

UCP Marjon and Plymouth YMCA
**Sport and Active Leisure
Training Continuum**

Leisure

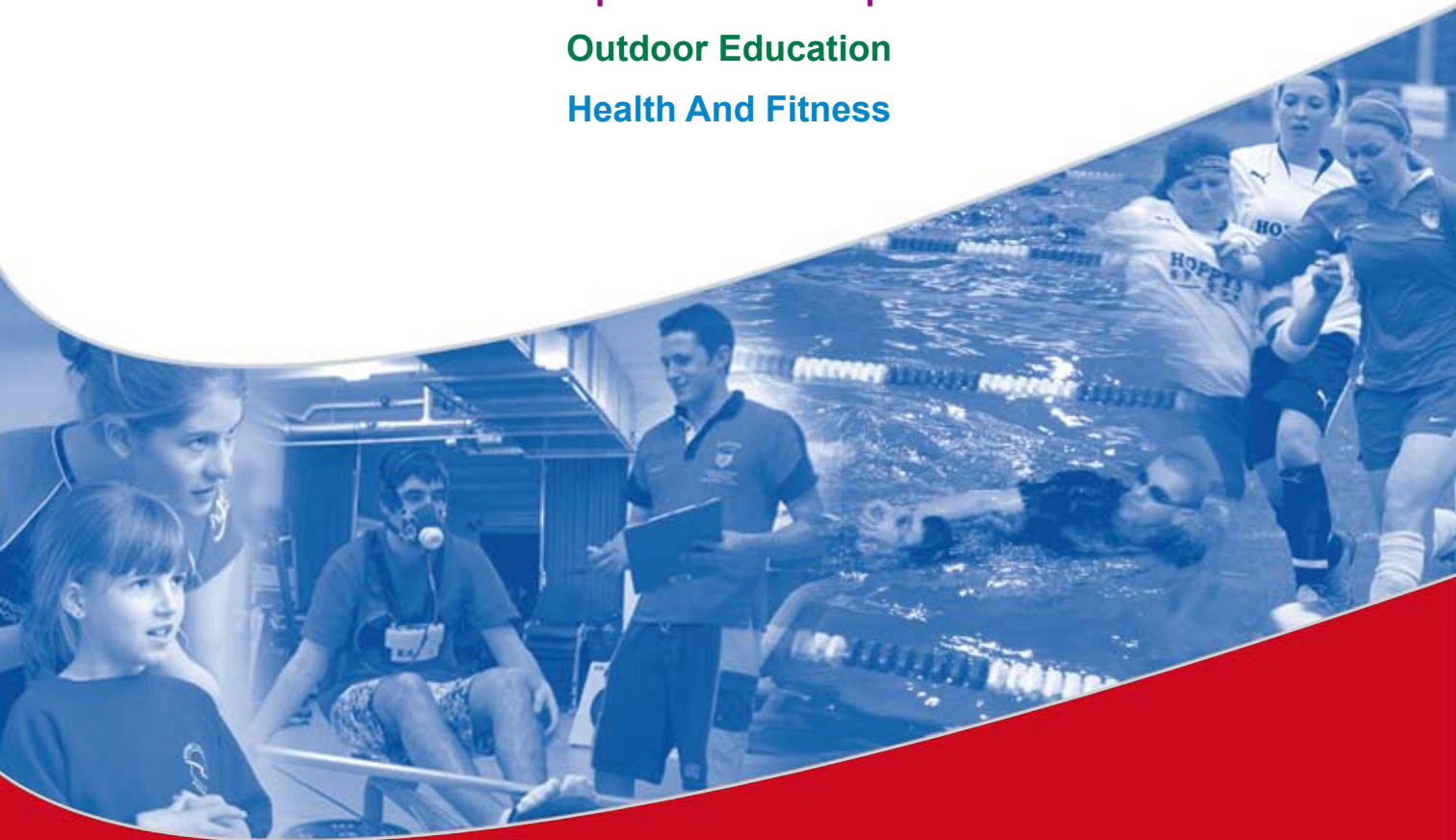
Coaching Workshops

Coaching And Officiating Awards

Sports Leadership

Outdoor Education

Health And Fitness



UCP Marjon & Plymouth YMCA

Sport & Active Leisure

Training Continuum

A comprehensive range of short and industry related courses that are relevant to anyone studying, working or volunteering in the sport and active leisure sector.

