

SPORTS





About us

If you're never happier than when you're active, then a career in sport could be calling to you. Whether you want to play professionally, support top athletes or inspire other people to discover the enjoyment of sport for themselves, we can help you to reach your goals.

It doesn't matter what your starting point is, how old you are or what grades you got at school, you'll find a course to suit you at The Manchester College. If you're prepared to put the hours in, we can help you to improve your fitness, abilities and skills.

At the same time, you'll be learning all about nutrition, sport science, motivation, coaching and so much more.

You'll learn from tutors with a wealth of experience in the sports industry and benefit from access to fully equipped gyms, specialised fitness testing facilities and a wide range of sports equipment.

Plus, you could even join our basketball or football first teams and represent The Manchester College regionally and nationally.

And surely there's no better place to learn about sport than in Manchester?

Not only does this city have two of the world's most successful football clubs, it's also home to the national centres for basketball, cycling, lacrosse, squash, taekwondo and water polo. You'll also find clubs for professional cricket, rugby union, rugby league, netball and a whole lot more.

It's no surprise that 17,000 people are employed in the sports industry across Manchester alone and that number is only expected to grow. So there really is a huge number of opportunities if you want a career in this energetic, dynamic sector.

Alongside your studies, you'll have the opportunity to gain work experience with a sports club, fitness centre or other relevant organisations, through our Centre of Excellence for Sport. By the time you leave us, you'll have everything you need to progress to a fantastic career, or to continue your journey at degree level.

So, what are you waiting for?

We passionately believe in helping you reach your ultimate goal, focusing on your future employability and developing the skills you need to have a successful career.

If you're aged 16-18, our Centre of Excellence for Sport is set up to help you do just that!

Study Programme

You'll join our Centre of Excellence for Sport when you enrol on any of our qualifications from Level 1 to Level 3. If you haven't already obtained a Grade 4 GCSE in English or maths, you'll study to achieve this level of qualification alongside your course. This is a mandatory requirement and it's also essential you achieve this for many careers.

Employability

To prepare you for your future career, you'll take part in a range of 'employability' activities to equip you with the knowledge and experience of careers available to you.

Employability Sessions

You'll be assigned an Employability Tutor and will take part in dedicated 'employability' sessions which will help equip you with the skills you'll need to thrive in the workplace.

Work Experience Placement

You'll spend at least 35 hours in external workplaces across the region. You'll be helping with day-to-day tasks and shadowing staff to develop your skills and broaden your knowledge of the industry. Previous students have had placements at professional and semi-professional sports clubs, physios, sports centres, sports clothing brands, and local schools.

Industry Placement

You may be able to apply for an industry placement offering more than 315 hours of experience with a leading employer. These placements give you an in-depth knowledge of the industry, allow you to gain hands on experience and provide an insight into career pathways. Some of our students even go on to gain paid employment with their industry placement employer at the end of the year, so they offer a great first step into the industry. Once you complete your journey in our Centre of Excellence for Sport, you'll have all the skills you need to be 'work ready' and the qualifications you need to take the next steps towards an amazing career.

Work Related Activity

You'll learn more about the industry by taking part in a range of activities. These could include:

- Visits from well-known sports people, such as British professional boxer and former WBA lightweight title holder – Anthony Crolla
- Masterclasses with brands, experts and employers, who will give you crucial tips on how to make it in the highly competitive sports industry
- Local and national trips, including visits to famous professional sports clubs and venues.





Courses

There are so many jobs in sport and fitness. Whether you want to become an athlete, coach, physiotherapist, P.E. teacher, fitness instructor or personal trainer, our courses can help you to kick-start your journey to a fantastic career.

Whatever your ability or preferred sport, if you're passionate about keeping active and pushing yourself towards that next personal best, you'll find a course that suits you at The Manchester College.

If you're 16-18, we can offer you a choice of courses from Level 1 to Level 3, in coaching, leadership and sport science.

