

**M.I.T.**



# MITSKILLS SPORTS HUB

**AWARD WINNING NATIONAL  
TRAINING PROVIDER**



**QUALITY**

**DESIRE**

**PROGRESS**

**ACHIEVE**



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## WHY CHOOSE MITSKILLS

MITSkills is a prominent training provider with a national presence, specialising in Pre-Apprenticeship, Apprenticeship, and Higher Technical Qualification programmes.

With a comprehensive range of courses designed to meet the needs of various industries, MITSkills is committed to delivering high-quality education and training.

Our programmes are tailored to provide learners with the essential skills, knowledge, and practical experience required to succeed in their chosen fields.

By fostering a supportive and engaging learning environment, MITSkills ensures that students are well-prepared for their future careers and further educational pursuits.



## **A WINNING EDUCATION YOUR QUALIFICATION IN SPORT**

Our highly qualified and passionate instructors specialise in sports-based learning, bringing extensive experience in teaching and mentoring young people. Our programmes are designed around our Sporting Excellence Framework, offering proven progression routes into the sports industry. During your time with us, you can earn qualifications ranging from Level 2 to Level 5 in sports and benefit from an exceptional teaching and learning experience.

At MITSkills, we innovate to educate. You'll have access to our virtual learning platform, providing a personalised, top-tier digital learning experience to set you up for success. This platform equips you with the essential tools to achieve your goals. Our diverse array of modules empowers students to make well-informed decisions about their future career paths.





## YOUR EXPERIENCE

At MITSkills, you will be immersed in a sports-focused environment from the very beginning, studying alongside other students who are also eager to embark on their journey into the world of sports.

Your education will be practical-based, offering you the chance to complete assignments and activities rooted in real-life scenarios, all linked to various sports-related settings.

We want you to experience what it's like to live and breathe sports. That's why you will train and learn in a genuine sports environment, inspiring you to reach your goals. We aim for you to become an integral part of the sporting communities we engage with, enhancing our positive impact and participation in sports.







# **PATHWAYS TO SUCCESS**



# CREATE YOUR OWN PATH

Our courses provide learners with the flexibility to create their own unique pathways and progression routes. Whether you aim for employment or further education, our varied programmes are designed to support a wide range of aspirations.

## Higher Technical Qualifications

MITSkills, in collaboration with universities, offers foundation degrees in sport development and coaching. These employment focused programmes cater to learners seeking a practical, work-based approach to their education.

## University

The prospect of pursuing sports-related degrees at over 120 UK universities is indeed promising. Our on programme tutorials offer tailored assistance and mentorship throughout the UCAS and Student Finance application procedures.

## Apprenticeships

Choosing a sports apprenticeship offers practical experience and a structured career path within the sports industry. With the opportunity to earn while learning and gain nationally recognised qualifications, it's a valuable investment in your future.

## Scholarships Abroad

Opting for a football scholarship provides the chance to immerse yourself in another country's culture, while honing your skills in your chosen sport and pursuing a degree concurrently.

## Gym Instructing and Personal Trainer

This full-time government-funded qualification enables learners to continue with their current clubs for another year while equipping them with the skills to design and implement safe and efficient exercise programmes as personal trainers.

## Employment

After finishing their programme, individuals may opt for a break from formal education and seek to enhance their experience through full-time employment. Our on-programme tutorials provide assistance in securing employment opportunities.

We are here to  
guide you

## CAREERS EDUCATION INFORMATION, ADVICE AND GUIDANCE (IAG)

Joining MITSkills means that not only will you benefit from outstanding teachers and great football training, but you will also have access to quality information, advice and guidance (IAG) based on the principles of the Gatsby benchmarks.

**Career Exploration:** Our learners can explore various career pathways within the sports industry, such as coaching, sports management, sports therapy, sports science, and sports marketing. We provide information about the qualifications, skills, and experience required for different roles, helping our learners make informed decisions about their future careers.

**Skill Development:** MITSkills will help our learners identify their strengths and areas for development. By receiving personalised advice, learners can focus on developing the necessary skills and competencies required to succeed in their chosen field within the sports industry.

