



Academy of Sports, Health and Public Services



INDUSTRY FOCUSED
CAREER READY

Academy of Sports, Health and Public Services

If you enjoy fitness, leading others and learning about different areas of health and exercise, then we are sure you would enjoy studying a course in Sports, Health and Public Services at Reaseheath College.

Courses we offer:

- ✓ Adventure Sports
- ✓ Personal Training
- ✓ Public Services
- ✓ Sport

Why choose Reaseheath?

Our industry-focused courses, fantastic facilities and outstanding staff are just a few of the reasons our students love studying with us and go on to achieve great things in their careers. Not only will you gain an in-depth understanding of your chosen course area, but you will also make lots of new friends, and enjoy your free time by joining any of our societies, clubs and social events happening regularly across campus.

Each Level 3 course is equivalent to A Levels and provides you with UCAS points for progression onto either our degree programmes at University Centre Reaseheath or at other universities.

Our students love studying courses in Sports, Health and Public Services at Reaseheath College because:

- ✓ We have specialist facilities right here on campus including a fitness studio, gym, international 3G pitch and sports performance centre
- ✓ We have great industry links and highly experienced teaching staff, so you will be learning from the best
- ✓ You will have lots of opportunities to gain extra experience within your chosen subject area to make you and your CV stand out

Which level of course is right for me?

We offer a number of different courses at Reaseheath College including Extended Diplomas, Diplomas and Certificates. You can choose the one that's right for you, depending on your previous experience and qualifications.

Study Adventure Sports at Reaseheath College

Did you know?

In the Northwest, in 2022, there were 15,121 jobs in sports and fitness occupations. That's 5% above the national average*

Are you a thrill seeker? Do you enjoy being outdoors? If you would like to pursue a career in something that you love, why not develop your skills and gain qualifications through our Adventure Sports course.

Take on new challenges as you get ready for your thrilling career in the fast-paced outdoor activity industry. You will develop your practical skills and experience new heights with exhilarating activities such as mountaineering, climbing, mountain biking, canoeing and kayaking.

Our campus is situated close to some fantastic adventure destinations, including The Roaches, North Wales and The Peak District. You may also have the opportunity to go further afield on one of our exciting study tours.

Your career paths

Adventure Sports courses we offer:

- ✓ Level 1 Diploma in Vocational Studies (Sport and Public Services)
- ✓ Level 2 Extended Certificate in Sport (Adventure)
- ✓ Level 3 National Diploma or National Extended Diploma in Sport and Outdoor Activities

Progress onto a degree at University Centre Reaseheath

After completing your course, you may decide to develop your skills further and progress to degree level study at University Centre Reaseheath, for example onto our foundation degree in Adventure Sports and Coaching.

Find out more at:
ucreaseheath.ac.uk

Career options

Careers in this dynamic industry are exciting and varied with many opportunities to travel nationally, or even globally. Many of our students work as instructors in holiday companies and then progress onto managerial roles or set up their own business.

Other career options include:

- ✓ Outdoor instructor in Britain or abroad
- ✓ Professional adventure sport athlete
- ✓ Expedition leader
- ✓ Retail sales and marketing
- ✓ Adventure sports coach

Experienced outdoor activities instructors earn an average of **£30,000 a year***

*Source: National Careers Service



Student success

Alex Dromgoole

Qualifications:

Level 3 Extended Diploma in
Adventure Sports 2012

Job title:

Chief Officer on superyacht



"I've been lucky enough to travel all over the world with my job and I've been to some of the most beautiful places.

"I've sailed round the Maldives, the Caribbean, the Seychelles, the Bahamas, Bermuda, Malta and around the Mediterranean. I have a great job but I do have a lot of responsibilities. I often work very long hours as we tend to sail overnight between locations, and when we get to port we're busy maintaining the boat.

"I did a three year Higher National Diploma in Nautical Science at Fleetwood Nautical College after I completed my adventure sports course, then went into the yacht industry as a deck hand and worked my way up. I'm qualified to Chief Officer so I could work on a containership or commercial ship but I'm very happy working in the yachting industry.

"My adventure sports diploma stretched me. I developed a lot academically and realised I could aim higher, so I have a lot to thank Reaseheath for."

Find out more about studying Adventure Sports at Reaseheath College
reaseheath.ac.uk/adventure-sports

Study Personal Training at Reaseheath College

Did you know?

Skills such as instructing, and an understanding of anatomy and physiology, are the top specialised skills employers advertise in job postings within this industry*

If you are a fitness fanatic and would love to help others reach their health and fitness goals, then why not push your energy into one of our courses at Reaseheath College.

Whether you aspire to become a personal trainer or work in another fitness-related profession, this course will put you on the right track. You can work towards your career in our fantastic facilities with a fitness studio, gym and sports performance lab.