If you're 19 or over and you're already working in the fitness sector or you'd like to, you might be interested in our specialist personal training course. This can give you a recognised qualification and the skills you need to get a job as a personal trainer.

You can even take your learning to the next level with our higher education partner, UCEN Manchester, offering a range of Sport courses at degree level.



Level 1 | Sport and Active Leisure | 16-18

Openshaw | One Year

Our Level 1 Sport qualification is a great place to start if you want to discover more about the industry and explore a wide range of sports.

You'll develop the knowledge and skills you need to go onto further training ahead of a future career in the sector.

You'll also take part in lots of practical sessions – both playing games and leading them – and learn how to organise sporting events safely and effectively.

Level 2 | Activity Leadership | 16-18

Openshaw | One Year

Whether you want to coach at Olympic level, like Amanda Reddin, lead a Premier League football team, or help young people to enjoy and progress in their chosen sport, then this is the course for you.

You have a choice of two pathways - Football Coaching and Leadership or Sport Coaching and Activity. Whichever path you choose, you'll be starting your journey to becoming a great coach. You'll learn essential coaching skills, such as how to prepare for a session and lead it effectively. You'll find out how to keep children in your care safe and you'll discover how to motivate both children and adults to try their best and have the confidence to aim high.

We'll also work with you to develop your teamwork, leadership and coaching skills.

While there will be some desk work, it's a highly practical course, so you'll mainly be learning out on the pitch or in our fully equipped sports hall.

Level 2 | Sport | 16-18

Openshaw | One Year

If you already meet the entry requirements for a Level 2 course, and are ready to dive straight in, this qualification will give you a fantastic insight into the industry. You'll develop a huge range of sports-related skills that will set you on the path to an exciting career.

You'll be taking an in-depth look at the whole sports and leisure industry, from advancing your knowledge about how the body works and why exercise is so important, to learning about sports nutrition and the qualities that make a good player.

You'll also continue to take part in lots of varied practical sessions in a range of sports and lead some activities and events yourself.

Level 3 | Personal Training and Sport Science | 16-18

Openshaw | Two Years

Do you have a passion for fitness and want to pursue a career in personal training?

Our Level 3 Diploma in Personal Training and Sport Science will provide you with a broad base of knowledge and skills to work in a variety of customer-facing roles within the active leisure industry, including fitness instructing and leisure operations.

Level 3 | Sport and Physical Activity | 16-18

Openshaw | Two Years

Whether your interest is football, basketball, gymnastics, athletics or any another sport, this Level 3 course will help you take your coaching abilities to the next level.

You'll study modules on coaching, exercise, health and lifestyle, fitness testing, athlete lifestyles and coaching, and learn how to combine all your knowledge to make a positive impact on someone's sporting performance.



Level 3 | Sport and Physical Activity | 16-18

Openshaw | Two Years

Take your sporting achievement and development to the next level with our Sport scholarships:

- Specialise in your chosen sport
- Gain a qualification equivalent to three A Levels
- Learn from current and former professional players and coaches
- Join The Manchester College's first team academy squad.

Basketball in partnership with Manchester Magic

- Weekly sessions with qualified coaches
- Talent identification opportunities
- Learn from professional players and coaches
- Become part of The Manchester College's successful Basketball Academy
- Link opportunities in the game with your academic studies
- Compete in the Association of Colleges' (AoC) North West Basketball League.

Football Scholarship

- Become part of The Manchester College's first team football squad
- Weekly sessions with qualified coaches
- Compete in AoC league and cup competitions.

Level 3 | Gym Instructing and Personal Training | 19+

Openshaw | 26 weeks (evenings only)

This course aims to develop learners with existing knowledge and skills in gym instruction who would like to pursue a career in personal training. All students will learn about anatomy and physiology for exercise and health, how to apply principles of nutrition to a physical activity programme, delivering personal training sessions and how to develop a programme of personal training with clients. If you have not achieved a Level 2 Fitness Instructing qualification, you will also study how to support clients who take part in exercise and physical activity, health, safety and welfare in a fitness environment and principles of exercise, fitness and health.



