



BTEC Level 1 Vocational Studies in Sport and Public Services

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Student Name:



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1.1 - Staff Contact:

Name	Role	Email/Phone
Aidan Dennison	Personal Tutor/Course Leader	dennisona@chesterfield.ac.uk
Thomas McGrail	Vocational Leader for Sport and Public Services	mcgrail@chesterfield.ac.uk
Alex Hall	Curriculum Manager for Leisure	halla@chesterfield.ac.uk
College Mainline	Reporting Absence from College	01246 500 500
Kerrie Robertson	LEAP Mentor (Enrichment, Bursary, Pastoral Support)	robertsonk@chesterfield.ac.uk

Please note staff working hours are Monday – Friday 8.30am – 5.00pm and they will aim to respond to you promptly. Please try to contact staff through Microsoft Teams/Email as these are usually the best options.

2.1 – College Expectations and Standards.

During your course at College the minimum expectation for attendance is 90% and above for all lessons (Sport and Maths/English if applicable).

You face disciplinary action for the following reasons:

- Attendance dropping below 90% (including being sick)
- Unauthorised absences
- Consecutive absences
- Missing assessment deadlines
- Incomplete work (e.g minimum grade not being achieved etc)

Please also note that Chesterfield College has a three stage Disciplinary process:

- Stage 1 – Targets set to achieve
- Stage 2 – If Stage 1 targets have not been met, parents to be involved with further targets to achieve
- Stage 3 – Panel with senior management with possible removal from the course

2.2 – Grades

At college your personal tutor will explain to you your MTG (Minimum Target Grade) and ATG (Aspirational Target Grade). The grade will be one of the following:

- Pass
- Merit
- Distinction
- Distinction *

It is important that during your time at college you are working towards your minimum grade, with hope that you will stretch yourself in trying to achieve your ATG.

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2.3 - How to Calculate your Final Grade.

In total for your course you will need to complete 10 units in order to achieve your qualification. There are a total of 3 different grades that can be achieved for each unit which as Pass, Merit, Distinction.

	Unit Size	
	30 GLH	60 GLH
Unclassified	0	0
Pass	6	8
Merit	12	16
Distinction	18	24

From there if you add up the total points from all 10 units this will give you a total score and then using the below table it will show you how many points are required in order to achieve the overall grade for the course.

Points required to receive the overall grade:

Unit Points

Calculation of Qualification Grade: Diploma
360 GLH

Grade	Points Threshold
U _____	0
PP _____	72
MP _____	96
MM _____	120
DM _____	158
DD _____	196

Available Points:

	Unit Name	Unit GLH	Grade	Points Per Unit
1	Unit A1 – Being Organised	30	Pass / Merit / Dist	6 / 12 / 18
2	Unit A2 – Developing a Personal Progression Plan	30	Pass / Merit / Dist	6 / 12 / 18
3	Unit A3 – Working with Others	30	Pass / Merit / Dist	6 / 12 / 18
4	Unit A4 – Research Topic	30	Pass / Merit / Dist	6 / 12 / 18

5	<u>Unit PS6 – Taking Part in Fitness Testing</u>	40	Pass / Merit / Dist	8 / 16 / 24
6	<u>Unit PS11 – Contributing to Your Community</u>	40	Pass / Merit / Dist	8 / 16 / 24
7	<u>Unit HSC8 – Advising Others About a Healthy Lifestyle</u>	40	Pass / Merit / Dist	8 / 16 / 24
8	<u>Unit SP7 – Playing Sport</u>	40	Pass / Merit / Dist	8 / 16 / 24
9	<u>Unit SP9 – Assisting a Sporting Activity</u>	40	Pass / Merit / Dist	8 / 16 / 24
10	<u>Unit SP11 – Getting People Active</u>	40	Pass / Merit / Dist	8 / 16 / 24

2.4 – What is my course worth?

Please note there is no UCAS points attached to completing this course. However completing this course will allow progression to a Level 2 programme. The following courses are options to progress onto:

- L2 NCFE in Sport Coaching (Multisports Pathway)
- L2 NCFE in Sport Coaching (Football Pathway)
- L2 NCFE in Public Services

2.5 – Submitting Assignments

All assignment dates for each unit will be set out by the relevant unit teacher. It is essential that you meet deadlines on time to give yourself the best possible chance of achieving your full potential for each piece of work

All work will be submitted through OneFile. You will be given a guide on how to submit this correctly during your induction week.