Courses fall into six broad categories:

- **Leisure** – First Aid, RLSS National Pool Lifeguard Qualification, ISRM National Pool Plant Certificate
- **Coaching Workshops** – Sports Coach UK, Safeguarding and Protecting Children
- **Coaching & Officiating Awards** – NGB Coaching Awards Levels 1 and 2, Refereeing and Umpiring
- **Sports Leadership** – Level 2 Award in Community Sports Leadership, Level 3 Award in Higher Sports Leadership (HSL)
- **Outdoor Education** – British Orienteering - Teaching Orienteering, National Navigation Award Scheme
- **Health and Fitness** – YMCA Gym Instructor Award, YMCA Studio Instructor Award

For more information please visit:

www.ucpmarjon.ac.uk

www.plymouthymca.co.uk

What is the National Skills Academy for Sport and Active Leisure?



The National Skills Academy (NSA) for Sport and Active Leisure has been created to change the industry by providing a single coherent approach to skills training.

The National Skills Academy:

- Delivers training solutions for the sport and active leisure sector
- Aims to revolutionise the industry by providing one single coherent approach to the very best skills training in the sector
- Is employer-led with a growing network of quality-assured training providers offering practical work-based and e-learning courses that save time and money, and have a direct impact on business performance
- Accesses funding to help people get the right skills and qualifications recognised by employers, and remove financial barriers in our sector through apprenticeships, wage subsidies, coaching bursaries, funded qualifications and continued professional development programmes

The UCP Marjon and Plymouth YMCA Training Continuum

The UCP Marjon and Plymouth YMCA Training Continuum is an Academy Provider for Sport Development, Leisure Opportunities and Physical Activity for the National Skills Academy for Sport and Active Leisure.

This means that the UCP Marjon and Plymouth YMCA Training Continuum is an approved Academy Provider for the National Skills Academy for Sport and Active Leisure, having been selected as one of the best quality training providers in the country for employers and individuals wanting to work and progress in the sector. The National Skills Academy is the new gold standard for industry training in England, aiming to improve productivity and address skills shortages across the country. Approved providers are part of an established network of the best quality training providers across the country. The UCP Marjon and Plymouth YMCA Training Continuum has been selected as an Academy Provider for the National Skills Academy for Sport and Active Leisure, after completing a rigorous application process to identify quality assured skills programmes. As part of the network, we benefit from best practice, best practice sharing and opportunities to jointly develop new products and services to meet employer and learner needs. For more information, please visit the National Skills Academy website: www.sportactivena.co.uk

A comprehensive range of short and industry related courses that are relevant to anyone studying, working or volunteering in the sport and active leisure sector.

Leisure	
(M) (Y) (N) Emergency First Aid at Work – One day	A basic course in First Aid giving candidates the knowledge and skills to manage a situation until a fully qualified First Aider arrives.
(M) (Y) First Aid at Work – Three days	This certificate enables you to act as a “qualified First Aider” and gives you the confidence and knowledge to deal with First Aid in the workplace.
(Y) First Aid in the Early Years / Paediatric – Two days	This practical yet comprehensive 12 hour paediatric first aid course is ideal for Childminders, Carers, Primary and Nursery School Teachers.
(M) (N) RLSS National Pool Lifeguard Qualification	A course for those seeking employment as Pool lifeguards or who want to work in the leisure environment. Candidates must be 16+, competent swimmers and be able to dive to a depth of 2m.
(M) (N) STA/ISPAL Foundation Certificate in Swimming Pool and Spa Water Treatment	The foundation certificate course is designed to provide the basic information and the skills necessary to competently test and maintain swimming pool and spa water quality. An ideal starter course for those wanting to work in the leisure industry.
(M) (N) STA/ISPAL Certificate in Swimming Pool and Spa Water Treatment	The certificate in swimming pool and spa water treatment has been designed to provide information and reinforce the training necessary to reflect the most up to date requirements and standards for those employed in the management or operation of swimming pools and spas water treatment equipment.

(M) = Held at UCP Marjon **(Y)** = Held at Plymouth YMCA **(N)** = Courses offered under the NSA accreditation



Coaching Workshops

<p>(M) (Y) (N) Sports Coach UK - Safeguarding and protecting children</p>	<p>This workshop is aimed at any individual who is involved with coaching, leading or assisting within children's activities. It covers topics including good coaching practice, recognising signs of abuse and the correct course of action to take if concerns are raised.</p>
<p>(M) (Y) (N) Sports Coach UK - Safeguarding and Protecting Children 2: Reflecting on Practice</p>	<p>Aimed at Level 1 & 2 Coaches and others who are involved in the provision and delivery of sporting activities for children and young people, and who have previously attended the first 'safeguarding and protecting children' workshop.</p>
<p>(M) (N) Sports Coach UK - How to Coach Disabled people in Sport</p>	<p>This workshop is aimed at all coaches and will provide them with tools to plan and adapt sessions accordingly and how to become more effective within their coaching practices.</p>
<p>(M) (N) Sports Coach UK - Equity in your Coaching</p>	<p>This workshop is aimed at all coaches who wish to ensure that their coaching practices are fair and equitable and to raise coach's awareness as to the barriers that participants may face.</p>
<p>(M) (N) Sports Coach UK - Coaching Children and young people</p>	<p>This workshop is aimed at coaches who currently work with young performers and covers topics including growth, social and emotional development, and how these relate to coaching in a practical manner.</p>

