



# National Diploma in Sport & Exercise Science

## Football Development Centre



**Length of Course:** 2 Year

**Course Level:** 3

**Minimum GCSE's required:** 4 x C grades  
(Two must include PE, Maths and/or Science)

**Course Code:** OXNDHO1F1

**Interview Required:** Yes & trial, date TBC

### Course Information

The BTEC National Diploma in Sport and Exercise Science is a two year course which is due to finish in June 2011. The qualification is equivalent to three A levels. It will prepare you for employment within the sport and leisure industry and provide the opportunity to enter higher education.

### Course Structure

You will study a total of eighteen units over two years, including the following:

#### **Six Core Units**

- Anatomy for Sport & Excellence
- Sport & Exercise Physiology
- Sport & Exercise Psychology
- Research Methods for Sport & Exercise Sciences
- Research Project in Sport & Exercise Sciences
- Sports Biomechanics in Action

#### **Twelve Specialist Units**

- Nutrition for Sport and Exercise
- Fitness Testing for Sport & Exercise
- Sport and Exercise Massage
- Exercise, Health and Lifestyle
- Work Based Experience in Sport
- Sports Injuries
- Practical Individual Sports
- Practical Team Sports
- Applied Sport & Exercise Psychology
- Applied Sport & Exercise Physiology
- Training and Fitness for Sport
- Sports Coaching



### Additional Qualifications

Community Sport Leadership Award  
First Aid for Sport  
FA Basic Management and Treatment of Sports Injuries  
Level One Certificate in Coaching Football  
Level Two Certificate in Coaching Football  
Level 1 & 2 Match Officials  
FA Coaching Modules



# Football Development Centre



## Introduction

The Football Development Centre is embedded within the three sports courses we run and enable all students the opportunity to train four times a week with our UEFA qualified coaches whilst also completing their education.

A typical day consists of players training in the morning and then having time to shower before spending the rest of the day in the classroom, gym and / or sports hall working on the specific units to each course.

The Football Development Centre has been running for the past eight years and has continued to grow and expand within this time. Our success rates in the classroom are above national standard marks and we have also produced three professional players in the past four years.

We are the only course in the County that have been awarded the FA Charter Standard Award and are still only one of five in the whole Country to offer this quality to both male and female players of all abilities.

Players train four times a week (Monday, Tuesday, Thursday and Friday) and play in one of three leagues each Wednesday throughout the season. The games are held within the day and players that play for the College are also able to continue playing for their local youth football clubs in the evenings. The three leagues consist of the Youth Conference, English Colleges (ECFA) and the Oxfordshire Schools. We also have the provision that enables the student the chance to attend sports injury clinics if injured and to also attend Football theory where they will be able to go through the previous day's game with their coach.

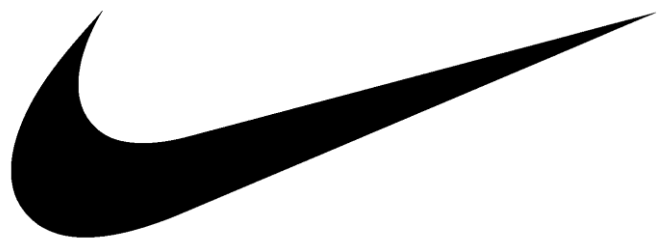
Each home game within the Football Development Centre is videoed and this is then viewed in football theory lessons the day after the game, enabling 1on1 coaching to also take place within the class room.

There is also the opportunity to have gym sessions where all footballers will be able to undertake their own personal training programme away from the training pitches, under the strict supervision of staff. This will enable the student to develop other areas of their game whilst also keeping fit and using information for other relevant lessons such as Fitness Testing and Training & Fitness.

## Training Kit

Each Football student will be required to purchase a training kit which will consist of:

- 1 x Tracksuit
- 1 x Bag
- 2 x Training T-shirts
- 2 x Shorts
- 2 x Socks
- 1 x Polo shirt
- 1 x Rain jacket
- 1 x Sweatshirt



The training kit package is supplied exclusively by Nike and costs around £130 (price TBC for 2009/10 season) but is a requirement for potential students.

## Coaching Opportunities

This season has seen the creation of a very strong Coaching strand to the Football Development Centre that enables students who show the potential to become good new young coaches, the opportunity to progress through their FA Level 1 and 2 Coaching Certificates along with other relevant courses such as the new age appropriate coaching Module 1.

- Due to the above we have created a great link with local boys & girls football club Summertown Stars where these coaches are linked in with an existing age group (U7 - U11) to gain valuable coaching experience by taking training sessions and attending match days.

## Residential

Each year there is the opportunity for students to participate in at least one residential if they wish to do so. These residential are totally optional and are not compulsory. More information will be given at interviews and during pre-season.

The courses are delivered by a range of eight full time members of Sports Science staff here at Oxford & Cherwell Valley College, enabling each student the opportunity to improve and learn in a great working environment.

