

What is Sport and Recreation?

Sport and recreation is now a big industry. People work hard and want to enjoy their leisure time to the full. They want to keep fit, live long and look good. They want opportunities to watch and take part in sport and fitness activities and a huge industry has developed to meet these needs. They create employment opportunities for sports leaders, coaches, fitness instructors, sports technicians, physiotherapists and administrators.

What qualities will I need?

You will need to be fit and active and be able to develop very good communication skills. Being good at one particular sport will be helpful. You will need patience and an ability to get on with all sorts of people.

What will I need to wear?

A uniform or specific sportswear will be required – usually a tracksuit or similar outfit. You will need to look professional but be able to move freely. For highly specialised sports (water sports) special clothing (wetsuits) will be provided.

What range of courses are available?

Through the TVC there are:

Level 1 Courses which introduce you to the sports and leisure industry and prepare you to work at a junior level.

Level 2 Courses to qualify you to do a skilled job once you have had a little more experience and are familiar with a work place.

Level 3 courses that can provide access to Higher Education or enable you to progress to a supervisory level in the industry.

Opportunities will this course open for me?

Most students progress to an apprenticeship in the sport and leisure industry but some use it as a means to get fit and gain a sports qualification prior to joining the forces or public services. Many of those completing Level 3 courses continue to Higher Education and become sports teachers or managers.