From the hand in date you will receive feedback no later than 10 Working Days from your submission date. Within each submission there will be one opportunity to resubmit this piece of work to make improvements to your original submission. When you hand in your resubmission, please make sure your changes are clearly labelled (red text/different labelled voice clip).

2.4 – What is my course worth?

Please note there is no UCAS points attached to completing this course. However completing this course will allow progression to a Level 3 programme, pending Merit achievement for the year. The following courses are options to progress onto:

- L3 NCFE in Sport and Physical Activity (Multisports Pathway)
- L3 NCFE in Sport and Physical Activity (Football Pathway)
- L3 Pearson Sport and Exercise Science

3.1 – Access to Microsoft Office 365

As a Chesterfield College student please ensure you download Microsoft Office 365 which will give you access to the following programs:

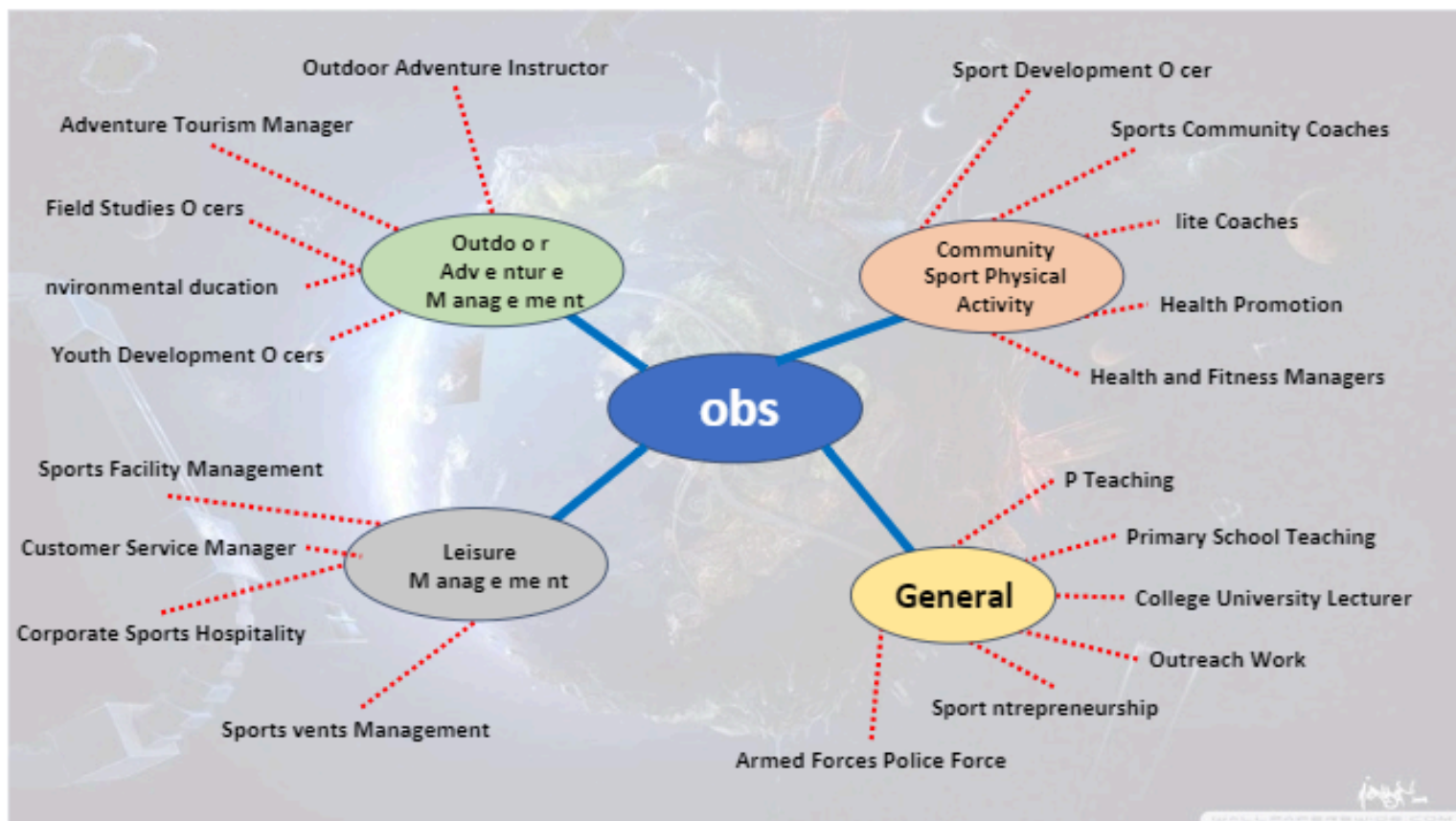
- Word
- Outlook
- OneDrive
- PowerPoint
- Excel
- Notebook

These programmes will be essential during your time at college and can be accessed via your phone, tablet, laptop or computer.