Sports Teams

Enrolling into our Centre of Excellence for Sport isn't just about discovering more about the sport you love and working towards a bright career.

If you're 16-18, you'll also get the chance to represent The Manchester College at local, regional and maybe even national level!

By joining one of our college sports teams, you'll develop a range of skills in a fun and welcoming environment.

Our highly qualified and experienced coaches can help you to fulfil your ambitions on the pitch or the court. You'll also be able to put what you've learnt in the classroom into practice.

The Manchester College Men's Football Team

Our football team competes in the AoC National Championship League. We were finalists in the 2016/17 AoC National Cup, and won the Manchester Cup in 2016/17.

Trials are open to students aged 16-18, and run from enrolment until early September.

If you're successful, you'll train three times a week on our brand new full size 3G pitch at our Openshaw campus. Matches are played on Wednesdays.

For more information, please contact: **BellaA@tmc.ac.uk**

The Manchester College Women's Football Team

Our football team is a new and upcoming venture for the academic year 2023-2024. We will be entering the AoC League.

Trials are open to students aged 16-18, and run from enrolment until early September.

Training will be on a Monday evening 4:30pm - 6:30pm on our brand new full size 4G pitch at our Openshaw campus. Matches are played on Wednesdays.

For more information, please contact:

JStevenson@tmc.ac.uk



The Manchester College Basketball Team

Our basketball team competes against colleges from across the region in the AoC North West Basketball League.

It's open to students aged 16-18, and trials take place from enrolment until early September.

If you're successful, you'll train three times a week with games taking place on Wednesdays.

For more information, please contact: **BellaA@tmc.ac.uk**

The Manchester College Netball Team

Our netball team competes against colleges from across the region in the AoC North West Netball League.

It's open to students aged 16-18, and trials take place from enrolment until early September.

If you're successful, you'll train twice a week with games taking place on Wednesdays.

For more information, please contact: **JStevenson@tmc.ac.uk**



SUPPORTED LEARNING

Promoting independence
through accessibility and
inclusion

Have you received learning support in the past? Do you have an Education, Health and Care Plan or an identified Special Educational Needs or Disabilities (SEND) need? Our Supported Learning team can help students with SEND to achieve their aspirational career goals.

We provide a highly personalised offer for students to create a supportive learning environment for all. Whatever course you choose to study, our provision is specifically designed to support you on your journey to independence and into further education or employment.

Find out more about how we can help you:
tmc.ac.uk/supported-learning



We'll help you Accelerate2industry

As soon as you enrol on a Sport course, we'll start talking to you about the opportunities that could be open to you in the future. To guide you through the process and help you achieve your aspirational career goals, we've teamed up with our higher education partner, UCEN Manchester, on an exciting initiative.



Ultimately, the aim of Accelerate2Industry is to help you progress into either, higher study, higher education with UCEN Manchester, or your chosen career.

The initiative runs throughout the academic year and there are three distinct phases:

Step 1 - Plan >>>

Find out the options available to you at the end of your study programme.

Step 2 - Pass >>>

Your tutors will speak to you about what you're planning on doing next year and support you to secure the grades you need to move on to the next phase of your journey.

Step 3 - Progress >>>

Your tutors will ensure you have all of the information and support you need to re-join us in September or progress on to university, employment or an apprenticeship.

Progressors Award >>>

Do you want to study with a higher education provider that offers something a little bit different and delivers courses that are career focussed and lead you straight into employment? If so, our Progressors Award is just for you.

The award is open to all Level 3 students at The Manchester College that upon completion of their course enrol onto a higher education course at UCEN Manchester. The Progressors Award is currently £200. Please check the amount, eligibility, and terms and conditions ahead of making your progressors application to UCEN Manchester during your final year of Level 3 study.

