

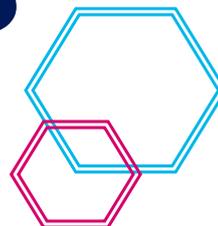


PRESTON
COLLEGE

Centre of Sporting Excellence



EDUCATION PROSPECTUS





Contents

- 4 About Us
- 5 Why Study With Us?
- 6 Overview
- 7 Level 1 Pathway
- 8 Level 2 Pathway
- 9 Level 3 Pathway
- 10 Enrichment
- 11 Additional Course Benefits
- 12 Facilities
- 13 Learner Support
- 14 What's Next?
- 15 Alumni
- 16 How To Apply



About Us

The Preston Centre of Sporting Excellence is an education partnership between Preston North End Community and Education Trust and Preston College that was formalised in July 2020, after successfully working collaboratively for over ten years.

The Centre of Sporting Excellence provides high-quality, technical education programmes from Level 1 to Level 3 in Sport for 16 to 19-year-olds in Preston and the surrounding areas.

Through the partnership, young people who enrol at the Centre of Sporting Excellence will have the opportunity to undertake a variety of work placements in a range of sporting disciplines, improving learners' academic attainment, developing their life skills and increasing their employment opportunities.

Learners at the Preston Centre of Sporting Excellence represent Preston College and PNECET by training and competing alongside their studies, while benefiting from the excellent facilities and experienced tutors from both organisations.



Why Study At The Centre Of Sporting Excellence?

The Centre of Sporting Excellence provides the highest quality education and sports provision to 16 to 19-year-olds in the Preston community. Our diverse programme utilises the power of Preston North End Football Club to inspire you to improve and achieve your goals, with a focus on achieving academic attainment, developing life skills while maintaining your happiness and welfare.

Our curriculum offer allows you to study industry-recognised qualifications, while accessing work placement opportunities and developing your sporting performance, providing you with enhanced career prospects in a range of sporting disciplines.

Study

The Centre of Sporting Excellence has a course for everyone, ranging from Level 1 to Level 3. Our tutors have acquired a wealth of knowledge and experience through various career pathways, which is shared with you to support your career progression.



Develop

You will gain experience in the sports industry by having access to a range of work placement opportunities and understanding how theory is applied in practice and in the workplace environment. As well as having behind-the-scenes access to Preston North End's stadium, you can also access plenty of exciting enrichment opportunities and experiences.



Play

You will be trained by UEFA qualified coaches and given the opportunity to compete nationally in the EFL Community and Education Football Alliance League, where you will compete against other professional clubs both regionally and nationally, including Manchester City, Burnley, Blackburn Rovers and Sheffield United.



The programme also provides pathways to semi-professional football and scholarships in the USA.

Rated
'good'
by
Ofsted

Best
performing
college in
Central
Lancashire

Links
to
industry
employers

State
of
the art
facilities

Overview

The Centre of Sporting Excellence offers a fantastic pathway into the sports industry. Our courses are designed to provide you with the skills and knowledge to prepare you for employment or further study. Our tutors and partners will provide you with a plethora of opportunities to improve your experience on the course and help you to fulfil your potential.



To ensure you become the next generation of industry excellence, alongside your core qualifications, there will be opportunities to gain experiences that will be important in preparing you for work and developing your wider skills.

Scholarships

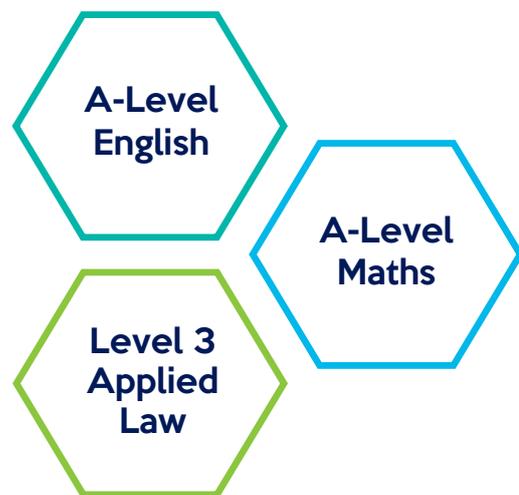
A limited number of prestigious scholarships are available to any Year 11 applicant looking to study a full-time course.