**Goal Setting:** Through guidance sessions, our learners can set realistic short-term and long-term goals related to their education and career aspirations. Setting clear goals helps learners stay motivated and focused on their academic and professional development.

**Work Experience Opportunities:** MITSkills will support our learners with relevant work experience opportunities, such as placements, and volunteering roles. Gaining practical experience in real-world sports environments enhances learners' skills, builds their professional networks, and improves their employability prospects.

**Support Throughout the Journey:** Our learners receive ongoing support and guidance from tutors or advisors throughout their educational journey. Whether it's navigating course options, overcoming challenges, or planning their next steps after graduation, learners can rely on our IAG services for assistance and advice.

# Career Goals

01

## Sports Development Management

- Fitness Studio Manager
- Talent Development Coach
- Community Development Worker
- Training Administrator
- Events & Facilities Manager

02

## Health & Fitness

- Fitness Instructor
- Personal Trainer
- Wellness Coach
- Healthy Lifestyle Officer
- Fitness & Performance Coach

03

## Marketing Media

- Commentator
- Sports Journalist
- Sports Photographer
- Sports Marketing Professional
- Social Media Professional

04

## Science

- Sports Nutritionist
- Physiotherapist
- Sports Therapist
- Sports Performance Analyst
- Sport & Exercise Psychologist

05

## Teaching & Coaching

- PE Teacher
- Sports Coach
- Play Worker
- Primary School Teaching
- Youth Worker





# 16-19 SPORTS COURSES

16-19 Course Factsheet

## Year 1

360 Certificate

540 Diploma

## Year 2

720 Diploma

1080 Extended Diploma

## Year 3

Gym Instructing and  
Personal Trainer

UCAS Points

English and Maths

**16-19**

# Course Fact Sheet

## Programme Overview

**Programme Name:** Sports and Physical Activity (Sports Coaching)

**Duration:** 2 years, for pathways 3 and 4. 1 year for all other pathways.

**Mode of Study:** Full-time, practical, theory sessions with a work placement.

**Accreditation:** Accredited by NCFE

## Costs

There are no tuition costs for students under 18. However, you should budget for expenses such as textbooks, travel to and from training, educational materials, and match-related costs. Additionally, there may be a fee for purchasing a training kit at the start of the season. You will also need to provide your own electronic device (laptop or tablet) to support your studies.

## Bursary

All students enrolled in the course are eligible to apply for a bursary to support their learning. Bursaries are awarded based on eligibility criteria and academic performance. Further details will be provided during enrolment.

## Admission Requirements

- You must be between 16 and 18 years old by August 31st to start the programme.
- Admission requires 4 GCSEs, including English and Maths. If you need to resit these subjects, you will only be eligible for a Level 2
- You must hold a UK passport, EU settled status, or valid leave to remain endorsed on your resident's card for the duration of the course. If you have any doubts, please ask.

# YEAR 1

## PATHWAY 1

### LEVEL 2 DIPLOMA IN SPORT (SPORTS COACHING)

### LEVEL 3 CERTIFICATE IN SPORT AND PHYSICAL ACTIVITY (SPORTS COACHING) (360)

#### **Please Note:**

Learners who have not attained a GCSE grade C/4 in English and Maths by the start of the programme must enroll in the Level 2 Diploma in Sport Coaching. They will have the opportunity to pass English and Maths within the first two weeks. Those who succeed will proceed to the Level 3 Diploma, while those who do not will remain in the Level 2 Diploma.