Grow your mind, muscles and career by keeping up to date with the latest fitness trends and techniques with practical sessions on and off campus. You will also gain relevant industry experience by completing placements at local fitness and leisure centres.

Your career paths

Personal Training courses we offer:

- ✓ AIQ Level 3 Diploma in Physical Activity, Fitness and Exercise Science (one-year level 2 option available)

Progress onto a degree at University Centre Reaseheath

Once you have completed your diploma, you may want to continue your studies by progressing to degree level with University Centre Reaseheath. This will help you develop your skills even further in a specific field. Related courses include BSc (Hons) in Football Coaching.

Find out more at:
ucreaseheath.ac.uk

Career options

Once you have completed this course, you will be a fully qualified personal trainer. Become employed at a gym or fitness centre, or if the flexibility of freelance work sounds appealing, then why not consider becoming self-employed.

There are so many other job opportunities within this sector that include:

- ✓ Fitness instructor
- ✓ Sports massage therapist
- ✓ Teaching
- ✓ Sports fitness coach
- ✓ Leisure centre manager

Experienced leisure centre managers earn an average of **£37,000 a year***

*Source: National Careers Service



Student success

Skye Tyler-Smith

Qualifications:

Level 3 Extended Diploma in Sport 2018

Certificate in Sports Massage 2019

Teaching Assistant Certificate 2021

Job title:

Fitness Instructor, Personal Trainer,
Gym Manager

Aptitude Health & Fitness



"I've always had a passion in sports and fitness, whether coaching, training or competing. I like to pass on my knowledge to help others reach their full potential.

"The skills I learned at Reaseheath, and particularly the support from my lecturers, helped me realise my dream of becoming a fully qualified fitness instructor and personal trainer.

"My time as a Reaseheath student gave me the room to grow and develop. I learned about so many aspects of the personal training industry and, by working in the college gym, I gained the confidence to build a rapport with clients.

"I've been in my current role for over two years and I still love every minute of it! Our clients range from elite international athletes to mums with babies, and we offer a range of classes and 1:1 sessions. I still can't believe that I've come this far!"

Find out more about studying Personal Training at Reaseheath College
reaseheath.ac.uk/personal-training

Study Public Services at Reaseheath College

Are you interested in a disciplined career serving the public at home or overseas with one of our emergency, armed or one of our other protective services?

Did you know?

**In 2022, in the
Northwest there were
16,403 job postings
for Police Officers
(Sergeant and
below)***

Our industry focused courses will ensure you take a step in the right direction to pursuing a career you love, while you prepare for a range of challenging and rewarding situations that will in turn hugely impact the lives of others and the community.

You will be taught by industry experts with life experience in the services as well as getting valuable input from a range of serving members of protective services such as police firearms teams, paramedics and mountain rescue. You could also have the opportunity to volunteer for service visits to support service personnel in their training.

Your career paths

Public Services courses we offer:

- ✓ Level 1 Diploma in Vocational Studies (Sport and Public Services)
- ✓ Level 2 Extended Certificate in Preparation for Public Services
- ✓ Level 3 National Diploma or National Extended Diploma in Uniformed Protective Services

Career options

If you are considering where this course will take you, there are ample opportunities in a range of sectors. Many of our students qualify and then go on to have successful careers within the Royal Navy, Royal Airforce and Royal Marines.

Other career options include:

- ✓ Criminologist
- ✓ UK Border Force
- ✓ Police
- ✓ Fire and rescue
- ✓ Forensic science
- ✓ Prison service



Experienced police officers earn an average of £41,130 a year*

*Source: National Careers Service



Student success

Charlotte Watson

Qualifications:

Level 3 Diploma in Public Services 2020

South Yorkshire Police Constable

Degree Apprenticeship 2024

Job title:

Police Officer

Ambition:

Specialist role



"I'm a people person and I want the community we live and work in to be a safe environment. That's why I feel privileged to have joined the police force, knowing I'll have the skills and training to make a difference to people's lives."

"I've almost completed my South Yorkshire Police Constable Degree Apprenticeship, a fully funded programme aimed at attracting new talent into the force. I'm a working response officer but have dedicated study periods for completing my final dissertation."

"Studying for the degree alongside my policing job has been hard work but it will definitely be worth it. I have widened my career prospects and learned from incredibly interesting specialists as well as from my peers."

"There are so many aspects to policing. You're out in the community and every day is different. My Level 3 Diploma at Reaseheath was great preparation and definitely right for me. It enabled me to gain the necessary UCAS points for the apprenticeship and gave me so many relevant skills."