There are a number of benefits available to scholarship students, including a £1,000 bursary over the period of two years, an Apple iPad, a free bus service and other offers of support. More information about this offer can be discussed during your application.

A-Level

Level 3 learners have the option to study one A-Level alongside your technical-vocational qualification; a combination that gives you the chance to develop your creative, technical skills and analytical skills. This will help you to earn extra UCAS points to help you progress onto university and further strengthen job applications.

If you meet the entry criteria, you can select one of the following A-Levels in addition to your technical qualification:



GCSE Resits

Maths and English skills are an important part of everyday and work life. Most employers expect candidates to have GCSEs in Maths and English at Grade C (4) or above.

If you don't achieve a Grade 4 in Maths or English at school, these will be built into your study programme alongside your selected course.

Level 1 Pathway

Qualification

The Level 1 BTEC Diploma in Sport is a one year course which aims to support your personal development by helping you to acquire skills and improve your knowledge of sport, exercise and fitness. The qualification also allows you to gain personal and transferable skills that can be applied to the workplace or further study.

Modules

- Taking part in sport
- Personal exercise and fitness
- Sports coaching
- Strength and conditioning
- Principles of training
- Safety factors relating to exercise
- Health and nutrition

Entry Criteria

You will be required to attend an interview to discuss your suitability for the course. Anyone applying for this course will need to undertake work placements with children and vulnerable people as part of your course.

Should you attend these placements it is a requirement that you complete a Disclosure and Barring Services (DBS) check.

How Will You Be Assessed?

Assessment methods are varied to meet the needs of all learners and to ensure a wide variety of employability skills are developed, including:

- Reports
- Essays
- Presentations
- Interviews
- Practical observations



Level 2 Pathway

Qualification

The Level 2 OCR Diploma in Sport is a one-year course, which provides you with further underpinning knowledge and skills specific to the sector, alongside a range of transferable employability skills. It is designed to support progression to further learning, and ultimately, to work in sports and active leisure or other related sectors.

Modules

- Anatomy and physiology
- Fitness testing and training
- Practical sport
- Time management
- Applying for jobs
- Nutrition
- Training for personal fitness
- Sports coaching
- Psychology
- Technical and tactical aspects in sport
- Preparing for interview

Entry Criteria

You will need four GCSEs at Grade 3 (D) or above, including at least one of English Language or Maths, with a minimum of Grade 2 in the other subject.

You will also be required to attend an interview to discuss your suitability for the course. Anyone applying for this course will need to undertake work placements with children and vulnerable people as part of your course.

Should you attend these placements it is a requirement that you complete a Disclosure and Barring Services (DBS) check.

How Will You Be Assessed?

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Level 3 Pathway

Qualification

The Level 3 Extended Diploma in Sport (equivalent to three A-Levels) is a two-year course designed to provide highly specialist, work-related qualifications required for employment in the industry. The course provides you with the knowledge, understanding and skills that are needed to prepare you for employment.

Modules

The course is 80% theory-based and 20% practical-based. The Extended Diploma in Sport is a non-examination course and enables you to build upon your knowledge and progress through the course.

Our Level 3 programme has two pathways to choose from. Each pathway has been designed to provide you with an exciting and engaging range of topics relevant to the industry.

Sports Coaching Modules

- Fitness testing and training
- Organising sports events
- Sports development
- Physical activity for specialist groups
- Practical skills in sport

Sports Science Modules

- Anatomy and physiology
- Nutrition and diet
- Sports injuries and rehabilitation
- Sport and exercise psychology
- Sports massage
- Performance analysis

Entry Criteria

You will need five GCSEs at Grade 9-4 (A*-C), including at least one of English Language or Maths at Grade 4 or above and a minimum of Grade 3 in the other.

You will also be required to attend an interview to discuss your suitability for the course. Anyone applying for this course will need to undertake work placements with children and vulnerable people as part of your course.