#### **Project One - Pathway to Success**

Exercise, health and lifestyle  
Preparing for a career in sport  
The athlete's lifestyle

#### **Project Two - Leading in Sport**

Leadership in sport  
Assessing risk  
Sports coaching

## PATHWAY 2

### LEVEL 3 DIPLOMA IN SPORT AND PHYSICAL ACTIVITY (SPORTS COACHING) (540)

#### **Project One - Pathway to Success**

Exercise, health and lifestyle  
Preparing for a career in sport and physical activity  
The athlete's lifestyle

#### **Project Two - Leading in Sport**

Leadership in sport  
Assessing risk  
Sports coaching

#### **Project Three - Player Development**

Sports injuries  
Technical and tactical  
Practical team sports

# YEAR 2

## **PATHWAY 3**

### **LEVEL 3 DIPLOMA IN SPORT AND PHYSICAL ACTIVITY (SPORTS COACHING) (720)**

#### **Project One – Making a Difference**

- Organising sports events
- Practical individual sports
- Sports development

#### **Project Two - Marginal Gains**

- Psychology for sports performance
- Analysis for sports performance
- Work experience in sport

## **PATHWAY 4**

### **LEVEL 3 EXTENDED DIPLOMA IN SPORT AND PHYSICAL ACTIVITY (SPORTS COACHING) (1080)**

#### **Project One – Making a Difference**

- Organising sports events
- Practical individual sports
- Sports development

#### **Project Two - Marginal Gains**

- Psychology for sports performance
- Analysis for sports performance
- Work experience in sport

#### **Project Three - Improving Fitness and Health**

- Fitness training and programming
- Instructing physical activity and exercise
- Sports nutrition

# YEAR 3

## PATHWAY 5

### LEVEL 3 DIPLOMA IN GYM INSTRUCTING AND PERSONAL TRAINING

The Level 3 Diploma in Gym Instructing and Personal Training trains learners to a professionally competent level, enabling them to prescribe, plan and deliver safe but effective exercise programmes, and to develop their skills and knowledge to allow the learner to pursue a career in personal training.

#### During the course you will learn

- To recognise the major bones, muscles, cardiovascular-respiratory system, movement capability and energy systems relating to fitness and exercise.
- How to conduct fitness assessments for cardio-respiratory fitness, flexibility, blood pressure and body composition.
- How to plan and teach personalised fitness programmes.
- How to assess a client's starting point and initiate SMART goals towards a fitness or physical activity training programme.
- How to create and review periodised training programmes around clients' needs and wants.
- How to understand and evaluate food labels towards client nutritional goals.
- How to engage and provide motivational exercise and fitness sessions.

#### ADDITIONAL ENTRY CRITERIA

Some experience with gym-based exercises, including free weights, is highly recommended.

The course requires physical exertion and individual participation is essential: therefore, a degree of physical fitness is necessary.

There is also an element of communication (discussing, presenting, reading and writing) involved and learners should have basic skills in communication pitched at Level 2.



# UCAS POINTS

UCAS Tariff points convert your academic achievements and grades into a numerical score. While not all qualifications are assigned UCAS Tariff points, those that are receive varying values based on the qualification's scope and your attained grade. Higher education institutions utilise this numerical representation to gauge your eligibility for specific courses.

Pathway 1 360 Certificate	
Distinction*	56
Distinction	48
Merit	32
Pass	16

Pathway 2 540 Diploma	
Distinction*	84
Distinction	72
Merit	48
Pass	24

Pathway 3 720 Diploma	
Distinction*	112
Distinction	96
Merit	64
Pass	32

Pathway 4 1080 Ext.Diploma	
Distinction*	168
Distinction	144
Merit	96
Pass	48

Pathway 5 Gym Instruction and PT	
Pass	32

# ENGLISH & MATHS



## Course Overview

This course will provide you with a detailed understanding of Maths/English at Level 2 / GCSE grade 9-4/A-C, including core modules that will aid employability and confidence in key skills.

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## Who is this course for?

All learners who have not achieved a grade 4-9 GCSE (or equivalent) in English and Maths will have to study English and Math as part of their programme. This is a requirement to pass this programme.

If you have not achieved a grade 4-9 GCSE (or equivalent) in English and Maths you will be required to join either the Pathway 1 360 Certificate Programme or the Pathway 3 720 Diploma.