4.1 – Unit Guide and Information

Unit Name	What the unit involves?	How are you assessed?	Grade I would like to achieve?
Unit A1 Being Organised	From creating to-do lists and filing systems to setting up your phone for alerts and alarms, this unit will introduce you to ways that will help you to plan and use your time effectively, as well as organising yourself and your work. After learning and practising these techniques, you will have the opportunity to put them into practice over a period of time, reviewing how successful they were and whether they improved your organisational skills. The skills you learn in this unit are key for progression to the next stage in your education. They are also crucial for work and life.	Assignment	
Unit A2 Developing a Personal Progression Plan	This unit will help you find out what opportunities are available to you and how to get to the next stage. You will carry out a self-audit, identifying what your strengths are and what you need to develop to be able to meet your progression goals. You will learn how to set goals and plan ways to achieve them. You will then produce a personal progression plan to help you reach the next step in your life. The skills you develop in this unit will be good preparation when applying for another course or training programme	Presentation	
Unit A3 Working with Others	In this unit, you will develop these skills and demonstrate how you use them. You will work with others to complete a given activity, agree roles and responsibilities, share ideas and support each other. Problems may come up as you work on the activity and you will need to find solutions to them. It can be difficult working with others and this unit gives you the opportunity to develop the skills and behaviours you need to be successful.	Practical Demonstration Workbook	
Unit A4 Researching a Topic	In this unit, you will have the opportunity to research a topic that interests you. It could be linked to something you have enjoyed in your sector, something that is happening in your local community or perhaps linked to what you would like to do in the future. Before starting on your research you will need to decide on the focus for your topic. You will set up a research log to record the research tasks you carry out and the sources that you use. When you have completed your research, you will summarise and present your findings.	Presentation	
Unit HSC8	In this unit, you will select and prepare information about activities that can help promote a healthy lifestyle for an information-sharing event, based on your understanding of the	Practical Demonstration	
Advising Others About Healthy Lifestyles	factors that can affect health. You will find out about and plan ways to promote health. You will use this information when working as a team to present information about healthy lifestyles to others.	Assignment	
Unit PS6 Taking Part in Fitness Testing	In this unit, you will develop the skills that will allow you to plan, take part in and review fitness testing activities. You will look at the basic fitness tests that are required as part of the selection stages for different public services and at the levels of fitness required to undertake them. You will take part in a range of fitness tests and will measure your levels of fitness through these results. This will help you to review your performance against the requirements of the public services	Practical Demonstration Workbook	
Unit PS11 Contributing to Your Community	In this unit, you will find out about a voluntary organisation and its activities. You will present information on this organisation and its activities that have a positive impact on the community.	Practical Poster	
Unit SP7 Playing Sport	You will improve your skills and techniques and will reflect on your performance, thinking about your strengths and areas for improvement. This will help you to make plans to improve your performance. This unit will develop your knowledge and understanding of the skills and techniques needed to be successful in sports. The transferable and sector skills you develop in this unit can enable you to progress to further learning. You will find out how to plan, prepare and assist in the delivery of a sports activity. This might be a short coaching drill in a larger training session, or a warm-up or relay race. You will work with your peers and tutor to deliver a whole session and you will play an individual role in assisting in the session, making sure that participants enjoy themselves and have fun. You will develop your motivational skills so that people enjoy taking part in your activity and your assistance in the delivery of the activity will allow you to improve your leadership, teamwork and communication skills. In this unit, you will think about how you can motivate others to get more active, more often. You will learn about what gets people to be more active and what might stop them, for example you might not take part in some activities because they cost too much or because your friends won't do them with you. You will find out about what needs people have and how an activity can be planned to meet them, for example some people want to increase their self-confidence or make new friends. You will work in a team to plan how to get different people to be more active and this will involve you communicating with others.	Practical assessment Assignment	
Unit SP9 Assisting in a Sports Activity		Practical Assessment	
Unit SP11 Getting People Active		Assignment	