DEGREE LEVEL

Once you've completed one of our Level 3 Diplomas, you may want to progress onto a degree-level qualification through our higher education partner – UCEN Manchester.

FOUNDATION DEGREE (FDSC)

These are two-year courses, that allow you to progress onto a one-year (Top-up) degree to obtain an Honours degree

- **Sports Science: Strength and Conditioning**
- **Exercise, Physical Activity and Health**

TOP-UP DEGREE BSC (HONS)

- **Applied Sport and Exercise Science**
- **Sport Coaching and School Sport**

For more information or to apply
visit ucenmanchester.ac.uk



Careers

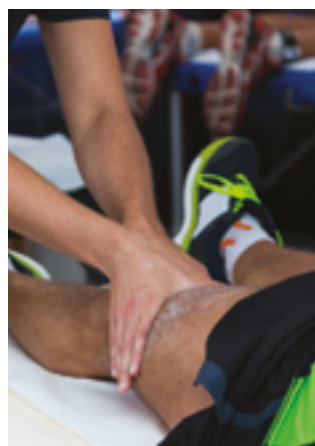


P.E. Teacher

Starting salary: £26,000

Salary with experience: £41,000

Do you want to inspire children and young people to live healthier, fitter lives? As a P.E. teacher, you'd work with young people of all abilities. You could coach school teams, organise sports events and arrange inter-schools matches. Like all teachers, you would need a teaching qualification, and be confident enough to manage a class.



Exercise Physiologist

Starting salary: £20,000

Salary with experience: £48,000

If you want to help athletes to stay at the top of their game, you could aim for a career as an exercise physiologist. You'd use your skills and knowledge to improve your clients' performance and fitness levels, or to help prevent or treat injuries. Alternatively, you could help non-athletes to become more active and enjoy sport, in a workplace, prison or other setting.



Sportsperson and Coach

Starting salary: £18,000

Salary with experience: £28,000

If you have the talent and dedication to rise to the very top of your sport, you could become a professional player. While many sportspeople who compete at the highest levels are actually amateurs, some do pursue professional careers. As well as training hard, you'd need to know the science behind your physical and mental fitness and have a good understanding of your own body.



Meet the team

When you study at The Manchester College, you'll be learning from highly qualified tutors who have a wealth of knowledge and experience of sports, coaching and fitness.

You could soon be learning from people who've coached professional players in sports such as American football and basketball. And you could even be training with a former Premier League coach!

As well as sharing their experiences with you, our tutors often use their connections to help students gain fantastic work experience placements.



Hayley Francis
Director of Curriculum

Hayley is the Director of Curriculum for Sport, Public Services and Care Professions. Hayley has been working at The Manchester College for 10 years.

She has helped to grow the department over the years and driven the quality of provision through ensuring our course offer meets the needs of the industries, by leading her experienced team to excellence in teaching, supporting learners to achieve their ambitions and working closely with industry employers.



Stuart Nickson
Head of Department

Stuart began his professional coaching career with Bury Football Academy and later moved to Rochdale AFC working with their under 15/16s teams. More recently, Stuart has worked with Premier League clubs such as Everton, Manchester City and Manchester United. He's been at The Manchester College for over ten years and is Head of Department for Sport and Public Services and Criminology.



Justine Stevenson
Tutor

Justine has over 15 years of experience within the sports development, managing sports facilities and working in conjunction with organisations and schools across the Greater Manchester area

Justine has club level coaching experience within netball and has developed several community-based clubs as well as launching a National League club in Basketball.

This background allows Justine to use the support of local schools and organisations to enhance the curriculum giving students a taste of industry.



Ambokile Bell
Tutor

Ambokile has over 20 years of experience within the sports industry. He has worked across Europe and the Middle East as a teacher trainer for organisations such as Nike and Youth Sport Trust International.