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Coaching And Officiating Awards

(M) Hockey – Level 1 VRQ Coaching Assistant Award	The Level 1 Award is intended to provide the essential skills and knowledge necessary to run a safe and enjoyable session for players to be introduced to the game. Level 1 Coaches can assist alongside a fully qualified adult holding a Level 2 coach award or above.
(M) Level 1 UK Coaching Certificate in Basketball (UKCC Level 1)	This is the basic level of coaching qualification for those who wish to commit to coaching basketball. The course provides each candidate with the basic knowledge of basketball and coaching skills, and will enable the holder to assist a fully qualified Level 2 Coach.
(M) Netball Level 1 - Assistant Coach Qualification (UKCC Level 1)	The level one Coach can assist more qualified coaches, delivering aspects of Netball coaching sessions, normally under direct supervision.
(M) Netball Umpire – ‘C’ Award Course	This course will prepare candidates with the knowledge of rules and umpire protocols to umpire at junior and adult club level. Experience of both the game and umpiring is recommended.
(M) Netball – High 5 Workshop	This 3 hour workshop is aimed at those training to be primary teachers, but is open to coaches and volunteers interested in teaching/coaching the High 5 game. Experience of netball and the 7 a side game is recommended.
(Y) (N) Level 1 Certificate in coaching Football	This course will enable candidates to develop a basic understanding of safe, ethical and effective coaching for young people. The Level 1 qualifies the candidate to work with grass roots club teams of children and young people.
(Y) (N) FA Coaching – Level 2	This nationally recognised course will provide candidates who have an ongoing involvement in football, with the opportunity to gain knowledge of how to effectively plan, deliver and evaluate coaching sessions.
(Y) (N) FA Basic Referees’ course	FA courses are designed to provide a full understanding of the Laws of Association Football, whether seeking to operate at a basic level or to achieve a more complex understanding. This course will provide safe, ethical, and effective methods of refereeing.
(M) FA Introduction to Futsal course – Level 1	On completion of the course the candidate should be able to understand and appreciate the fundamentals of Futsal and be able to organise and coach the basic skills and techniques. The course is an open however in order to be certificated candidates must hold one of the existing FA Coaching Awards. Visit: www.thefa.com/futsal
(M) FA Futsal Referees Course	Futsal is UEFA’s only recognised small sided version of the game. It is a fast and skilful game which is taking over England! Candidates will gain a certificate of attendance and the opportunity to referee on the established Devon Futsal league in Plymouth or any new developments across the county and perhaps further in the FA Futsal cup. Candidates must hold FA Referees, Child Protection and a CRB check.
(M) Street Soccer - ISSA Coach Education Level 1 Creative Skill Development	The ISSA Creative Skill Development course aims to show coaches how they can unlock and develop player’s skills in a simple, natural and effective way. The ISSA Creative skill Development experience is not to be missed, an intuitive method for coaches who want to learn to see, hear and feel how to develop players to their best potential.

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Sports Leadership

<p>(Y) Day Certificate in Sports Leadership</p>	<p>The Day Certificate in Sports Leadership has been designed to support adults in a variety of different settings including community groups, primary and secondary schools, uniformed organisations and sports clubs that are affiliated to the local authority.</p>
<p>(Y) Level 2 Award in Community Sports Leadership (CSL)</p>	<p>The Level 2 Award in Community Sports Leadership is a nationally recognised qualification that enables successful candidates to independently lead small groups of people in sport and recreational activities. The qualification teaches generic leadership skills such as organisation, planning, communication and teamwork through the medium of sport.</p>
<p>(Y) Level 3 Award in Higher Sports Leadership (HSL)</p>	<p>The Level 3 Award in Higher Sports Leadership is a nationally recognised qualification that enables successful candidates to lead un-supervised groups of people in sport and recreational activities. This qualification builds upon the skills and experience gained through the Level 2 Award in Community Sports. Candidates must already hold the Level 2 Certificate.</p>

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Outdoor Education

<p>(M) Climbing Wall Award</p>	<p>The scheme is for climbers who are in a position of responsibility when supervising climbing activities on indoor or outdoor climbing walls, artificial boulders and towers. It is primarily concerned with ensuring good practice, leading to the safe enjoyment of climbing activities, and to an understanding of the sport.</p>
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Health and Fitness