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## Entry Requirements

During your onboarding session you will be required to complete an initial assessment to determine your current knowledge or either English or Maths. Learners that are not able to achieve a minimum of Level 1 (equivalent to GCSE grade 3/D) in English or Maths may not be eligible to complete this qualification and therefore the Sports Study Programme. Applicants that do not achieve a Level 1 (equivalent to GCSE grade 3/D) during their onboarding can speak with the MIT staff to discuss alternative options.

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## Delivery and Duration

Once a learner is enrolled on our programme, they will be given access to an online portfolio customised to meet their individual learning requirements. This can be accessed any time during your programme, we expect at least 1 hour per week, per aim, to be dedicated to completing your online resources. In addition to your online learning, you will attend timetabled English and Math sessions every week to support your learning and prepare for exams.

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## Examination Resits

If you achieve a grade 4-9 GCSE (or equivalent) during the Autumn resits you will be given the opportunity to progress to a higher level of qualification and will no longer be required to complete the English or Math aims within your programme.

## NEW EXPERIENCES

At MITSkills, we believe that experiential learning is vital for developing well-rounded individuals ready to thrive in a diverse and dynamic world.

These programmes are essential for enhancing our students' education through hands-on experiences that complement classroom learning and promote personal growth.

In 2024, MITSkills organised a three-week trip to Montenegro for our 16-19 learners. During their visit, students attended university lectures, competed in an international tournament, and explored the sights of Montenegro.

### **Crawford Hilton**

I really enjoyed the trip as I thought it was very interesting and insightful to see what football is like in other countries and getting to train and play against professional footballers was very beneficial opportunity too.

I also thought it was very beneficial to learn about the culture and the people in Montenegro as it helps you to get an understanding of what people's lives across the world are like as well. It also made me appreciate my friends and family and life back in England more too as I've never spent that long away from them.

### **Joseph Portman-Brooks**

I felt that overall the experience was good, I got to experience a different culture and meet new people. The football session and games provided to us were good which allowed us to show our skills. Even though there were some language barriers the coaches provided us with good standard training sessions.



# HIGHER TECHNICAL QUALIFICATIONS

HTQ FactSheet

**Sports Development and Coaching Foundation Degree**

Funding, Finance & How to Apply



# Higher Technical Qualification Course Fact Sheet

## **What is a Higher Technical Qualification (HTQ)?**

Higher Technical Qualifications (HTQs) are Level 4 and Level 5 qualifications, including Foundation Degrees, Higher National Certificates, and Higher National Diplomas.

## **Who are HTQs for?**

HTQs are intended for students over 18 who wish to study a subject that prepares them for skilled jobs. They are also suitable for adults seeking to retrain or enhance their skills. If you prefer a more practical, employment focused programme, HTQs could be a great fit. While they are primarily designed for entry into skilled employment, HTQs also offer pathways to further study and training.

## **Costs**

HTQs qualify for the same student finance options as degrees. Students, whether full-time or part-time, enrolled in an HTQ course lasting a year or more can apply for tuition fee and maintenance loans.

## **Duration**

HTQs typically take between 1 and 2 years to complete on a full-time basis, with part-time and distance learning options also available.

*Not all diplomas, certificates, and foundation degrees are approved HTQs. Approved qualifications will display the HTQ logo or banner.*





# SPORT DEVELOPMENT AND COACHING FOUNDATION DEGREE (FDA)

The FdA Sport Development and Coaching degree has been designed in partnership with employers from the sports industry via a Professional Advisory Group. The course delivers a blend of theory and practice so that students are equipped with extensive knowledge and skills and are therefore highly employable on completion of the course. Learn how sport can be used to inspire young people, develop communities and fulfil the potential of all individuals, from grassroots, all the way up to working with elite athletes. You'll explore talent development, elite sport, sport coaching, international sport, education, sports policy and disability sport.

## During the course you will learn

- To develop an applied understanding of the concepts, theories and principles related to sport development and coaching.
- To develop an applied awareness and insight of the application of sport development and coaching processes involved across diverse groups and settings.
- To enhance employability with the development of a range of skills and attributes relevant to the sport and physical activity sector.
- To provide conditions for vocational learning and applied practice with a range of work-based and voluntary opportunities in community environments and the workplace.

