

# BTEC Level 3 Extended Diploma Sport - Outdoor Activities



Real Education, Real Qualifications, Real Future

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## Overview

### Real Education

The BTEC Level 3 Extended Diploma in Sport and Outdoor Activities is the equivalent to studying 3 'A' Levels at college, giving you employability options and the opportunity to access University Courses.

Prior

### Real Qualifications

Alongside the academic studies, students will participate in a wide range of adventure sport's and activities. As you progress through the 2 year course, you will pick up professionally recognised qualifications in sailing, windsurfing, Stand Up Paddleboarding, Wakeboarding, Mountainbiking and Climbing.



### Real Future

Alongside the practical elements of the course, you can pick up internationally recognised instructor qualifications, this gives students direct access to employability options both in the UK, and abroad. In addition to instructor qualifications, the students will also gain real 'work experience' to support their qualifications.



## The Programme Partners

### Newman College



Newman College is a modern 6th form college with state of the art facilities in central Hove. Newman provide the academic content, delivered by experienced sport and physical education teachers. Newman work closely alongside the practical activity providers to ensure continuity between the classroom and outdoor based learning.

### Lagoon Watersports



Lagoon Watersports are Brighton and Hove's premium watersport's training provider with over 25 years of experience in delivering multi-activity and watersports training. Based on Hove seafront, and just a 10 minute cycle from Newman College, it is the perfect environment to learn watersports from complete beginners, up to seasoned professionals. As part of the course, students gain access to a free membership giving them the opportunity to practice their skills throughout the summer holidays.

### Trek Co



TrekCo are based in Lewes, and provide the land based activities for the BTEC course. They have been running outdoor pursuits since 1989, and are the largest provider of outdoor activities in the region with over 40 instructors. We specialise in outdoor educational days and residentials – offering year group camps, induction courses, activity days and skills courses.

## Course Structure and Assessments

### Key Information

- 12 Academic units equivalent to 3 A levels
- 8 Mandatory Units
- 4 optional units
- 4 practical water-based activities
- 4 practical land based activities
- Delivered through academic and practical settings
- All Coursework based assessments with no exams!



## Academic Content

The following units make up the 2 year course. The units are all assessed by Newman college through coursework based assignments. For some units, practical based presentations and performance will influence the overall grading of the module.

### Mandatory Units

- Careers in the sport and leisure industry
- Health & wellbeing in sport
- Personal skills development in outdoor activities
- Applied leadership and instructing in
- Outdoor Activities Research project in Sport
- Health and Safety factors in Outdoor Learning
- Outdoor Activity provision
- Impacts & Sustainability of Outdoor Activities

### Optional Units

- Self employment in Sport
- Nutrition for physical performance
- Anatomy and physiology in sport
- Fitness training and programming
- Influence of technology in sport
- Ethical and current issues in sport
- Organising events in sport and physical activities

## Practical Qualifications

### National Indoor Climbing Award Scheme

- Level 1 Award
- Level 2 Award



### Mountain Bike Instructor Award Scheme

- MIAS G.E.A.R.S Award



### Grand National Archery Society

- Junior Instructor



### RYA Qualifications

- RYA Dinghy Sailing Level 1
- RYA Dinghy Sailing Level 2
- RYA Keelboat Level 2
- RYA Dinghy Assistant Instructor
- RYA Start Windsurf
- RYA Intermediate Windsurf
- RYA Start Windsurf Instructor
- RYA Powerboat Level 2
- RYA First Aid



## Practical Qualifications

### BSUPA - Stand Up Paddleboarding

- Ready To Ride
- Ready to Surf
- BSUPA Level 1 Stand Up Paddleboard Instructor



### BWSW - Wakeboarding

- BWSW Bronze Award
- BWSW Silver Award
- BWSW Gold Award
- BWSW Straight Line Cable Operator's License
- BWSW Level 1 Wakeboard Coach



This course operates under the motto of 'you get out what you put in' and there are no guarantees. Lagoon Watersports and Trek Co are fantastic venues with experienced instructors and the opportunities are there for the taking. However, it is up to students as individuals to put in the work to achieve the qualifications.





## Course Timetable

The timetable is a **50 / 50 split** between the academic and practical settings.

The timetable is designed to be as easy and as user friendly as possible for the students with minimal travel between college and activity centres.

Students will always do a full day at either venue.

Below is a guide as to how the timetable pans out for the students.

