

SPORT

Do you love sport? Are you active, motivated and ready to inspire others?

This course combines engaging lessons with practical experience in sports and community settings. You'll develop skills in leading activities, teamwork, communication and planning safe, inclusive sessions for different groups.

Alongside your main qualification, you can work towards coaching and sport-specific certificates. With support from experienced staff, you'll build the confidence and practical skills needed for further study, an apprenticeship or a future career in sport.

ASSESSMENT

Internal and external assignments.

COURSE STRUCTURE

One year, full time at BCX.

ENTRY REQUIREMENTS

Accessible entry requirements - this course is open to all.

PROGRESSION

By the end of the course, you'll be ready to progress to further study in sport or move into an apprenticeship, paving the way for a career in sport, fitness or coaching.



GROWTH

BCX is not just about studying - it's about developing and growing as a person. At BCX experience will prepare you for life.

Our **GROWTH** programme focuses on six key areas to help you become your best self.

G

GIVING BACK

Engaging with your community through volunteering, mentoring, and social action.

Think leadership, care, and being a role model!

R

RESILIENCE AND WELLBEING

Building mental strength, emotional awareness, and healthy habits.

Mindfulness, mental health awareness, and staying mentally strong.

O

OPPORTUNITIES TO ENRICH

Exploring new ideas, challenges, creative projects, and cultural experiences.

Competitions, entrepreneurial projects, trips and creativity.

W

WORK AND LIFE SKILLS

Preparing for independence with careers advice, financial literacy, and life skills.

Careers guidance, understanding banking and budgeting, and skills to succeed.

T

TECHNOLOGY AND DIGITAL SKILLS

Developing confidence online, digital literacy, and IT capabilities for the future.

Safe social media, digital content creation, using computers for study and work.

H

HEALTH AND PHYSICAL ACTIVITY

Staying active, healthy, and energised through sport and fitness.

Sports teams, clubs, trying new activities, nutrition, and health lifestyles.

