

6TH FORM SPORTS COURSES



**PAIGNTON COMMUNITY &
SPORTS COLLEGE**

"Believe and Achieve"





WELCOME!

Welcome to our 'outstanding' (OFSTED 2010) Paignton Community Sports College 6th Form.

The purpose of this booklet is to give you a real insight into the Sports courses here at PCSC and to give you some idea of why our courses have achieved such amazing results. Throughout this short booklet, some of our recent students from our varying courses have shared their feelings and opinions on the courses we offer and why they would be a fantastic way to further your education. We have included separate pages of information for each course as well as a look at the terrific facilities which enrich and enhance the quality of our students' experience immensely.

We are delighted to be able to offer BTEC Sport students a variety of qualifications which significantly enhance their employability or prospects of gaining a place at University. These include nationally recognised awards in First Aid, Sports Coaching, NPLQ Pool Lifeguarding, a pre-drivers course and many others! --

Our courses continue to prove a very popular option and applicants are urged to apply as early as possible to avoid disappointment - details of how to apply are included on the back cover, or please find enclosed an application form.

We have established a proud history of success with our BTEC Sports courses and I would now like to offer you the opportunity to be a part of our future.

See you in September!

Mr T Clark
Head of Key Stage 5 Sport



SUCCESS!

Our sports students regularly achieve beyond the National expectations.

Our most recent set of results were extremely pleasing.....

100% OF OUR STUDENTS PASSED!

**BASED ON GCSE RESULTS, 88.5% OF OUR STUDENTS ACHIEVED THEIR PREDICTED GRADES.....
58.8% SURPASSED THEM!**

95.8% OF OUR STUDENTS FEEL THAT THEIR BTEC SPORT TEACHERS ARE BOTH HELPFUL AND ACCESSIBLE.

97.8% OF OUR STUDENTS FEEL AS THOUGH THEIR WORK IS ASSESSED FAIRLY, ACCURATELY AND WITH EXCELLENT ADVICE ABOUT HOW IT CAN BE IMPROVED.

75% OF TORQUAY UNITED GRADUATES GAINED PLACES AT UNIVERSITY WITH A FURTHER 12.5% GAINING PROFESSIONAL PLAYING CONTRACTS.

BTEC SPORT: SUBSIDIARY DIPLOMA

Overview:

This course includes a total of 5, 1 hour lessons per week and is worth the equivalent of 1 'A' Level or 60 QCF credits. Lessons are usually split into 2 double sessions and an additional single session with each dedicated to a particular unit.

This is a fantastic option for those with a keen interest in Sport but would like to also pursue courses in other subject areas.

Units followed:

- Anatomy and Physiology in Sport
- The Physiology of Fitness
- Fitness Testing
- Assessing Risk
- Fitness Training
- Sports Nutrition
- Sports Coaching



Testimonials:

"I really enjoy my BTEC Sport course because it suits my ability to learn as a person who doesn't like exams"

**Ilan Strul, Year 13
Sport Subsidiary Diploma**

Pathways:

Many of our students have successfully progressed into University and followed courses in Sports Coaching, Sports and Exercise Sciences, Sports Therapy and Injuries and Physical Education.

Employment opportunities include:

- Personal Trainer
- Gym Instructor
- Leisure Manager
- PE Teacher
- PE Technician
- Sports Coach
- Sports Therapist
- Physiotherapist



BTEC SPORT: NATIONAL DIPLOMA

Overview:

This course includes a total of 10 timetabled lessons per week and is worth the equivalent of 2 'A' Levels or 120 QCF credits. Lessons are usually grouped into 2 hour double sessions, each dedicated to a particular unit

This is a fantastic option for those with a strong interest in Sport but would like to also pursue another subject area.

Units followed:

- Anatomy and Physiology in Sport
- The Physiology of Fitness
- Fitness Testing
- Assessing Risk
- Fitness Training
- Sports Massage
- Practical Sports
- Leadership in Sport
- Current Issues in Sport
- Sports Development
- Exercise, Health and Lifestyle
- Sports Coaching



Pathways:

Many of our students have successfully progressed into University and followed courses in Sports Coaching, Sports and Exercise Sciences, Sports Therapy and Injuries and Physical Education.

Employment opportunities include:

- Personal Trainer
- Leisure Manager
- PE Technician
- Sports Therapist
- Gym Instructor
- PE Teacher
- Sports Coach
- Physiotherapist

Testimonials:

"BTEC Sport is a fun, challenging and enjoyable course. The teachers and pupils are great and the course units allow you to look at a wide variety of aspects in sport"

George Davies Yr.13 Sport Diploma

BTEC SPORT: EXTENDED DIPLOMA

Overview:

This course includes a total of 15 timetabled lessons per week and is worth the equivalent of 3 'A' Levels or 180 QCF credits. Lessons are usually grouped into 2 hour double sessions, each dedicated to a particular unit. See the example timetable on the opposite page for an idea of how your week in College may look should you decide to take this highly regarded course.