Find out more about studying Public Services at Reaseheath College
reaseheath.ac.uk/public-services

Study Sport at Reaseheath College

Are you a sports fanatic? Make it your goal to score a career in the sports industry by studying at Reaseheath College.

Did you know?

Education is one of the top industries for sports coaches, instructors and officials to work in*

Sport is a massive part of many peoples' lives, whether that be through watching it, playing it or developing performance, it is a huge and growing sector with a vast number of opportunities. By studying with us you will gain the qualifications needed to take your next steps, while developing transferable skills and enhancing your sporting knowledge, coaching skills, analytical skills and practical ability.

Largely based in our sports performance centre, you will benefit from specialised and high-tech sports analysis equipment. You will also be given the opportunity to join an Academy, either general sport or Football (in partnership with NAR Kolective).

Your career paths

Sport courses we offer:

- ✓ Level 1 Diploma in Vocational Studies (Sport and Public Services)
- ✓ Level 2 Extended Certificate in Sport
- ✓ Level 3 National Diploma or National Extended Diploma in Sports Coaching and Development
- ✓ Level 3 National Extended Diploma in Sport and Exercise Science

Progress onto a degree at University Centre Reaseheath

Once you have completed your diploma, you may want to continue your studies by progressing to degree level with University Centre Reaseheath. This will help you develop your skills even further in a specific field. Related courses include BSc (Hons) in Football Coaching.

Find out more at ucreaseheath.ac.uk

Career options

Whether you want to use this course to progress on to higher education or to get ready to enter the field right away, we will ensure you get the training you need to succeed.

Career options include:

- ✓ Sports nutritionist
- ✓ Sports coach
- ✓ Sports scientist
- ✓ Referee
- ✓ PE teacher
- ✓ Strength and conditioning coach

Experienced performance sports scientists earn an average of **£60,000 a year***

*Source: National Careers Service



Student success

Jack Oliphant

Qualifications:

BTech Level 3 Extended Diploma in Sport (Performance and Excellence) 2015

BSc (Hons) Sport Business Management 2018 (Leeds Beckett University)

Job title:

Sports commentator and broadcast company owner



"I commentate on motorsport and handball. I used to drive competitively as a hobby and I represented Great Britain in handball at junior level while I was a Reaseheath student so I have good knowledge of both. You need to know the inside track on athletes to talk confidently about them.

"It's a great way to be involved at an elite level and I aspire to become an Olympic handball commentator. I also commentate on esports (simulated) racing, which I love because I'm a keen gamer.

"My latest venture has been to launch a broadcasting company 'Live Sport Now' which livestreams niche sports to YouTube. Me and my business partner want to turn the spotlight on less well known sports which don't get the promotional opportunities offered to mainstream sports.

"My Reaseheath course gave me a wide understanding of the sport sector, plus skills and confidence which have helped me to take my career forward."

Find out more about studying Sports at Reaseheath College
reaseheath.ac.uk/sport

Sports facilities at Reaseheath College

We've raised the bar with our £6 million Sports Science and Performance Academy, so at Reaseheath College you'll have access to some of the very best facilities and resources in the country.

Sports pitches

Our state-of-the-art sports hub contains a 3G international rugby standard floodlit pitch and an all-weather multi-use games area (MUGA). There is also a four-court sports hall with separate changing and shower rooms along with accessible facilities.

Sports Performance Centre

In our dedicated sports performance centre, students and professional athletes alike are assisted to achieve their training goals by using our altitude chamber, bioelectrical impedance equipment (used to analyse body fat percentage), Cos-Med respiratory analysis, medical grade treadmill, Wattbike and Lode cycling ergometer.

On-site training gym

Our fantastic training gym on-site is equipped with TechnoGym equipment and an Olympic weightlifting platform. We also have cardiovascular machines, treadmills, cross trainers, upright bikes, studio bikes and much more.

Fitness studio

Our new fitness studio, part of a £6 million investment into our sports facilities, has a floor to ceiling mirrored wall and a new studio with first-class equipment including Olympic standard weightlifting platform, a range of kettlebells from 8kg-25kg, modifiable barbells for muscular endurance training and class-based exercises, plyometric boxes and 10 rear wheel spin bikes.

Adventure Sports facilities

If your sights are set on studying Adventure Sports, you will also benefit from a range of first-class resources on campus including our college lake which is great for developing your kayaking skills, our 30ft high ropes course and our indoor climbing wall.



**Whichever course in the
Academy of Sports, Health
and Public Services you
choose at Reaseheath
College, you will benefit
from our amazing facilities,
advanced technologies
and strong industry
expertise, ensuring you
are ready for a great career.**

Reaseheath College
Nantwich Cheshire CW5 6DF

✉ enquiries@reaseheath.ac.uk

☎ 01270 613242

💻 reaseheath.ac.uk

f @ X d