Ambokile also has previous experience within the the health and fitness industry as a Cancer Rehabilitator for MacMillan Cancer Support and Trekstock.

He integrates his knowledge within the classroom allowing students a greater understanding of sport and leisure, as well as career opportunities they can explore.



Chris Blackburn
Tutor

Chris has been lecturing in Sport for almost 20 years and has a Masters in Education and a Post Graduate Degree in Applied Sport and Exercise Science. More recently he has delivered our Personal Training Diplomas covering health and nutrition as well as strength and conditioning training.

Chris enjoys competing in multiple sports, primarily rugby union with county honours, and athletics. In recent years he has taken to competitive indoor rowing where he regularly competes on both the domestic and international circuit and holds national and European titles over 500m.

Our locations

All of our Sport courses - including our degree level qualifications - are taught at our redeveloped Openshaw campus - which opened in September 2021.

By studying with us you'll benefit from new, state-of-the art, industry standard facilities as well as our existing offer, which includes a fully equipped fitness suite and gym, including a strength and conditioning gym which has treadmills, rowers, exercise bikes, free weights, squat racks and much more.

You'll be able to take to the field on our full size, floodlit 4G pitch and benefit from large changing rooms and officials' rooms.

You'll also have access to a lab for fitness and performance testing, and will be able to use highly specialised equipment, including Douglas bags, Cortex Metalyzers, blood pressure monitors, heart rate monitors, peak flow meters and body composition based equipment.

Our Openshaw Campus is a welcoming centre, offering courses for school leavers, adults, university-level students and professionals. Subject areas taught at this campus include automotive, construction and engineering, childhood studies and health and social care, and public services and criminology so you'll have the opportunity to get to know students from a wide range of areas.

Whichever Sport course you decide to take, you'll have everything you need to work your way to success.



1 Openshaw Campus
Ashton Old Road, Openshaw M11 2WH





What our students say

“I love it at The Manchester College. The tutors and support staff really show that they care. I know that if I want to start early or use the facilities late, I’ll be allowed; they are really flexible.”

Joel Fletcher, Level 3 Sport

“There’s a great atmosphere at The Manchester College. The people I’ve met through the course and tutors are all really easy to get on with.”

Jaylynn Fyne, Level 3 Sports and Exercise (Basketball Scholarship)

“Since starting at the College, I’ve been motivated by the tutors and the culture of the campus to push myself to achieve higher grades and get involved in every opportunity that is offered to me. My tutors consistently discuss different career paths with us, introducing us to some pathways we wouldn’t have considered. They have also helped me deal with real life situations like how to handle myself in an interview.”

Kai Davies, Level 3 Sports and Exercise





How to apply

Applying to study at The Manchester College is really easy. Just follow these steps and you will be on your journey to amazing in no time.



Step 1

Visit **tmc.ac.uk**



Step 2

Choose a course, apply at an open event, online or mobile



Step 3

Receive a conditional offer



Step 4

Book to attend an interview



Step 5

Register to attend our New Student Welcome Day in July (16-18 only)



Step 6

We will invite you to enrol in September after you receive your results (if applicable)



What's Next?

Find out more and apply

To find out more about Sport at The Manchester College and to apply scan the QR code or visit: **tmc.ac.uk/sport**



Visit us

Join us at one of our open events throughout the year to learn more about our courses, tour our facilities, speak to our tutors and much more. To find out when our next Open Event is taking place and to register your place visit: **tmc.ac.uk/events**

Stay in touch

Follow us on our social media channels:

 **The Manchester College**

 **@TheMcrCollege**

 **@TheMcrCollege**

 **@themcrcollege**

Contact Us

Got a question about one of our courses, about The Manchester College or just need to get in touch? Contact us:

 **enquiries@tmc.ac.uk**

 **03333 222 444**



The
Manchester
College®
be amazing

The Manchester College is committed to equality of opportunity, non-discriminatory practices and supporting individual learners. This information is also available in a range of formats, such as large print, on request.