This is a fantastic option for those who love sport and have an interest in coaching, leadership, performing and development in a variety of sports related areas. Candidates who wish to pursue eventual employment in the sports industry are perfectly suited to a course of this nature.

Units followed:

- Anatomy and Physiology in Sport
- The Physiology of Fitness
- Fitness Testing
- Assessing Risk
- Fitness Training
- Sports Massage
- Practical Individual Sports
- Organising Sports Events
- Sports Nutrition
- Sports Injuries
- Instructing Physical Activity
- Leadership in Sport
- Rules, Regulations and Officiating in Sport
- Analysis of Sports Performance
- Current Issues in Sport
- Sports Development
- Exercise, Health and Lifestyle
- Sports Coaching
- Practical Team Sports

Pathways:

Upon successful completion of this course, students will have amassed the required number of UCAS points to gain access to a number of sports courses at University. An experience which has continued to benefit many of our previous students. Such courses include Applied Sports Coaching, Sports and Exercise Sciences, Sports Therapy and Injuries and Physical Education.

Employment opportunities include:

- Personal Trainer
- Gym Instructor
- Leisure Manager
- PE Teacher
- PE Technician
- Sports Coach
- Sports Therapist
- Physiotherapist



How will my timetable look?

Below is a typical BTEC Sport Extended Diploma timetable:

YEAR 12 EXTENDED DIPLOMA IN SPORT - (DEVELOPMENT, COACHING AND FITNESS)					
	8.40 - 9.40	9.40 - 10.40	11.00 - 12.00	12.00 - 13.00	14.00 - 15.00
MONDAY	INSTRUCTING PHYSICAL ACTIVITY		PRACTICAL INDIVIDUAL		
TUESDAY	LEADERSHIP IN SPORT		CURRENT ISSUES IN SPORT		
WEDNESDAY	ANALYSIS OF SPORTS PERFORMANCE		SPORTS DEVELOPMENT		
THURSDAY	SPORTS COACHING		RULES, REGULATIONS AND OFFICIATING IN SPORT		EXERCISE , HEALTH & LIFESTYLE
FRIDAY					



Testimonials:

"All teachers are willing to help out with anything. The sport facilities are amazing – there is always something sport related going on"

Dan Page
Year 13 Sport Extended Diploma

Testimonials:

"The course is excellent, the teachers help you loads and will do everything to make sure you achieve your qualifications"

George Taylor
Year 13 Sport Extended Diploma

OUTSTANDING

As a designated Sports College, our students are able to benefit from using some of the most fantastic sporting facilities in the South of England.

Our unrivalled facilities mean that for learners wishing to study sport in Torbay, there is simply no better place than Paignton 6th form!



FULL SIZED 3G TIGER TURF PITCH

Completed in 2010, this is simply the best artificial sporting surface money can buy. This facility is home to the TUFC Development Squad, with all training sessions and home fixtures taking place here, in our very own 'Theatre of Dreams'.

The opening of our ATP has also enhanced practical BTEC lessons and also the various coaching and officiating courses on offer to our Sports Course 6th Formers.



SPORTS DOME - 'THE HUB'

2011 saw the opening of our sports dome - an indoor multi-use sports area. The second largest of its type in the UK, 'The Hub' is comprised of 16 badminton courts, 4 netball / basketball courts, 4 futsal pitches, or to give you a further idea of its colossal scale, 4 full sized school sports halls!

FACILITIES!

BTEC Sport groups are often found in the fitness suite, researching different training methods or devising and carrying out training programmes.



The fitness suite is one of the most widely used facilities in the College and has become something of a haven for students looking to increase their fitness, recover from injuries, or simply to exercise whilst socialising with friends. BTEC Sport groups are often found in the fitness suite, researching different training methods or devising and carrying out training programmes.



Our Sports Hall is perfectly equipped to host many different sports including 5-a-side football, basketball, cricket and trampolining. The feature mezzanine viewing gallery area serves as a fantastic vantage point for sports analysis or simply to support PCSC in its various sporting endeavours against rival schools and Colleges.



The Wii room, comprising of 4 Nintendo Wii's and 4, 32" LCD screens, is proving to be a very popular addition to our impressive roster of facilities. It regularly plays host to students wishing to have fun with their fitness using Wii Fit or to take on their mates (or even staff) at Wii Sports or Just Dance 3!

There's more!

In addition to the fantastic facilities advertised above, we are fortunate to have the benefit of many other dedicated sport areas such as....

- 2 x outdoor table tennis arenas
- Coach Education Room
- Outdoor 'MUGGA' Hard Court
- Fitness Room
- Grass rugby / football pitch
- Dance Studio
- Waterleat Road Sports Hall
- Snooker Room

TORQUAY UNITED FOOTBALL DEVELOPMENT PROGRAMME

If you love football and wish to further your education, this is the perfect course for you...

