



# HIRE A SPORT & FITNESS APPRENTICE

This apprenticeship enables your staff to develop the skills and enthusiasm required for businesses in the sport and leisure industry.



## HOW APPRENTICESHIPS WORK

- You offer a young person a role to support your business paying minimum wage of £3.50\*
- The role combines of employment and training leading to a nationally recognised qualification
- Their training takes place at your workplace and at the College
- The employee is required to work a minimum of **30 hours** per week including any college attendance.



## BENEFITS FOR YOUR BUSINESS

- Recruit new staff or train existing employees in a cost effective way
- Improve your recruitment policy, resulting in higher staff retention and loyalty
- Build a qualified workforce with specialist skills to suit your present and future business needs.
- Work with the largest College provider of apprenticeships in west London with over 50 years of experience.



## APPRENTICESHIP REFORMS

With the introduction of the government's Apprenticeship Reforms, talk to us about how we can help you plan your recruitment. To find out more, call **01895 853780** or visit our website at [www.uxbridgecollege.ac.uk/employers](http://www.uxbridgecollege.ac.uk/employers).



## APPRENTICESHIP PROGRAMME

Levels of Apprenticeships	Pathways	Qualifications gained
<b>Level 2 - Intermediate Apprenticeship</b> (equivalent to five GCSE passes).	<ul style="list-style-type: none"> <li>Active Leisure and Learning</li> <li>Instructing Exercise and Fitness</li> <li>Diploma in Personal Training</li> </ul>	<ul style="list-style-type: none"> <li>Technical Certificate</li> <li>NVQ Qualification</li> <li>Functional Skills</li> </ul>
<b>Level 3 - Advanced Apprenticeship</b> (equivalent to two A Level passes).		

\*All pricing information correct at time of publication, March 2017.

## CAN YOU OFFER A ROLE? FIND OUT MORE:

- 01895 853780**
- [employerservices@uxbridgecollege.ac.uk](mailto:employerservices@uxbridgecollege.ac.uk)**
- [www.uxbridgecollege.ac.uk/employers](http://www.uxbridgecollege.ac.uk/employers)**
- UC\_Employers**





## INTERMEDIATE APPRENTICESHIPS

### ACTIVE LEISURE & LEARNING

#### Technical Certificate

##### *Mandatory units*

- Employment Awareness in Active Leisure and Learning
- Certificate in Fitness Instruction
- Circuit Training.

#### NVQ Qualification

##### *Mandatory units*

- Promote health, safety and welfare in active leisure and recreation
- Work with clients to help them adhere to exercise and physical activity
- Reflect on and develop own practice in providing exercise and physical activity.

##### *Optional units*

- Gym: Plan and prepare gym-based exercise
- Gym: Instruct and supervise gym-based exercise
- Exercise to Music: Plan and prepare group exercise to music
- Exercise to Music: Instruct group exercise to music
- Aqua: Plan and prepare water-based exercise
- Exercise and Physical Activity for Children: Instruct water-based exercise
- Exercise and Physical Activity for Children: Plan health related exercise and physical activity for children
- Exercise and Physical Activity for Children: Instruct children in health related exercise and physical activity.

### INSTRUCTING EXERCISE & FITNESS

#### Technical Certificate

##### *Mandatory units*

- CYQ (Central YMCA Qualifications) Level Award in employment awareness in active leisure and learning
- CYQ Level 2 Certificate in fitness instruction
- CYQ Level 2 Award in circuit training.

#### NVQ Qualification

##### *Mandatory units*

- Promote health, safety and welfare in active leisure and recreation
- Work with clients to help them adhere to exercise and physical activity
- Reflect on and develop own practice in providing exercise and physical activity.

##### *Optional units*

- Gym: Plan and prepare gym-based exercise
- Gym: Instruct and supervise gym-based exercise
- Exercise to music: Plan and prepare group exercise to music
- Exercise to music: Instruct group exercise to music
- Aqua: Plan and prepare water-based exercise
- Aqua: Instruct water-based exercise
- Exercise and physical activity for children: Plan health related exercise and physical activity for children
- Exercise and physical activity for children: Instruct children in health related exercise and physical activity.

## ADVANCED APPRENTICESHIPS

### ACTIVE LEISURE & LEARNING

#### Technical Certificate

##### *Mandatory units*

- Employment Awareness in Active Leisure and Learning
- Certificate in Personal Training
- Certificate in Coaching (Strength and Conditioning).

#### NVQ Qualification

##### *Mandatory units*

- Promote health, safety and welfare in active leisure and recreation
- Motivate clients to maintain long term adherence to exercise and physical activity
- Reflect on and develop own practice in providing exercise and physical activity
- Evaluate exercise and physical activity programmes
- Design, manage and adapt a personal training programme with clients
- Deliver exercise and physical activity as part of a personal training programme
- Apply the principles of nutrition to support client goals as part of an exercise and physical activity programme.

##### *Optional unit*

- Plan, market and sell services in active leisure

### DIPLOMA IN PERSONAL TRAINING

#### Technical Certificate

##### *Mandatory units*

- CYQ Level Award in employment awareness in active leisure and learning
- CYQ Level 3 Certificate in personal training
- 1st 4 Sport Level 2 Certificate in coaching (strength and conditioning).

#### NVQ Qualification

##### *Mandatory units*

- Promote health, safety and welfare in active leisure and recreation
- Motivate clients to maintain long term adherence to exercise and physical activity
- Reflect on and develop own practice in providing exercise and physical activity
- Evaluate exercise and physical activity programmes
- Design, manage and adapt a personal training programme with clients
- Deliver exercise and physical activity as part of a personal training programme
- Apply the principles of nutrition to support client goals as part of an exercise and physical activity programme.

##### *Optional unit*

- Plan, market and sell services in active leisure.

## COMMON MODULES FOR BOTH APPRENTICESHIPS

### Functional Skills

- Application of Number – Level 1 or 2
- Working with others - Level 2
- Information Communication Technology – Level 1 or 2
- Improving own learning and performance - Level 2
- Communication – Level 1 or 2.