

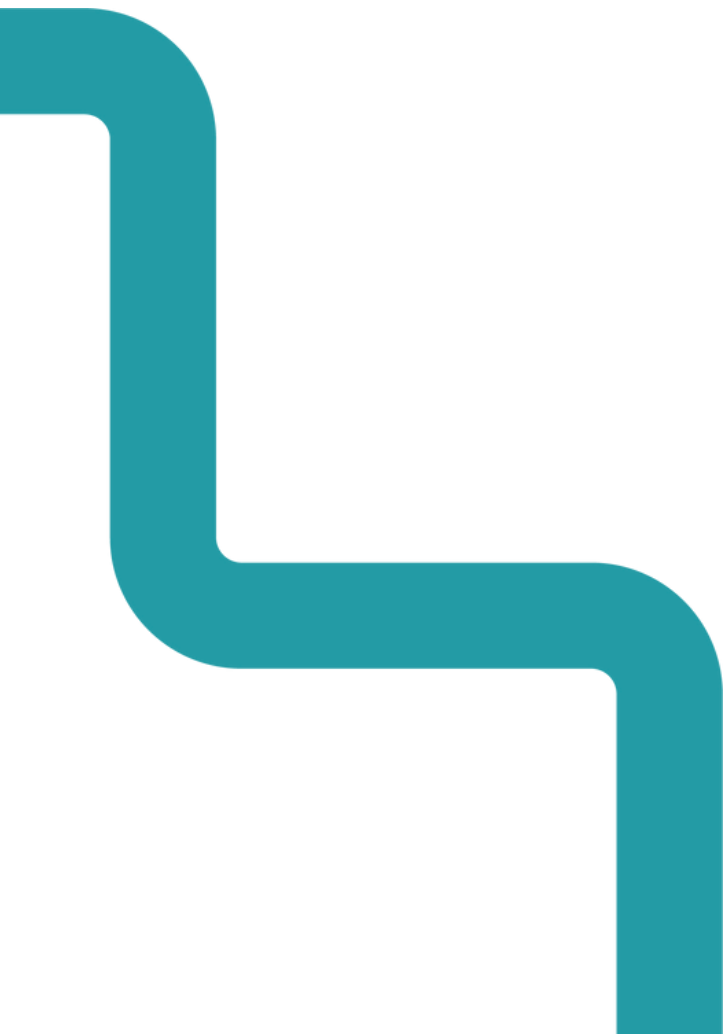


Level 3 NCFE in Sport and Physical Activity

(Multisport Pathway)

Course Tutor: Eden Fisher
(fishere@chesterfield.ac.uk)

Student Name:



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1.1 - Staff Contact:

Name	Role	Email/Phone
Eden Fisher	Personal Tutor/Course Leader	Fishere@chesterfield.ac.uk
Tom McGrail	Vocational Leader for Sport and Public Services	Mcgrailt@chesterfield.ac.uk
Alex Hall	Curriculum Manager for Leisure	halla@chesterfield.ac.uk
College Mainline	Reporting Absence from College	01246 500 585
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 may be unavailable for football and 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.

2.3 - How to Calculate your Final Grade.

In total this year you will complete 9 units to achieve your qualification. There are a total of 4 different grades that can be achieved for each unit of Referral, Pass, Merit and Distinction.

Depending on the grade achieved each unit will equal a different amount of points:

- Referral = 0 pts
- Pass = 50 pts
- Merit = 60 pts
- Distinction = 72.5pts

From there if you add up the points from each of your units it will equal a total score and then using the below table it will tell you what grade your score equals:

Course	Not Yet Achieved	Pass	Merit	Distinction	Distinction *
Diploma (Year 1)	</404	405	495	585	652.5
Extended Diploma (Year 2)	</808	810	990	1170	1305

Some examples of students final grade and the differences can be seen below:

Unit	Joe Bloggs	Billy Sharp	Lionel Messi
Preparing for a Career in Sport	Pass (50)	Merit (60)	Distinction (72.5)
Exercise, Health and Lifestyle	Merit (60)	Merit (60)	Distinction (72.5)
Sport Coaching	Merit (60)	Merit (60)	Distinction (72.5)
Practical Team Sport	Merit (60)	Merit (60)	Distinction (72.5)
Fitness Testing	Distinction (72.5)	Merit (60)	Distinction (72.5)
Technical & Tactical	Distinction (72.5)	Merit (60)	Distinction (72.5)
Nutrition	Distinction (72.5)	Merit (60)	Pass (50)
Anatomy & Physiology	Pass (50)	Merit (60)	Merit (60)
Sports Injuries	Merit (60)	Pass (50)	Pass (50)
Total Points	557.5	520	595
Final Grade	Merit	Merit	Merit

2.4 - How many UCAS points will my final grade create

Below is a table highlighting the UCAS points that you would receive for achieving the following grade from the 1st Year or 2nd Year of the course:

Course	Pass Overall	Merit Overall	Distinction Overall	Distinction *
1 Year Diploma (540)	24	48	72	84
2 Year Extended Diploma	48	96	144	168

Example of UCAS Points Required for University Courses:

- Chesterfield College – Higher National Certificate/Diploma University Course in Sport and Leisure Management – 48 Points required
- Sheffield Hallam University:
 - BSc Sport Coaching- 112 points
 - BSc Physical Activity and Education- 112 points

**Please always check with the university and some can have slightly different requirement then specified

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 change of achieving your full potential for each piece of work

All work will be submitted through Microsoft Teams. 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).

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:

- Outlook
- OneDrive
- Word
- 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?
Exercise, Health and Lifestyle	In this unit learners will understand the importance of a healthy lifestyle and provide lifestyle improvement strategies to an individual. Learners will investigate the impact of various factors such as exercise, alcohol and diet on a person's lifestyle. Learners will then assess an individual's lifestyle and create a health related physical activity plan.	A1 – PowerPoint Presentation A2 – Lifestyle Questionnaire and Report A3 – Six Week Programme	
Practical Team Sport	This unit allows learners to participate in contrasting team sports and explore the sports skills, tactics, rules and regulations, including team formations and phases of play. In the second part of the unit learners will develop, practice and refine these skills and tactics in their selected team sports. Learners will also analyse their own performance and that of others, identifying strengths and areas for improvement, including development of improvement strategies.	A1 – Presentation and Delivery A2 – Poster A3 – Report and Reflection	
Sport Nutrition	In this unit learners will understand the structure and function of the digestive system, the importance of hydration and the components of a balanced diet in relation to sports performance. Learners will know how to plan an appropriate diet plan for a selected sports performer and activity.	A1 – Report A2 – Report A3 – Athlete Diet Plan	
Sports Injuries	In this unit learners will explore a range of common sports injuries that impact the careers of athletes. They will also explore methods of preventing injuries and different methods of treating injuries of different severities	A1- Academic Poster A2- Report A3- Presentation	
Sport Coaching	This unit aims to give learners the opportunity to develop their knowledge and skills required for coaching and allows them to plan and deliver effective coaching sessions.	A1 – Podcast/Voice Discussion A2 – Plan, Deliver and Reflect on a leadership session	
Fitness Testing in Sport	In this unit learners will understand laboratory and field-based fitness tests. Learners will undertake health screening techniques and deliver appropriate fitness tests for selected individuals. The learner will consider the results of the fitness tests and make conclusions.	A1 – Report A2 – Report	
Anatomy and Physiology	In this unit the learners explore the structure and function of various body systems including the respiratory, cardiovascular, skeletal and energy systems. Learners will examine how these systems respond to different types of exercise.	A1 – Poster A2 - Poster	
Technical and Tactical Demands	The learner will understand the technical skills and tactics demanded by selected sports. Learners will assess their own technical and tactical skills as a sports performer in a chosen sport. Learners will produce a development plan to further enhance their own technical and tactical ability in a chosen sport.	A1 – Report A2 - Booklet	
Preparing for a Career in Sport	In this unit learners will recognise the employment opportunities and trends in the sport and physical activity sector. They will prepare for a chosen career in the sector before undertaking and reviewing their performance in an interview for a sport and physical activity job.	A1 – Portfolio Booklet A2 – Job Interview and PDP	