## Entry Criteria

UCSA Tariff - 64 Points

A-Levels - A Levels not to include General Studies

Pearson BTEC Level 3 National Extended Diploma  
(first teaching from September 2016) – MPP

NCFE Level 3 Extended Diploma in Sport & Physical Activity – PPP

Access to HE Diploma – M: 15 credits P: 30 credits

T Level – Pass (D or E)

# SPORT DEVELOPMENT AND COACHING FOUNDATION DEGREE (FDA)

MITSkills is excited to announce our partnership with Plymouth Marjon University, a collaboration that allows us to deliver the Sports Development and Coaching Foundation Degree. With the support of Plymouth Marjon University and our Professional Advisory Group, we have designed a comprehensive programme that combines theory and practice, equipping students with extensive knowledge and skills to excel in the sports industry. Join us on this journey of inspiring young people, developing communities, and unlocking the potential of individuals through the power of sport.

## Funding and Finance

Student finance is available to learners for this course.

To check you eligibility, how to apply and when you start repaying your loan visit the .gov website. [gov.uk/get-undergraduate-student-loan](https://www.gov.uk/get-undergraduate-student-loan)

Additional financial support is also available if you meet one of the below criteria.

Are under 25, have no contact with your parents and support yourself; Pay for childcare; Are a full-time student with children; Have an adult who depends on you financially; Have a disability, mental or physical health problem or learning difficulty like dyslexia.

Additional information and links can be found at [www.mitskills.com](http://www.mitskills.com)

## How to Apply

Applications can be made through the UCAS website.

Visit [mitskills.com](http://mitskills.com) for direct links to the course page.

Application Codes

**Course code:** FFCD

**Institution code:** P63

**Campus name:** MIT Skills

**Campus code:** I



# SPORTS APPRENTICESHIPS

**Community Activator Coach**

**Sporting Excellence Professional**

**Sports Coach**

**Personal Trainer**

# COMMUNITY ACTIVATOR COACH

## OVERVIEW

The Community Activator Coach promotes, delivers and coaches fun, inclusive and engaging activities that help whole communities to change their behaviour, adopt and keep to a physically active lifestyle. Community Activator Coaches are more than activity and sports leaders.

They will be equipped with the specialist knowledge needed to effectively work with one customer group (such as inactive teenagers) but also be knowledgeable about other inactive customer groups whom they may be expected to work with on occasion. When competent they will be experienced working with a range of different communities and all kinds of customers who are likely to be defined as inactive, sedentary or not doing enough physical activity in their lives.

## APPRENTICESHIPS AVAILABLE

**Level 2 Community Activator Coach**  
[More Course Information](#)

## TYPICAL DURATION

18 months

## CAREER PROGRESSION

Successful apprentices will be able to move into leadership or management roles within the sector which may be aligned with an apprenticeship at a higher level. This progression will involve leading teams of people; acting as a mentor for staff; or specialising in the delivery of sporting and physical activity programmes to certain populations or communities.

**If not previously attained, the learner must also achieve Functional Skills in Maths and English at the required level to achieve the overall qualification.**

# SPORT





# SPORTING EXCELLENCE PROFESSIONAL

## OVERVIEW

A Sporting Excellence Professional apprentice will be able to competently perform the professional sport in which they train.

This standard is currently only available for the following professions: Football; Cricket; Rugby and Equestrianism.

An apprentice will become responsible for their development and involvement in training and competitive professional sporting activities. This involves maintaining a high level of fitness to allow them to participate in training and competitions, sustaining a lifestyle designed to optimise performance, being aware of external factors that may affect individual performance both physically and psychologically, and maintaining a positive and inclusive image of their sport as part of their social responsibility.

## APPRENTICESHIPS AVAILABLE

Level 3 Sporting Excellence  
Professional

[More Course Information](#)

## TYPICAL DURATION

18 months

## CAREER PROGRESSION

Successful apprentices will be able to move into elite sports coaching, teaching or management roles within the sector which are aligned with apprenticeships at a higher level.

