

## **Basketball Academy – Sport Edexcel BTEC Level 3 National Foundation Diploma**

Study Mode: Full Time | Course Level: 3

### **Is this course right for me?**

Do you love basketball?

Have you got the drive and ambition to reach your full potential?

If so, why not combine your passion with learning by joining City of Wolverhampton College's Basketball Academy?

You will study for the Level 3 diploma in sports, coaching and fitness, as well as Basketball England's Level 1 qualification in coaching and officiating.

When you enrol on the course you will get the chance to take part in team trials and, if selected, will become part of the college's basketball programme in either the first team in League 1 or second team in League 2. You will have the chance to represent the organisation in local, regional and national competitions, as well as having a pathway to elite teams and university programmes.

Each week you will receive six or more hours of on-court coaching – either on a one-to-one basis or with your team or the whole squad – and will focus on improving your technical, tactical and physical skills and abilities. In addition, to improve your on-court performance and basketball knowledge you will have weekly video analysis sessions of the team's games.

By studying this course, not only will you improve your basketball skills, you will also work with other personal training students to develop a personalised weight training programme and have daily team strength and conditioning sessions to improve your strength, speed, power and overall physical fitness to enable you to compete at the highest level. You will also develop your coaching skills and gain work experience by assisting at the Academy's holiday basketball camps for youngsters and at our under-13/under-15 development team sessions.

Throughout the course you will be mentored and guided by the director and head coach of the basketball programme who has 21 years of studying, playing and coaching experience both in the UK and USA. As well as developing your basketball skills, you will learn about the effects of sport, exercise and fitness on the body and develop your communication, problem solving and teamwork skills, all of which will be invaluable when you progress to a higher level of basketball and education or move on to a career in the sports industry.

We want you to be as proud to represent the college and, as part of the academy you will be provided with a branded tracksuit, short & long-sleeved t-shirt, hoodie, training kit, foam roller and sports bag, as well as a player handbook which outlines the team's philosophy and code of conduct for players.

By enrolling on the course and being part of the academy, you will get the chance to improve your

English and maths skills - activities include:

- Honing your speaking and listening skills by planning, delivering coaching sessions and giving and discussing feedback on yours and other sessions.
- Reading the latest sports journals on coaching/fitness to help you find and define your coaching style as well as research exciting new drills and practice plans to use in your practical-based sessions.
- Getting to grips with numbers by working with your team mates on stats of their performance, both in training and games
- Learning about space, shape and dimensions of the court to understand the space needed for teaching different drills in your coaching sessions
- Interpreting data by analysing and using fitness results to design appropriate fitness training programmes.
- Doing research for course modules and completing in depth written assignments

We want you to take your studies as seriously as you take basketball - if you are selected for the academy and make the team you will be held to a high standard of excellence and with hard work and perseverance you will be guided to be the best that you can be as a, student, player, team mate and coach, as well as member of the academy and the local community.

[Book your place on the trials today!](#)

## **Entry Requirements**

To access this course you are required to have:

- Five GCSEs at grade C / 4-5 or above including English, and ideally maths, PE and science OR
- Level 2 Diploma in Sport (Merit)
- Satisfactory police declarations, DBS check and references
- Interview with a member of the college's admissions team

## **What will I learn?**

During this course you will study the following modules:

- Anatomy and physiology
- Fitness training and programming for health, sport and wellbeing
- Professional development in the sports industry
- Sports leadership
- Application of fitness testing
- Sports psychology
- Practical sports performance

## **What skills will I gain?**

By studying this course you will:

- Develop your understanding of key anatomical structures & functions
- Learn how to develop training programmes for specific groups
- Develop your confidence in dealing with work-related issues
- Understand how to apply your skills to areas of the industry
- Improve your knowledge and understanding of key training principles
- Gain valuable team working and communication skills by taking part in events such as the college Olympics
- Improve your maths and English skills

## How will I be assessed?

Throughout the course you will be assessed in the following ways:

- Assignments
- Time-constrained assessments
- Individual and group presentations
- Case studies
- Role-play
- Questions and answers
- Producing display materials

## What can I do next?

Successful completion of the course will enable you to progress to:

- An HNC or HND in sport
- Apply to university to study for a sports-related qualification
- Pursue a career in the sports industry

## Why study with us?

We have outstanding success rates on our sports courses and excellent feedback from students, many of whom have gone on to become sports coaches, personal trainers, sports development officers and teachers.

You will train and play on our home court in our modern Community Sport Centre and, to enhance your learning, will get to visit British basketball league teams and watch games, attend open days & skills sessions at university basketball programmes, visit leading fitness centres, fitness events across the West Midlands, employer roadshows and Active College events, as well as hear from guest speakers about their careers in the industry, including elite and professional basketball coaches & players and lecturers at leading sports universities.

## Delivery

**Location:** Wellington Road Campus

**Start Date:** 05/09/2022

**Day:**

**Time:**

**Course Fee:**

**Course Code:** CP0162

**Study Mode:** Full Time

Apply online: [www.wolvcoll.ac.uk/apply](http://www.wolvcoll.ac.uk/apply)