Year 1	Autumn Term	Spring Term	Summer Term
Monday	Academic - Newman College	Academic - Newman College	Academic - Newman College
Tuesday	Academic - Newman College	Academic - Newman College	Academic - Newman College
Wednesday	Optional Day	Optional Day	Optional Day
Thursday	Practical - Lagoon Watersports	Practical - TrekCo	Practical - Lagoon Watersports
Friday	Practical - Lagoon Watersports	Practical - TrekCo	Practical - Lagoon Watersports

Year 2	Autumn Term	Spring Term	Summer Term
Monday	Practical - Lagoon Watersports	Practical - TrekCo	Practical - Lagoon Watersports
Tuesday	Practical - Lagoon Watersports	Practical - TrekCo	Practical - Lagoon Watersports
Wednesday	Optional Day	Optional Day	Optional Day
Thursday	Academic - Newman College	Academic - Newman College	Academic - Newman College
Friday	Academic - Newman College	Academic - Newman College	Academic - Newman College

## What current students have to say

My favourite sport is defiantly wakeboarding, I just absolutely love it. I'm really happy now we have actually started driving the cables, ever since I was a little kid I wanted to be an instructor and everything is coming into place its just absolutely ideal'.

*- Jude Black*



' This BTEC course has been so valuable to me because it has improved my social skills, built my confidence and I have made some awesome friends. I am really excited to expand my watersports career into the yachting industry' .

*-Otis Salter*

' I have really enjoyed this course because I have been able to try new and exciting sports and develop new hobbies alongside my sixth form studies. I'm looking forward to graduating and taking my experience abroad to continue my career as an instructor for my gap year before UNI'.



*- Asha Lang (2nd year student)*

## How to apply

### Entry Requirements

- 5 GCSE's graded 4 or above
- A Grade 5 in Physical Education is desirable but not essential
- An interest in watersports or outdoor activities is essential
- A good attitude to learning new skills



### How to Apply

- 1) Head to <https://cnca.applica.com/year12>
- 2) Click on 'start new application'
- 3) Fill out all your personal details and click 'next'
- 4) Select the BTEC Level 3 Extended Diploma in Sport Outdoor Education
- 5) Submit your application.

## FAQ's

### **What if I already have some practical experience with watersports?**

We get lots of students who have prior experience, as we offer a wide range of activities, students will always have the opportunity to progress towards instructor qualifications. The practical timetable is flexible and we will always do our best to maximise students' progression.

### **Are there any practical assessments?**

Although there are no direct practical assessments, the performance and progress from the practical elements of the course is fed back to Newman College who factor in this feedback into the academic assessments.

### **Is there a College minibus to take us to the activity centres?**

There is a Newman minibus that will take students to and from Trek Co in Evesham for the land-based activities in the spring term. However, students will need to make their own way to Lagoon Watersports.

### **Do I need my own equipment for the watersports and land based sports?**

No, you do not need your own equipment as both centres provide all necessary equipment free of charge. However, a decent wetsuit is recommended as a minimum essential item for the watersports as it can get rather cold towards Christmas.

### **What can I do after I graduate?**

Students who pass the course have the option to go to University to study sport-related courses. Exceptional students may have the option to go on to study non-sport-related courses. Students also have the opportunity to go on to work as a professional watersports instructor either in the UK or abroad. Neilson Active Holidays have partnered with Lagoon Watersports to offer fast-track applications to students on this course.

### **What if I am not very academic?**

This course has a tendency to attract those individuals who prefer a hands-on approach to learning. Whilst the coursework and the assessments do require academic skills, there is a lot of overlap in the practical and academic work which can encourage engagement and focus on the academic work. In addition, this course has no exams!

## FAQ's

### **How many students are likely to be on the course?**

So far on the course we have between 12 and 16 students on each year group. Whilst there is scope for more students, all parties are conscious not to over subscribe the course to ensure each students gets as much out of the course as possible. There is also a limit to numbers on the practical with regards to instructor / student ratio's that centres have to abide by.

### **Am I guaranteed work the activity centres?**

There is inevitably a limit to how many students the centres can take on as staff. However, we can guarantee the students 40 hours of 'work experience' that they must do as part of their course.

### **Am I guaranteed a paid job after the course?**

The short answer is no, there are no guarantees in the professional world. It is important to bear in mind that there are a lot of students and neither Lagoon Watersports or Trek Co can guarantee a job for everyone. Therefore, it is important to keep in mind that whilst on the course, you are presenting yourself to companies who you may be hoping to get a job with in the future so a good attitude is key.

### **Are there exceptions for the entry requirements?**

Yes, exceptions can be made in exceptional circumstances. If you are concerned about entry requirements then best to contact Newman College administrations for further details.



## Further Information

### Newman College & Administrations



For further information regarding timetables, academic content, learning support or administration, please contact Newman College.

**Victoria Jones**

**Administrations**

v.jones@cncs.co.uk

01273 234 332

### Lagoon Watersports



For further information regarding water based training and qualifications, please contact Lagoon Watersports directly. Or head to [www.lagoon.co.uk/btec](http://www.lagoon.co.uk/btec)

**Jack Shead**

**BTEC Coordinator**

jack@lagoonwatersports.co.uk

01273 424 842

**Nick Scott**

**Centre Manager**

nick@lagoonwatersports.co.uk

01273 952 220

### The Trekking Company



For further information regarding land based training and qualifications, please contact Trek Co directly.

**Steve Ranger**

info@trekco.com

01273 487 509