



# SPORT, FITNESS & WELLBEING

## Community Sport & Health Officer Apprenticeship Level 3



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

### The Benefits of an Apprenticeship

Apprenticeships offer great opportunities for people of all ages; an Apprenticeship is a job with training to industry standards, enabling you to enter a recognised occupation. All Apprenticeships are employer led, and as well as providing long term earnings, they also give you the ability to progress.

- You'll earn a wage as you're learning and are entitled to paid holidays.
- You can earn 10% more after studying on a Level 3 Apprenticeship than if you went straight in to work.
- 90% of apprentices remain in employment, either with their current employer or another company.
- 85% of employers participate in Apprenticeship programmes and consider them a good thing.
- You can train to post graduate level without incurring any university fees.
- By passing an independent End Point Assessment, you will join thousands of people acquiring a modern and recognised qualification.

### 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

80% of your qualification will be gained in the workplace, although you may attend sessions in College that will cover the remaining essential areas of your training.

**80% on-the-job  
training**  
**20% classroom  
learning**

During your Apprenticeship, you will have a dedicated Work Based Tutor who will train you to industry standards; support your time in employment; and coach you to pass your End Point Assessment.

## 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 have a range of dedicated support and wellbeing services including **FREE** travel, financial support, and impartial advice and guidance. Throughout your Apprenticeship, you'll also receive one-to-one support from your dedicated Work Based Tutor, helping you to achieve your ambitions.

## 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.

On successful completion of this Apprenticeship, you could progress onto full-time employment, professional job-specific qualifications, Higher Apprenticeships or a degree programme.

Following further study you could work as:

- A Health Promotion Specialist, earning up to £38,000 per year
- A Health Trainer, earning up to £28,000 per year
- A Sports Coach, earning up to £35,000 per year

## Why Choose Us?

We're an elite College, and part of the University of Bolton Group, offering you a gateway to all of Greater Manchester's vast range of fantastic opportunities for specialist careers, university degree courses and higher Apprenticeships. We have an excellent track record of success with apprentices not only passing, but acquiring distinction grades!

We'll reward your achievements with trips to The Anderton Outdoor Activity Centre and the opportunity to apply for the prestigious Duke of Edinburgh Award.

Our £75 million campus offers a refurbished fitness suite and sports hall; Apple Mac suites; libraries, a theatre and dance studios; hair and beauty salon; and a restaurant, café and canteen.

You'll also enjoy a wide range of events, including showcases, enterprise activities and cultural celebrations.

## Open Events

Open Events are the best way to discover what life as a Bolton College student is like, giving you an insight into College life.

Open Events at our Deane Road Campus are as follows:

- **Thursday 20th October 2022, 5pm-8pm**
- **Tuesday 15th November 2022, 5pm-8pm**
- **Wednesday 7th December 2022, 5pm-8pm**
- **Wednesday 8th February 2023, 5pm-8pm**

If you'd like to attend one of these events, register by visiting [www.boltoncollege.ac.uk/register-open-events](http://www.boltoncollege.ac.uk/register-open-events)

## How to Apply

Find this Apprenticeship on our website **[www.boltoncollege.ac.uk](http://www.boltoncollege.ac.uk)** then click the 'Apply' button to express your interest. You'll be asked to set up a Learner Hub account, so that you can track your application.

If you have any difficulties setting up your Learner Hub account, please email **[learner.hub@boltoncc.ac.uk](mailto:learner.hub@boltoncc.ac.uk)**

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.