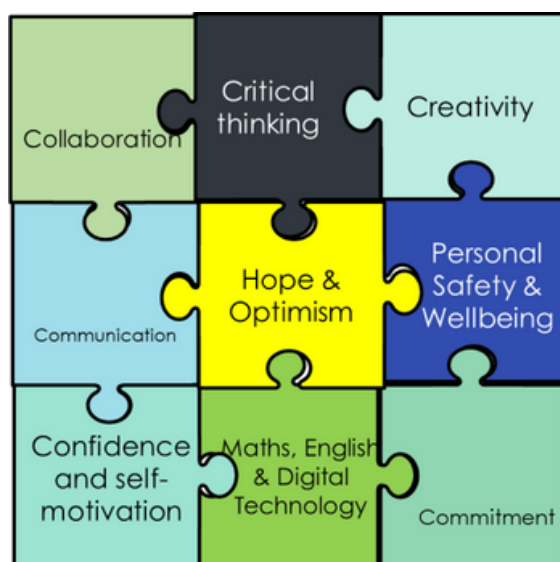
5.1 – What jobs could I progress onto from the course?



6.1 – ASPIRE Journey

As a Chesterfield College student you will not only develop your vocational knowledge of the sector that you are wanting to progress into, but you will also develop your personal skills that are needed for your industry.

At college we refer to this as our ASPIRE skills. These are skills that we believe a critical skill that are needed to work in the sport and exercise sector. Throughout your course and work experience you will develop all these skills to help prepare you for a career in the sport and exercise. See below some of the examples where you will be using these skills on your course and where they become important in the sports sector.



ASPIRE Skill	When you will use it at college	When you will need it in a sport career
<i>Collaboration</i>	Designing group presentations to present to the rest of the group.	Working within a team to plan and run large scale sporting events.
<i>Critical Thinking</i>	Developing specific rehabilitation plans that suit your athlete.	Making key decisions on the strategies that you use to help athletes rehab.
<i>Creativity</i>	Designing a research project into a specific topic	Creating bespoke training and rehabilitation plans for a client
<i>Communication</i>	Coaching a sports activity session to a group.	Leading coaching sessions to a group of professional athletes.
<i>Hope and Optimism</i>	Pushing yourself to achieve a distinction in a specific unit.	Pushing yourself to complete university and achieve your dream career.
<i>Personal Safety & Wellbeing</i>	Understanding the importance of physical activity on health.	Helping a client lose weight to help reduce the stress on their heart.
<i>Confidence & Self-Motivation</i>	Motivating yourself to revise for your January exams.	Working extra hours to help your team prepare for an upcoming game.
<i>Maths, English and Digital Technology</i>	Analyse and devise diet plans for an athlete. Calculating calories and working with percentages.	Developing a lifestyle improvement plan and planning target heart rate zones.
<i>Commitment</i>	Seeking your own work placement in your desired career.	Working late in a sports team to break down and analyse performance of a previous performance.

7.1 – Work Experience

This year you will need to complete a minimum of 40 hours of Work Experience. This may be done at multiple venues or all within one setting. Most students complete these hours in two different ways:

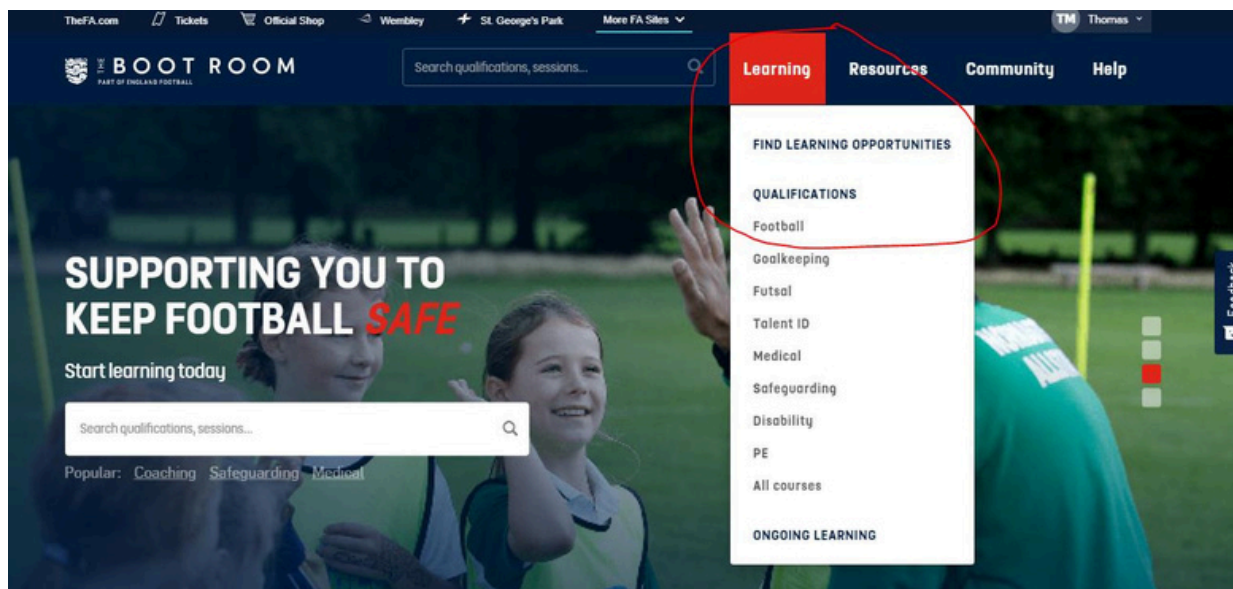
- Short and Fat (Lots of hours over a short period of time e.g full week at half term)
- Long and Thin (Little hours but done throughout the year e.g. coaching at your local team once per week)

