge the active leisure and learning sector demand.



Every two years, students organise a college Olympic Games, with a range of sports and activities made available to a diverse array of learners from across the college and within educational establishments across the City of Wolverhampton. A total of 14-16 sports are covered with Paralympics and Special Olympics events organised too, enabling learners to gain experience in organising events for people with physical and learning disabilities.

Student Success!

Luke Eccleston won Gold at the British College of Sports National Championships, and has also competed for Team Great Britain at the European Juniors in both Germany and Finland.

Sport & Active Leisure Diploma Level 1

1 year • Wellington Road Campus

Entry requirements

Four GCSEs at grade E or F or equivalent qualifications. You will be required to show evidence of good attendance and punctuality as well as a positive personality and be able to lead groups of people. An interview, practical assessment, Police declarations, CRB and suitable references also required.

You will have a strong interest in a career in sport and leisure, either in teaching or coaching. The course develops a multi-skills approach with emphasis on numerous sports, inclusive of football, basketball and racket sports. You will have the opportunity to work with local schoolchildren, developing their communication, observation and demonstration skills. Fitness training is developed through using both cardiovascular and resistance equipment in the gym; while coaching skills are practised and developed in the sports hall and 3G artificial sports pitch environments.

Future options

Courses: The Level 2 Coaching programme or the Level 2 Exercise and Fitness qualification.

Activity Leadership (Football Orientated) NVQ Level 2

1 year • Wellington Road Campus

Entry requirements

Four GCSEs at D grade plus a successful interview. Police declarations, CRB and suitable references also required.

This course is based on the planning and preparation for football coaching including how to deliver and evaluate sessions. The football coaching angle includes an opportunity to take the FA Level 1 Coaching Badge and if suitable progress is made you may go on to pursue the FA Level 2 Coaching Badge alongside your full-time study.

Future options

Courses: The Level 3 BTEC qualification is ideal if you want to progress your education at college.
Employment: opportunities exist within the sports and leisure industry specifically in a coaching context.

Activity Leadership (General Sport-orientated) NVQ Level 2

1 year • Wellington Road Campus

Entry requirements

Four GCSEs at grade D or above plus a successful interview. Police declarations, CRB and suitable references also required.

This qualification is non-football orientated, with the modules relating more to sport in general. Focus will be placed upon teaching and instructing in a range of different sports, more specifically outdoor pursuits such as orienteering, water-based sports and rock climbing activities. Opportunities to pursue additional outdoor education-based qualifications will also be available.

Future options

Courses: You can study the Level 3 BTEC qualification at college.
Employment: opportunities exist within the sports & leisure industry in outdoor education-based contexts.

Instructing Exercise & Fitness VTCT Level 2

1 year • Wellington Road Campus

Entry requirements

Level 1 Sport & Active Leisure Diploma, or four GCSEs at grade D or above including Maths or English. Police declarations, CRB and suitable references also required.

This course is mainly aimed at learners with a fitness background, who attend a gym or take part in exercise classes. The course offers all individuals, including those who want to retrain, an opportunity to pursue employment in the fitness industry. You can specialise in gym instruction or in studio-based activity and you will study diet and nutrition, aspects of customer care, the structure of the health and fitness sub sector, rights of employees and the role of employers, along with a range of other subjects such as the principles of exercise and fitness and anatomy and physiology.

Future options

Courses: You can study the Level 3 Personal Training Diploma or a Level 3 BTEC at college.
Employment: opportunities exist within both the health and fitness and sport & recreation sectors.





Personal Trainer Diploma Level 3

1 year • Wellington Road Campus

Entry requirements

Level 2 Exercise & Fitness Certificate/Diploma.

The course is ideal if you have studied exercise and fitness at Level 2 and wish to become a Personal Trainer. Level 3 equips you with the skills to specialise in working with a range of clients with differing individual fitness requirements.

Future options

Courses: HNC/HND is ideal if you want to progress in education which can then lead to a degree at university
Employment: opportunities exist within both the health and fitness and sport & recreation sectors.



Sports Development BTEC Diploma Level 3

2 years • Wellington Road Campus

Entry requirements

Four GCSEs at grade C or above to include English and ideally Maths, PE and Science or BTEC First Diploma at Merit, or NVQ level 2 Coaching at Pass, both with Level 2 Functional Skills in Communication. Police declarations, CRB, suitable references and interview are also required.

This course is portfolio-based with a range of theory underpinning the practical nature of this programme and prepares you for employment in the industry. A variety of subjects offer numerous sporting pathways to study, supported by a range of assessment methods. Units of study include: the principles of anatomy and physiology, sports nutrition, instructing, psychology for sports performance and sports injuries. (Note: subject to approval, learners may be able to join this programme in the second year.)

Future options

Courses: HNC/HND is ideal if you want to progress in education which can then lead to a degree at university.
Employment: opportunities exist within both the health and fitness and sport & recreation sectors.

Sports Development BTEC Extended Diploma Level 3

1 year • Wellington Road Campus

Entry requirements

Four GCSEs at grade C or above to include English and ideally Maths, PE and Science or BTEC First Diploma at Merit, or NVQ level 2 Coaching at Pass, both with Level 2 Functional Skills in Communication. Police declarations, CRB, suitable references and interview are also required.

If you have decided the area you want to specialise in then this course will prepare you for employment or for progression to Higher Education. You will cover a range of topics including sports coaching, sports development, fitness testing, the principles of anatomy and physiology in sport and the physiology of fitness.

Future options

Courses: HNC/HND or university degree
Employment: you may progress directly into employment in the sports industry.

Sports Development BTEC Level 3 Subsidiary Diploma - top up option

1 year • Wellington Road Campus

Entry requirements

Four GCSEs at grade C or above to include English and ideally Maths, PE and Science or BTEC First Diploma at Merit, or NVQ level 2 Coaching at Pass, both with Level 2 Functional Skills in Communication. Police declarations, CRB, suitable references and interview are also required.

This is an engaging course if you are clear about the area of employment you want to specialise in and if you want to study Level 3 Sport alongside other subjects for just one year. (Equivalent to one A Level). It offers core and specialist units including the principles of anatomy and physiology in sport, physiology of fitness, fitness testing, sports coaching and nutrition.

Future options

Courses: HNC/HND or university degree
Employment: you may progress directly into employment in the sports industry.

Student Success!
Nathan Cook won a trampolining gold medal at the British College Sports Championships.

Sports Development HND

2 years • Wellington Road

Entry requirements

Level 3, or 2 A Levels

The HND course can be studied at Wolverhampton College and forms a base for further Level 4 studies within Sport & Leisure.

Future options

Courses: a sport/leisure based degree.