Year 2			
Instructing Physical Activity	In this unit learners will understand the principles of safe and effective physical activity and exercise sessions. They will design a physical activity/exercise programme before planning and delivering their own session. Learners will then review the design of their programme and the delivery of their session.	A1 – Poster A2 – Plan and deliver a fitness related session	
Practical Individual Sport	This unit allows learners to participate in individual sports. Learners will explore the sports' skills, tactics, rules, and regulations. In the second part of the unit learners will develop, practice, and refine these skills and tactics in their selected sport. Learners will also analyse their own performance and that of others, identifying strengths and areas for improvement, including development of improvement strategies.	A1 – Presentation and Delivery A2 – Poster A3 – Report and Reflection	
Coaching Special Populations	This unit allows the learner to enhance knowledge and understanding of sports coaching for special populations groups. The unit looks at differences in delivery methods, activities and coaching practice for specific groups of participants, meaning learners have practical experience of delivery with these groups.	A1 – Written Report A2 – Plan, Deliver and Reflect on a child's coaching session (Year 7 Group to coach)	
Analysis of Sport	In this unit learners will understand the factors that influence the performance of an athlete. Learners will analyse the performance of a selected athlete and provide feedback to the athlete based on this assessment. Learners will understand the importance of observing, analysing and evaluating sports skills and techniques	A1 – Report A2 – Athlete assessment	
Fitness Training and Programming	In this unit learners will understand the different methods of fitness training and will prepare fitness training sessions for the different components of physical fitness. Learners will create, monitor, and review a fitness training programme.	A1 - Report A2 - Report	
Sport Development	In this unit learners will develop their knowledge of the principles of sports development. Learners will look at the barriers to participation and the initiatives used to increase participation in sport. Learners will look at the structure and roles of sports development providers in the UK, and study sports development in practice.	A1 – Report A2 – Initiative Presentation	
Organising an Event	This unit gives learners the opportunity to investigate the industry of sports events and event management. Learners will plan, market, deliver and review an event, giving them a realistic vocational experience within this field.	A1 – Report A2 – Plan, deliver and reflect on your own sports event for charity	
Psychology of Sport	In this unit learners will develop their knowledge of psychology theory and how it affects sports performance. Learners will understand what affects personality, motivation, anxiety and arousal and apply this to assess the psychological skills of an athlete. Learners will plan a psychological skills training programme in order to enhance the performance of an athlete.	A1 - Presentation and Delivery A2 - Presentation and Delivery A3 - Presentation and Delivery	
Leadership in Sport	Learners will understand the qualities, characteristics, and roles of effective sports leaders. They will understand the importance of psychological factors in leading sports activities. Learners will plan and lead their own sports activity session, reviewing its effectiveness.	A1 – Podcast/Voice Discussion A2 – Plan, Deliver and Reflect on a leadership session	

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
Collaboration	Designing group presentations to present to the rest of the group.	Working within a team to plan and run large scale sporting events.
Critical Thinking	Developing specific rehabilitation plans that suit your athlete.	Making key decisions on the strategies that you use to help athletes rehab.
Creativity	Designing a research project into a specific topic	Creating bespoke training and rehabilitation plans for a client
Communication	Coaching a sports activity session to a group.	Leading coaching sessions to a group of professional athletes.
Hope and Optimism	Pushing yourself to achieve a distinction in a specific unit.	Pushing yourself to complete university and achieve your dream career.
Personal Safety & Wellbeing	Understanding the importance of physical activity on health.	Helping a client lose weight to help reduce the stress on their heart.
Confidence & Self-Motivation	Motivating yourself to revise for your January exams.	Working extra hours to help your team prepare for an upcoming game.
Maths, English and Digital Technology	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.
Commitment	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 30 hours of Work Experience. This may be done at multiple venues or all within one setting. Most students complete these houses in two different ways:

