

THE BEST YOUNG SPORT & FITNESS PROFESSIONALS! GET INTO CAREER MODE

Apprenticeship Overview

The key role of a Community Sport & Health Officer (CSHO) is to initiate behaviour change in local residents with regards to engagement in sport and physical activity across local communities. By working within and across local organisations individuals will scope, organise and coordinate the delivery of opportunities for local communities to get more physically active. Employers are likely to come from the private, public, charitable and third sector and deliver core business activities in the fields of leisure, sport, youth work, youth justice, outdoor education or public health.

A CSHO requires a comprehensive understanding of the principles of behaviour change; an ability to adapt delivery to suit different groups in society; knowledge of how to manage and lead colleagues or volunteers; practical experience of how to develop and devise appropriate sports or physical activity programmes; and the expectations of collaborative work with a network of partners/stakeholders.

The role is a flexible one and in this role individuals can expect to work varied hours, including evenings/weekends, and during school holiday periods. It is unlikely individuals will undertake a regular daily work pattern or set of recurring tasks. Tasks might include attendance at meetings, supervising sessions, liaising with partner organisations, designing marketing collateral, updating social media or reporting against project criteria.

It is also important for the CSHO to understand their limitations and boundaries, working with specialists from other professions where appropriate – this may include the Police and uniformed services, Allied Health Professionals, Counsellors, Personal Trainers, Sports Coaches or Youth Workers. The occupation exists within the sport for development sector that plays an important role in improving the health of the nation - creating opportunities that get more people, more active, more often.

What You'll Learn

- How to plan programmes of engaging and innovative activities using sport and physical activity
- Understanding the causes, social determinants and

distribution of health inequalities

- Basic understanding of nutrition, fitness to work, regular daily activity, mental wellbeing
- How sport and physical activity can be used to prevent, minimise and manage anti-social behaviour or low-level criminality
- Tactics and strategies to empower people to take up an active lifestyle
- Writing successful funding bids to enable new, different or more opportunities to take place for sport and physical activity

Entry Requirements

There are no formal qualifications required to complete this Apprenticeship but the role requires:

- A strong work ethic, including attention to detail and time management
- A positive attitude to work and to act as a role model
- An ability to work individually and as a member of a team
- A person to be truthful, sincere and trustworthy in their actions

How will I be Assessed?

The End Point Assessment (EPA) consists of four distinct assessment methods:



- Work-based observation
- Case study challenge
- Presentation with question and answers
- Panel interview

Performance in the EPA will determine the Apprenticeship grade of fail, pass, or distinction.

Supporting Your Learning and Wellbeing

We want you to enjoy every minute of College, both in the classroom and out of it, so we have a range of dedicated support and wellbeing services. These include FREE travel; FREE breakfast; your own dedicated Work Based Tutor; impartial advice and guidance; dedicated one-to-one support for learners with additional needs; and support with the cost of College, plus much more.

Future Opportunities

Alongside your studies, you'll have a unique opportunity to be part of the University of Bolton's EXCEED programme.

This will give you a range of additional skills and experiences, and includes masterclasses; university visits; access to industry experts; and mentoring and support with your university application, perfect for that next step into Higher Education.

If you successfully complete the course you will be able to move into senior roles within the sector – leading teams of people or specialising with certain populations, particular sports or programmes. Alternatively you may wish to progress to higher education and study a degree in a related subject area.

Check out opportunities at the University of Bolton by visiting www.bolton.ac.uk

Following further study you could work as:

- A Health Promotion Specialist where you could earn between £21,000 and £36,000 a year, depending on experience.
- A Personal Trainer, earning between £12,000 and £20,000 a year.
- A PE Teacher, earning between £22,000 and £32,000 a year.

Why Choose Us?

We're part of the University of Bolton Group, which means you'll benefit from all that the University has to offer, including world-class facilities and access to industry experts.

In our last Ofsted inspection, we were graded 'Good'.

Our £75 million campus offers:

- **A newly refurbished fitness suite and sports hall**
- Apple Mac suites
- Libraries
- A theatre and dance studios
- A café selling Costa coffee
- The Academy Hair & Beauty Salon
- Signature restaurant

We also have a wide range of events throughout the year, including showcases, enterprise activities and cultural celebrations.

Open Events

Discover what Bolton College has to offer by attending one of our Open Events:

- **Thursday 17th October 2019, 5.30pm-8pm**
- **Wednesday 20th November 2019, 5.30pm-8pm**
- **Tuesday 4th February 2020, 5.30pm-8pm**
- **Futures4Me Event - Monday 7th October 2019, 3.30pm-7pm**

How to Apply

Submit an application online by visiting www.boltoncollege.ac.uk/yp-application



Disclaimer: Every care has been taken to ensure that the information contained within these course information sheets was accurate at the time of publishing. Bolton College is constantly evaluating its services to meet the needs of learners; therefore programmes/courses/Apprenticeships, resources and facilities may be subject to change without prior notice.