Should you attend these placements it is a requirement that you complete a Disclosure and Barring Services (DBS) check.

How Will You Be Assessed?

Assessment methods are varied to meet the needs of all learners and to ensure a wide variety of employability skills are developed, including:

- Reports
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- Interviews
- Practical observations



Enrichment

At the Centre of Sporting Excellence, we are committed to developing and broadening your personal and professional skills with an extensive extracurricular offer.

Our comprehensive range of activities have been designed to support your development, and provide you with valuable life experiences, while enjoying your time at the Centre of Sporting Excellence. Whether you are looking to learn a new skill, engage in sporting activities, explore work placement opportunities, or broaden your academic horizons, there is something for everyone.

Our provision includes opportunities to develop your skills, make new friends and provide you with a competitive advantage when applying for university courses or seeking employment.

Football Team

Learners have the opportunity to carry out football enrichment activities, training twice a week and competing in league fixtures against other community clubs and local colleges.

The Centre of Sporting Excellence currently has four men's squads and one women's squad, all competing in the EFL Community and Education Football Alliance League against other clubs such as Manchester City, Burnley and Blackburn Rovers. Sessions are delivered by UEFA B qualified coaches, providing high standard sessions based on the four corner model, technical, tactical, physical and psychological, while implementing social benefits within the programme and developing teamwork and friendships.

We aim to provide the best opportunities and experiences for young people who wish to develop their footballing talent alongside their academic studies. Our men's team were crowned National Futsal Champions in 2016, while both our women's and men's team finished as league champions in the 2020/21 season.



Benfica

Within our academic programme, the Centre of Sporting Excellence offers an exciting opportunity for you to travel to Portugal and partake in a performance and cultural experience. This is a fantastic opportunity for you to train and experience a range of sports in new surroundings. Furthermore, you will gain the opportunity to extend your knowledge on new cultures and playing styles, whilst visiting the home of Benfica for a stadium tour of the *Estadio Da Luz*, where one of Europe's top performing clubs play.



Also embedded into the week are opportunities to train with Benfica FA qualified coaches with sessions held at the Benfica training ground. There are further trips to 'FootLab', where you have the opportunity to test your skills and technique with a variety of challenging exercises based on speed, accuracy, power and agility. You can also visit Lisbon and experience the local cuisine.

Phoenix

As part of our enrichment programme, you can travel to America to take part in the renowned President's Day Tournament in Phoenix. This one-week tour includes a football tournament of more than 400 teams from around the globe, where you will stay with host families and have the opportunity to impress MLS and college scouts, with many past learners having earned football scholarships in the USA.

NCS

As part of the induction week, tutors on the programme take you on a short residential.



This is a perfect opportunity for you to meet your course mates and take part in a variety of outdoor activities that aim to develop interpersonal skills and provide

you with the confidence to move forward and engage with your studies.

Guest Speakers

With links to a range of industry professionals and experts, you are able to access insight into a wide range of careers. In recent years, Preston North End first team players and staff, as well as other leading professionals from across the industry, have delivered guest talks to our learners.

Additional Qualifications

There are also opportunities for you to gain extra qualifications alongside your studies. You may have the opportunity to gain the following qualifications:

- Level 2 Gym Instructor
- Level 1 Football Coaching
- Level 2 Certificate in Multi-Skills Development.

There are also opportunities for you to apply for leadership and ambassador roles, which will further aid your career development, whilst also enhancing your CV.

Facilities

At the Centre of Sporting Excellence, we are continuously investing in our facilities to ensure that you have access to modern learning spaces and the latest equipment and technologies.

We strive to provide the best possible facilities to enable you to benefit from an outstanding learning environment, while enjoying your educational experience and feeling safe and comfortable in college.

You will have access to:

Sports hall



Full size 3G artificial pitch



Fitness suite



Deepdale, home of Preston North End



The learning zone



State-of-the-art classrooms



Functional training room



Learner Support

During your time at the Centre of Sporting Excellence, we will endeavour to support you. We are proud to serve our local community and provide an inclusive education pathway to help you to achieve your full potential in your sports career.