When completing your work experience hours college will need to know the following prior to starting:

- Placement Name/Organisation Name
- Name of Key Contact
- Phone Number
- Email
- Information of types of activities, what will you be doing and when

Online FA Courses (www.thebootroom.thefa.com)

The Bootroom is an online platform for football coaches with the country, within the site there is access to articles, sessions, resources and also online courses. IN the top right corner of the page, click sign in or create an account. This will generate a FAN number, username and password.



When hovering over 'learning' this will bring a list of different courses, the below are all free and completing the following would generate 18 hours:

- EE Playmaker Course (3 HOURS)
- Talent Identification Level 1 (3 HOURS)
- Introduction to Futsal (1 HOUR)
- Disability Football Introduction (1 HOUR)

- Respect Course (2 HOUR)
- The FA Safeguarding for All (3 HOURS)
- The FA Safeguarding Adults (3 HOURS)
- The FA Concussion Guidelines (1 HOUR)
- Sudden Cardiac Arrest (1 HOUR)

There are also other courses which are highly recommended

which would generate work
experience hours:

- Introduction to Football Coaching (Level 1) - £160 (Over 30 HOURS Work Experience)
- Safeguarding Children Course - £30 – (3 HOURS Work Experience)
- Referee Course - £110 (Over 35 Hours)
- Coaching People with a Visual Impairment - £17 (2 HOURS)
- Inclusive Activity Programme - FREE (1 HOURS)
- Mental Health Awareness for Sport and Physical Activity - £12 (3 HOURS)
- Keeping Deaf and Disabled People Safe in Sport - £17 (4 HOURS)
- Inspiring Positive Behaviour in Sport - £7 – (1 HOURS)
- PE Confidence Series - £50 (4 HOURS)

UK Coaching (www.ukcoaching.org/courses/course-list)

UK Coaching also offer lots of different online courses that can be used towards work experience, however some of these cost, see list below:



8.1 – Case Studies from Previous Students

“I want to be a PE teacher at a secondary school so I need to do a sports course. I have always done sport through primary and secondary school. It was quite a big part of my life. I’ve played quite a few different sports, I did swimming and tennis all the way through secondary school and then football became my passion. I did PE at secondary school but I wanted to do another sports course and that’s why I decided to come to college. I started to think about my future plans, I enjoyed coaching but I wanted different career options, so secondary school teaching could be something I can pursue. I like that it’s a mix of practical and study. There’s plenty of opportunities to harness your coaching abilities as you’re not just sat in the classroom. You can also build your confidence. There’s lots of opportunities to coach different abilities and groups and we have coached a Level 1 Group as part of a unit.”

Millie Standen, 2020

“I learnt how to coach children in the right manner and the importance of team skills I’ve also learnt about safeguarding for children. Next I will do the second year of the course and then hopefully go to university to study coaching or teaching. The course is going to help towards my long term ambition because I will hopefully get to the stage of being able to become a PE teacher and be able to coach people to do sports which is a great job.”

Dec Franey, 2023

“I enjoyed the practical side of the course and the practical units such as organising an event and coaching special populations, because the written assignments were easy to understand and fun to research. I developed my understanding of the skills required to be a teacher/coach through confidence, communication and organisations. I also learnt how to coach different groups of people and dealing with things like behaviour. Throughout the course the tutors gave me lots of support with assessments and this has helped me to now progress onto higher education with Chesterfield College.”

Mikail Sueri Callum Facey, 2021

9.1 – Uniform Order



<https://www.kitking.co.uk/collections/chesterfield-college>