<p>(Y) (N) CYQ – Certificate in Fitness Instructing Gym</p>	<p>This course will give you an introduction into the skills required for working in a gym such as fitness program design, health and safety issues and the various systems of the body and the effects exercise has upon them. As a qualified Fitness Instructor, you will be able to write basic programs for clients with a variety of fitness goals. This course is the entry requirement for the CYQ Certificate in Personal Training.</p>
<p>(Y) (N) CYQ – Certificate in Fitness Instructing Exercise to Music</p>	<p>This aerobics instructor course is the entry point for people that wish to teach many types of group exercise. The course will give you an introduction into the skills required to teach exercise to music such as how to plan and teach safe and effective sessions, Health and Safety issues and the various systems of the body and the effects that exercise has upon them. As a qualified Fitness Instructor, you will be able to work with clients with a variety of fitness goals.</p>
<p>(Y) CYQ – Central YMCA Qualification course in indoor Cycling</p>	<p>This programme has been designed to ensure the instructor has all the relevant skills and knowledge to teach an indoor cycle session. At the end of the programme, the teacher will be in a position to plan deliver their own style of cycle class.</p>
<p>(Y) (N) CYQ - Central YMCA Qualification in Instructing Health related fitness for children</p>	<p>This qualification is available to individuals who wish to run health related exercise sessions for children and those who are already running such sessions without a formal qualification.</p>
<p>(Y) CYQ Certificate in Personal Training</p>	<p>On completion of this course, participants will be able to train individuals on a one to one basis either in a fitness suite or in an outdoor environment. Over the course you will cover such topics as client assessment, nutritional advice as well as motivational strategies and advance fitness programming. Participants must have a Level 2 Gym Qualification in order to enrol on this program.</p>

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Miscellaneous

<p>(Y) Certificate in Adult Literacy / Numeracy</p>	<p>A programme that enables adults to gain a qualification in literacy/numeracy up to Level 2 (equivalent to GCSE grades A – C). All learners follow an individual programme based on their specific requirements. Learners can enrol at any time throughout the year and all courses are free.</p>
<p>(Y) Level 1 Certificate for IT Users</p>	<p>This is a qualification designed to recognise the skills, knowledge and understanding of IT users everywhere. Learners will be equipped with a range of transferable skills necessary in today's modern world. After successfully completing the Level 1 programme, learners will have the option of progressing onto the Level 2 qualification.</p>

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Any course pre requisites are indicated in the course descriptions. If not indicated then no prior training is necessary to apply. However a knowledge and experience of the course subject is recommended.

For more course information and Terms and Conditions, please contact each course provider or visit their website:

www.ucpmarjon.ac.uk

Email: ahughes@ucpmarjon.ac.uk

www.plymouthymca.co.uk

Email: lee.l@plymouthymca.co.uk

Level 2 Apprenticeships in Active Leisure and Learning

Apprenticeships have been designed to present opportunities for young people to develop a mix of practical and technical skills that will allow them to both develop at work and, where applicable, progress to higher education. Apprenticeships are the current Government flagship programme for entering the workforce and apprentices learn on the job, building knowledge and skills, gaining qualifications and earning money at the same time.

Key Facts:

- Apprentices must be aged 16-18 years for all training to be delivered free of charge for employers
- Apprentices 19 – 25 may require employer contribution*
- NVQs offered in Activity Leadership; Instructing Exercise and Fitness and Occupational Services
- Apprentices must be employed for a minimum of 16 hours a week
- Training tailored to employers/learners needs

What does a Level 2 Active Leisure and Learning Apprenticeship consist of?

- An NVQ Level 2 in Activity Leadership; Instructing Exercise and Fitness or Occupational Services
- Key/functional skills in English and Maths
- Technical Certificate - Leisure Industry and Organisation Awareness
- Two industry recognised qualifications e.g. National Pool Lifeguard, Coaching Qualifications, Fitness Instructing qualifications

There may be instances where an apprentice may have already achieved one of the above in this instance Accredited Prior Learning can be considered subject to Sector Skills Council approval.

The Benefits to Individuals and Employers:

- Apprenticeships give employers a competitive edge in the market place.
- Apprentices have high level of commercial awareness and actively implement activities that generate more revenue.
- Apprenticeships not only address short term recruitment difficulties but also secure for the business and the industry as a whole, the skills and workforce for the future.
- Apprenticeships provide a structured national training route that caters for the ongoing professional development of employees in the leisure sector.
- Apprenticeships provide the opportunity to develop sustainable employment opportunities across the sectors.
- Apprenticeship frameworks provide the opportunity to undertake a portfolio of skills and qualifications that will allow individuals to progress to both further and higher education

If you are an individual or an employer and would like to find out more:

*Please do not hesitate to contact Mark Rowles, Plymouth YMCA, 01752 201918 ext: 206



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