**If not previously attained, the learner must also achieve Functional Skills in Maths and English at the required level to achieve the overall qualification.**

# SPORT





# SPORTS COACH

## OVERVIEW

A Sports Coach will use their sports knowledge and skills to create and deliver coaching programmes.

There are three pathways available to the sport coach.

**High Performance Coaches** will develop athletes and players in high-performance settings, including those on talent or development pathways, national or international programmes, professional or podium environments.

**Community Sports Coaches** will motivate and engage people of all ages and abilities in community sports and physical activity settings. Community sport includes local authority, charity and national governing body of sport community initiatives or clubs.

**School Sports Coaches** will collaborate with teachers to develop pupils' mastery of psychomotor skills by applying a whole child approach in their coaching. They work in all categories of school and registered childcare environments.

## APPRENTICESHIPS AVAILABLE

**Level 4 Sports Coach**

[More Course Information](#)

## TYPICAL DURATION

18 months

## CAREER PROGRESSION

Successful completers will be able to move into leadership or management roles within the sector which may be aligned with an apprenticeship at a higher level. This progression will involve leading teams of people; acting as a mentor for staff; or specialising in the delivery of sporting and physical activity programmes to certain populations or communities.

**If not previously attained, the learner must also achieve Functional Skills in Maths and English at the required level to achieve the overall qualification.**

# SPORT



# PERSONAL TRAINER

## OVERVIEW

The role of a Personal Trainer is to coach clients (on a one to one and small group basis) towards their health and fitness goals.

Through the design and provision of creative and personalised exercise programmes and instruction, nutritional advice and overall lifestyle management,

Personal Trainers will motivate clients to positively change their behaviour and improve their overall wellbeing by providing specialist, tailored advice within their scope of practice, while always being aware of when to refer clients to relevant appropriate professionals for specialist information and guidance (e.g. physiotherapist, registered dietician, medical specialist).

## APPRENTICESHIPS AVAILABLE

**Level 3 Personal Trainer**

[More Course Information](#)

## TYPICAL DURATION

15 months

## CAREER PROGRESSION

Successful completers will be able to take further instructor courses to learn new skills to offer clients, like yoga, Pilates, nutrition or aerobics.

With further training, you could also work with people recovering from illness or who have medical conditions.

**If not previously attained, the learner must also achieve Functional Skills in Maths and English at the required level to achieve the overall qualification.**

# SPORT



## GET IN TOUCH

**MIT Sports Northern England - 01709 763 270**

**MIT Sports Southern England - 0300 303 2225**

**[www.mitskills.com](http://www.mitskills.com)**

### **Harry Sarjeant - Coventry Site**

"MITSkills have provided me with the opportunity to complete an NCFE Level Three in Sport! Studying a diverse range of modules, combined with work placement opportunities, has allowed me to make more of an informed decision about what course I will progress onto at university"

### **Sasa Illic - Former Premier League Player**

"I've never seen myself as just a goalkeeper. For me, my journey in soccer has been one of dedication, expertise, and an unyielding passion for this beautiful game. Every moment on that field, every challenge faced, every triumph celebrated, has added layers to my understanding of its intricacies. It's been my privilege to inspire upcoming players with the essence of my playing career. That's why I founded the international soccer school - to not just teach the art of ball control or net defense, but to instil a comprehensive understanding of soccer's global resonance. My consistent engagements at the M.I.T Sports Hub represent my commitment to nurturing the future of this sport. Every talk I give, every coach I train, and every question I answer, is a step toward making soccer the undying passion of the next generation. To me, being a beacon for soccer's budding talents means more than all the accolades in the world."

### **Laurie Griffin – Former Coach with Chelsea FC**

"MITSkills gave me the chance to work in an elite environment allowing me to get the very best out of my players! Due to the strong link to sports performance and coaching in their modules, I was able to use my practical expertise to embed the student's theoretical knowledge during training and match days alike"





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