The amazing thing about the Torquay United Football Development Programme is that it allows young people the opportunity to access professional football coaching on a daily basis whilst simultaneously enabling them to achieve the qualifications to access a place at University.

For the 2012-13 season, the squad will enter teams in both the British Colleges Sports League and also the South Devon Colleges League. The Development Programme is open to players of all abilities, however, players who impress are given the opportunity to train with Torquay United's first team and there have been some outstanding success stories.

To date, four students have actually managed to acquire full youth team contracts and 2009 graduate Saul Halpin became the first professional footballer to be produced from the programme. All members of the Development Squad are made to feel an important part of Torquay United and are invited to attend all first team fixtures at Plainmoor free of charge.

The Development Programme has recently been further enhanced by the construction of a brand-new multi million pound 4G artificial playing surface and Coach Education room. The facility stands shoulder to shoulder with the very best surfaces of its type nationally.

Overview:

This course includes a total of 11 timetabled lessons per week and is worth the equivalent of 3 'A' Levels or 180 QCF credits. Lessons are usually grouped into 2 hour double sessions, each dedicated to a particular unit. In addition, pupils receive 2 hours of professional football coaching per day, plus a weekly competitive fixture in either local or national competition.

This is a fantastic option for those who love football and have an interest in playing, coaching or officiating.

Units followed:

Students achieving 5 GCSEs at C or above will follow a 2-year, 19 unit course which includes modules on Fitness Training, Sports Nutrition and Sports Coaching.



We are delighted to be able to offer the programme to students who didn't achieve 5 or more C grade GCSEs. Such applicants can opt for a 1-year, 7 unit course. This programme is worth the equivalent of 4 GCSE grades and those who achieve overall 'merit' grades or higher are offered the opportunity to remain in the programme for a further 2 years on the higher level course.

How will my timetable look?

Below is a typical BTEC Sport Extended Diploma timetable:

YEAR 12 TORQUAY UNITED FOOTBALL DEVELOPMENT PROGRAMME - YEAR 1					
	8.40 - 9.40	9.40 - 10.40	11.00 - 12.00	12.00 - 13.00	14.00 - 15.00
MONDAY	NUTRITION FOR SPORTS PERFORMANCE/ THE ATHLETE'S LIFESTYLE		TRAINING		
TUESDAY	ASSESSING RISK IN SPORT/ PSYCHOLOGY FOR SPORTS PERFORMANCE		TRAINING		
WEDNESDAY	ANATOMY AND PHYSIOLOGY IN SPORT / PSYCHOLOGY OF FITNESS				FIXTURE
THURSDAY	TECHNICAL AND TACTICAL SKILLS IN SPORT / EXERCISE, HEALTH AND LIFESTYLE		TRAINING		
FRIDAY	FITNESS TRAINING AND PROGRAMMING / FITNESS TESTING FOR SPORT AND EXERCISE		TRAINING		

Coaches



Robbie Herrera (College Co-ordinator):

Robbie has had an extensive professional playing career and enjoyed lengthy spells at Premier League clubs such as QPR and Fulham FC. Robbie also made over 100 appearances for Torquay United and is a qualified UEFA 'A' License coach. We are delighted to have Robbie as a part of the Football Development Programme.



Nick Milton:

Nick is a highly experienced and successful coach and has been working for Torquay United for 4 years. He has a UEFA 'B' coaching qualification and has played a key role in developing players from the Centre of Excellence into Youth Team apprentices including current professional, Ray Spear.



Kevin Wills:

Kevin is the latest member of the coaching setup, but brings considerable footballing experience and expertise. Kevin played professionally for 7 years at Plymouth Argyle and Torquay United, before becoming a Wembley hero - scoring twice in Truro City's FA Vase triumph in 2007. Kevin is currently studying for his UEFA 'B' coaching license.

TESTIMONIALS



"The College's excellent facilities make practical lessons the best part of the week"
George Davies, Year 13, Sport National Diploma



"All aspects of the course are extremely interesting and are full of life-changing facts"
Dan Hubble, Y13 Sport Extended Diploma



"You get to learn many new skills and improve your knowledge across a variety of units in a relaxed and friendly environment"
Rachel Perkins, Year 13, Sport Extended Diploma



"The teachers are very supportive of every student"
Jacob Baillie, Year 12, Sport Extended Diploma



"The sports facilities are great, the teachers are friendly and you can have good banter with them"
Brad Warren Year 13, Sport Extended Diploma

HOW TO APPLY

You can apply online by visiting www.paigntoncommunitycollege.com

*Alternatively, you can contact the College by
telephone (01803 403700) or by post and request an application form:*

*6th Form Admissions
Paignton Community & Sports College
Borough Road
Paignton
Devon
TQ4 7DH*