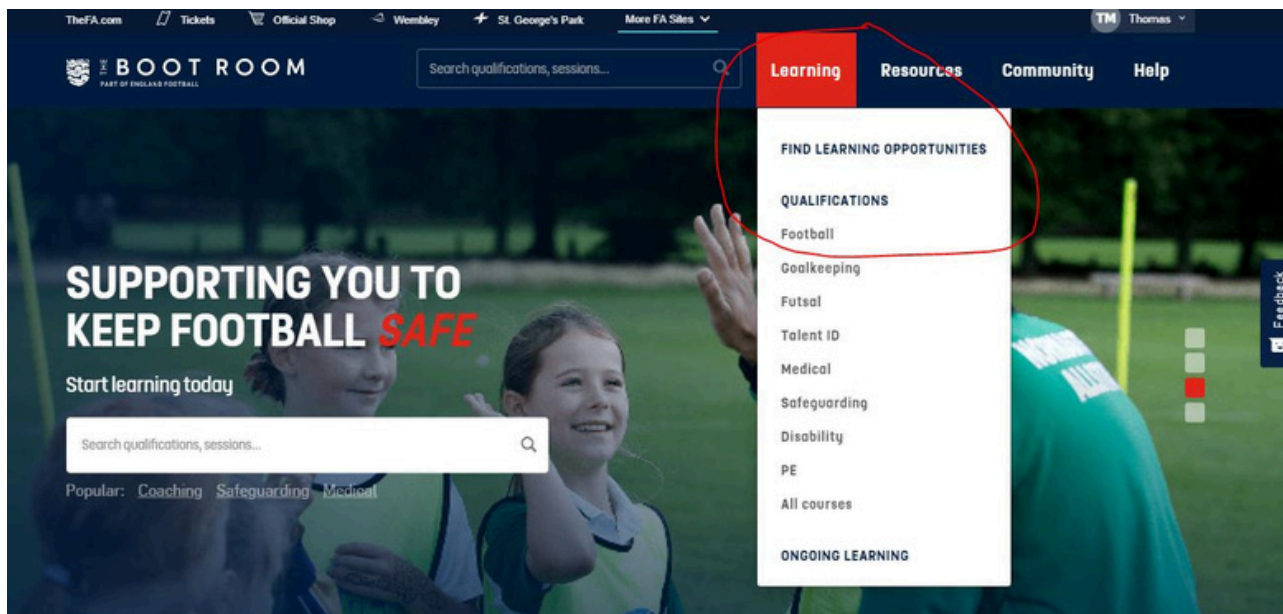
- Short and Fat (Lots of hours over a short period of time e.g full week at half term)
- Long and Thin (Little hours but done throughout the year e.g. coaching at your local team once per week)

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 a 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)

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:

- Coaching People with a Visual Impairment - £17 (2 HOURS)
- Keeping Deaf and Disabled People Safe in Sport - £17 (4 HOURS)
- Inspiring Positive Behaviour in Sport - £7 – (1 HOURS)
- Inclusive Activity Programme - FREE (1 HOURS)
- Mental Health Awareness for Sport and Physical Activity - £12 (3 HOURS)
- PE Confidence Series - £50 (4 HOURS)