We have access to a number of bursary funds aimed at supporting anyone with specific financial difficulties, which may prevent them from taking part in learning.

Eligibility for the funds will be based on household income, and can be discussed further throughout your application with the Learner Services team.

Examples of the bursaries available are:

- 16-18 discretionary learning support fund
- Vulnerable bursary
- 16-19 childcare
- External grants and funding
- Free college meals
- Transport

Learner Services

We place a strong emphasis on supporting you to overcome any barriers to learning, success, achievement and progression. Our experienced staff in the Learner Services team are available to assist you by offering advice, information and guidance.

We can help you with a range of issues, including:

- Financial support
- Welfare and benefits advice and information
- Counselling and mental health support
- Safeguarding and prevent
- Accommodation



What's Next?

Progression

Everything we do at the Centre of Sporting Excellence enables you to progress within your preferred career path. Our dedicated team will support you in pursuing the next step in your life.

The experiences and opportunities provided to you are all designed to develop your skills and make you ready for the expectations of your chosen career and society. A comprehensive programme of guidance and support is given to you, covering all aspects of UCAS and job applications, ensuring positive destinations are achieved.

Outcomes

Learners who attend the Centre of Sporting Excellence are able to progress onto:

- Scholarships
- University
- Employment
- Semi-professional football



Employment

The qualifications studied, along with links to employers within the sporting industry, will open avenues to a number of exciting career paths. These include, but are not limited to the following:



Did You Know?

Preston North End Community and Education Trust deliver a Football Coaching, Development and Administration Degree in partnership with the EFL and the University of South Wales.

The blended learning approach provides you with the opportunity to gain an industry-recognised qualification and relevant work experience, while being affiliated to a professional football club.

Alumni

We're always proud to celebrate the successes of our alumni at the Centre of Sporting Excellence.

The experiences provided to our learners extend far beyond the curriculum to ensure our learners have the foundations to be successful within their future career.

Rae

Rae developed her confidence while studying on our further education programme. As well as improving her football skills and taking up work experience opportunities, she achieved a D*D*D* grade profile. Rae picked up all three awards in our student graduation ceremony - winning the players' player of the year, manager's player of the year and student of the year. Rae completed her studies in 2020, progressing onto the University Campus of Football Business to study psychology.



"I have thoroughly enjoyed this unique way of learning. By combining classroom study with time on the pitch and through work experience on a matchday, I feel this course has helped me to fulfil my ambition and develop my skills. I am highly ambitious and would love to become a sports psychologist."

Kieran

During his time at the Centre of Sporting Excellence, Kieran developed a passion for coaching and he has flourished during his studies. He excelled within the classroom, on the pitch and on the coaching field. Kieran is now studying our degree in Community Football Coaching, in conjunction with the University of South Wales. Kieran has achieved his FA Level 2 Coaching Certificate with us as well as working at first class honours standard, and has been a paid member of staff across a number of PNECET programmes.



"I could not recommend this course enough. Throughout my time with the Trust, I have had so many opportunities and experiences that I simply could not have had anywhere else. My CV will really stand out from the crowd when an employer looks at the range of programmes I've worked on and the diverse individuals I have worked with, from primary school to adults."

Casey

Casey accepted a scholarship offer from Jacksonville College, Texas, to continue her studies and footballing journey in the USA. After completing her GCSE, Casey spent three years at the Centre of Sporting excellence, initially enrolling on a Level 2 Sport course before progressing onto the Level 3 Sport programme, achieving D*D*D* in the summer of 2020.



"I have made lifelong friends on this course and the staff make the college very welcoming. They are always there to help, whether it be with work, football or others aspects of life outside of college. Everyone makes you feel part of the PNE community."



**Community
and Education
Trust**
Registered Charity No. 1130773

Joining the Centre of Sporting Excellence is a great choice for school leavers who are looking to pursue a career in sport.

Apply in three simple steps:



@pnecommunity PNECET www.pnefc.net/pnecet

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