

Would you like to

IMPROVE THE SKILLS OF YOUR WORKFORCE... FOR FREE?

Apprenticeships
and NVQs
in sport, exercise and fitness.



2 Achieve

first in training and development



Why choose apprenticeships?

CALL US NOW
07790196247

Improving the skills of your workforce can be expensive and time consuming. 1st2 Achieve offer a LSC funded training solution that is aimed at improving the skills of employees in the sport, exercise and fitness sectors. All programmes are delivered and assessed in the workplace by 1st2 Achieve. The best thing is, its not that difficult to get on board...

What is an Apprenticeship?

Apprenticeships are work based courses aimed at improving the skills of employees and their effectiveness for your organisation. 1st2 Achieve apprenticeships are aimed at the sport, health and fitness sectors and are LSC funded, which means enrolment of employees on 1st2 Achieve courses won't cost you a penny. The 1st2Achieve apprenticeships can lead to NVQ and key skills qualifications from levels 1 to 3. Courses can take up to 18 months to complete depending on the level of difficulty.

Key benefits:

- Up skilled workforce, resulting in increased efficiency and productivity
- All training provided by 1st2 Achieve
- All training and assessments are provided at the workplace
- Bespoke programmes available
- Registered quality standards in place
- Bespoke programmes available
- 1st2Achieve only use proficient and competent staff, fully trained in the industry and Education sectors

During your Apprenticeship

1st2 Achieve are a training provider who work with community sports partnerships, community sports and social inclusion programs. We aim to reach out and transform the lives of young people, families and communities through Sport, Fitness and Leisure training and qualifications.

www.1st2achieve.co.uk
contactus@1st2achieve.co.uk

Why choose 1st2 Achieve?

We tailor our services to meet the needs of young people at different stages in their lives. We operate a flexible and modern delivery model outside the usual confinements of colleges to successfully engage and re-train disadvantaged and 'at risk' youngsters. Often the youngsters we work with are outside of the main education system and are not engaged in any training, employment or work. We offer candidates unparalleled learning support and motivation to maximise achievement and retention.

How does it work?

1st2 Achieve offer a modern and flexible service. By incorporating IT into the delivery and assessment of the programme such as; E-learning, Electronic portfolios and online tutorials using webcams outside of conventional office hours, we can reduce the amount of time we spend with candidates in the workplace preventing any disruption to the running of your business.

From the start of the programme all candidates and employers will be allocated with a personal Programme Manager, who will exclusively liaise with you both from the start to the end of the program. Working with employers and candidates the Program Manager can plan the learning programme to suit both employer's and candidates needs and enable candidates to achieve their qualifications quickly and successfully whilst providing excellent learning support. The employer is kept informed of developments and achievements throughout the program.



We have tailor made a selection of Apprenticeship programmes, stand alone NVQ's and Key Skills which will equip staff with essential skills to work in the Sport, Exercise and Fitness sector as well as meeting employer and industry demands.

Football Related Courses



A selection of courses aimed at those wishing for a career in the football industry such as coaches and leaders

Suitable for leaders and coaches leading sessions in any sport or activity.

Activity Leadership



Suitable for those wishing to become qualified Gym Instructors. This NVQ will provide you with 20 REPs CPD credits.



Instructing Exercise and Fitness



To start implementing 1st2 Achieve courses in your workplace as soon as possible, simply follow the simple steps below...

2. Call us on 07790196247 or email us to register your interest at contactus@1st2achieve.co.uk, we will then contact you straight back.

1. Choose which course or courses are right for you and your employees.



3. Discuss with us your exact training needs so we can understand, advise and put into action your bespoke training programme.

5. Meet with a Programme Manager to finalise the most suitable course for the candidate and the business, agree completion time scales and devise a learning plan based on the required outcomes. The program is ready to start and you are on your way to improving the skills of your workforce.

4. 1st2 Achieve will identify funding and work with yourselves to confirm and organise the details. Programme Managers will be assigned to your employees and work with you to guarantee a 1st class service.

Sport, Recreation and Allied Occupations

CALL US NOW
07790196247

Type of Course:

Level 1 - NVQ, Pre Entry into an Apprenticeship Programme

Description:

Will be suitable for employees who are new to the sport and recreation industry or have no prior qualifications. This course is for employees who wish to achieve an award that reflects their competencies in basic introductory functions and responsibilities, within the sport and recreation sector.

Prerequisites:

There are no prerequisites for this course.

Method: Work based learning

Intended Age: Suitable for all ages.
Free funding available for ages 16-18.

Units include:

- How to set up, take down and store equipment
- Help to maintain facility areas
- Deal with Accidents and Emergencies
- Help to give good levels of service to participants and customers
- Help to plan and prepare a session
- Lead an activity within a session





Type of Course:
Level 2 - Apprenticeship or NVQ

Description:
This Course would be ideal for any person looking to embark on a career in Coaching Football within the Leisure Industry. The course will Develop the skills, technique and understanding required to become an FA Qualified Coach. There are a lot of practical elements to the course and therefore a keen participant in football is also an advantage.

Prerequisites:
Depending on experience, qualifications and current job/volunteer role candidates will usually need to have a Level 1 qualification in coaching or another industry related qualification. However all applicants are judged on their individual merits.

Method: Work based learning
Intended Age: Anyone over the age of 16. Free funding available for ages 16-18.

Units include:

- Plan and prepare a series of coaching sessions
- Maintain an environment in which participants can improve their performance
- Coach participants to improve their performance
- Evaluate coaching sessions and develop personal coaching practice
- Deal with Accidents and Emergencies



Type of Course:
Level 2 - Apprenticeship or NVQ

Method: Work based learning
Intended Age: Suitable for all ages.
Free funding available for ages 16-18.

Description:
Will be suitable for you if you are currently aged between 14-18 and working in the sector as an 'assistant instructor' or an equivalent level. This qualification requires you to successfully plan, deliver and conclude practical sessions.

Prerequisites:
Depending on your experience, qualifications and current job role you will usually need to have a Level 1 qualification in coaching or another industry related qualification. However all applicants are judged on their individual merits.

Units include:

- Prepare for a session
- Lead a session
- Conclude and review a session
- Contribute to the work of your team
- Promote safety in the sport and activity environment
- Set up, take down and store equipment

Apprenticeships also include the following Qualifications:

- Key Skills Application of Number Level 1
- Key Skills Communication Level 1
- Industry and Organisational Awareness
- + another three approved Technical Certificates such as FA Coaching Cert, or First Aid Work





Type of Course:
Level 2 - Apprenticeship or NVQ

Description:
Will be suitable for you if you are an exercise and fitness instructor and are capable of planning, delivering and evaluating a series of sessions independently. In planning the sessions you will be drawing largely on routines and approaches that have been devised by others, but will be choosing and combining them in a way that meets the needs of your participants.

The NVQ element of the Apprenticeship programme consists of five units; three mandatory units plus one optional grouping- all are delivered and assessed in the workplace.

Prerequisites:
Depending on your experience and current job role you will usually need to have a Level 1 qualification in Gym Instruction or another industry related qualification.

Method: Work based learning
Intended Age: Suitable for all ages.
Free funding available for ages 16-18.

Units include:

- Deal with Accidents and Emergencies
- Evaluate coaching sessions
- Support participants in developing and maintaining fitness
- Plan and prepare a group exercise with music session
- Plan and prepare a gym-based exercise session
- Plan and prepare a water-based exercise session

Apprenticeships also include the following Qualifications:

- Key Skills Application of Number Level 1
- Key Skills Communication Level 1
- Industry and Organisational Awareness
- + another three approved Technical Certificates



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