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

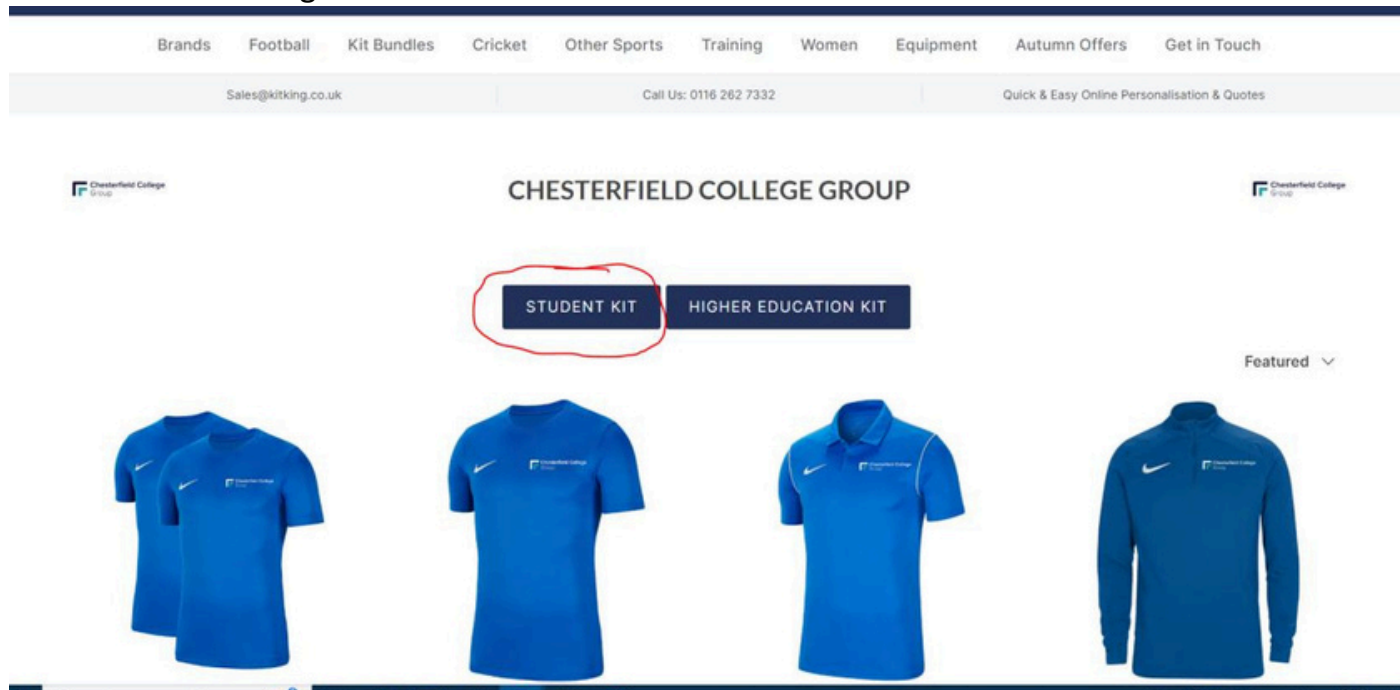
“I enjoyed the practical side of the course and the practical units such as organising an event and coaching special populations, because the written assignments were easy to understand and fun to research. I developed my understanding of the skills required to be a teacher/coach through confidence, 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

Ordering College Kit (https://www.kitking.co.uk/collections/chesterfield-college?srltid=AfmBOooFCGShjZrwcF0qHWE0p_Zbs7g9BSvZMyO8LWBmtelBqMQ7jYZG)

- Please see below the QR code for ordering your sports kit for college
- Once you have opened the link this will send you to our dedicated sports page where you will see the following:



- Please ensure you have selected 'student kit' (circled red) where you see a selection of blue tops/jackets etc and black bottoms for students to purchase
- We recommend a minimum purchase of the following (feel free to purchase more):
 - o X1 Hoody/Jacket/Jumper
 - o X2 T Shirts
 - o X2 Shorts
 - o X1 Bottoms
- Once you have added the items to your basket then please proceed with payments and the usual shipping times are 3-4 weeks.