

POST-16 SPORTS COURSE



Course Information Pack



TAYLORED MENTORING SERVICES



TMS SPORTS COURSE

POST-16



Welcome to the TMS Sports Course Post-16, an accredited qualification for young people with a passion for sports.

The **NCFE Level 1 Certificate in Sport and GATEWAY Level 2 Award in Sports, Fitness and Active Leisure** equip young people aged 16 to 18 with the skills and knowledge needed to kickstart a successful career in the world of sport – from coaching and management to sports development.

Education is about so much more than results. Building strong relationships, supporting one another and creating lasting memories are all part of the experience. We encourage our students to challenge themselves, try new things and work as a team – both on and off the field.

With its blend of physical activity and theoretical knowledge, this popular course helps learners grow in confidence and develop vital teamwork and leadership skills.

Our learners aren't just students: they're part of the TMS community. We're here to support them every step of the way.

John Dalton
TMS Sports Manager

“Build skills, confidence and futures through sports.”

● 2025-2026 Academic Year

ABOUT THE COURSE

Its flexible structure means students can choose modules that suit their existing skills, interests and career goals – providing a strong foundation for further study or employment.

Learners go on to work in a range of roles throughout the sports industry, including coaching, outdoor activities, the sports and active leisure sectors, sports volunteering, nutrition and health, and event support.

Who is this qualification for?

The TMS Sports Course Post-16 is designed for learners aged 16 to 18 looking to improve their understanding, skills and knowledge of the sport, fitness and active leisure sector with a view to a career in the industry.

● GOT QUESTIONS? GET IN TOUCH



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MEET THE TEAM



John Dalton

Role: TMS Sports Manager



Josh Taylor

Role: TMS Sports
Education Lead



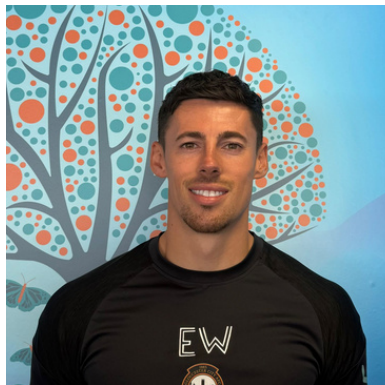
Ollie Davis

Role: Pastoral Lead



Wayne Meredith

Role: Deputy Pastoral



Edward Williams

Role: Higher Level
Teaching Assistant



Skye Cross

Role: Education Mentor





LEVEL 1



NCFE CERTIFICATE IN SPORT

Who is this qualification for?

The NCFE Level 1 Certificate in Sport is designed for post-16 learners who aspire to work in the sport, fitness and active leisure sector.

This accredited Level 1 course equips young people with foundational skills and knowledge of the sporting industry, and is perfect for anyone wanting to progress to the NCFE Level 2 Award in Sports Fitness and Active Leisure (detailed over the page).

Why choose this qualification?

The NCFE Level 1 Certificate in Sport is the ideal introduction for young people interested in a career in the sporting industry. This foundational course springboards to the Level 2 Award in Sports Fitness and Active Leisure.

This qualification is part of a suite that includes an award, certificate, extended certificate and diploma.

How is the course delivered?

The course is taught over three days each week throughout the academic year.

Level 1

Tuesday and Thursday: 9.15am to 3.15pm

Friday: 9am to 12pm

Modules:

- Taking part in Sport
- Sports Coaching
- Strength and Conditioning
- Health and Nutrition
- Assist at a Sport Event



Modules:

- **Taking Part in Sport:** In this module, learners actively participate in various sports and explore the reasons why people engage in these activities. They learn essential skills and techniques, reflecting on their participation to identify areas for growth, learning and improvement.
- **Sports Coaching:** This module emphasises the importance of good communication, the qualities of an effective coach and techniques for creating a motivating environment. Students gain real-world experience through planning, delivering and evaluating a coaching session.
- **Strength and Conditioning:** In this module, learners explore strength and conditioning exercises and discover the equipment and facilities commonly associated with these activities. They also learn to plan, implement and review a fitness programme designed to meet personal goals.
- **Health and Nutrition:** Understanding the importance of a balanced diet is crucial in any sporting career. In this module, students explore significant food groups and various dietary plans, giving them the knowledge needed to develop a healthy eating plan tailored to individual needs.
- **Assist at a Sports Event:** To conclude the programme, learners will identify different types of sports events and set personal objectives. They will prepare for and assist at a real-life sporting event while reviewing their achievements and goals.



LEVEL 2



AWARD IN SPORTS FITNESS AND ACTIVE LEISURE

Who is this qualification for?

The NCFE Level 2 Award in Sports Fitness and Active Leisure is designed for learners who've completed the NCFE Level 1 Certificate in Sport and want to further develop their skills and knowledge of the sport, fitness and active leisure sector.

Why choose this qualification?

This Level 2 course provides further knowledge and skills related to the sport, fitness and active leisure sector, plus wider skills that can be transferred to a range of roles across all industries.

This qualification is part of a suite that includes an award, certificate, extended certificate and diploma. How is the course delivered? The course is taught over three days each week throughout the academic year.

Level 2

Monday and Wednesday: 9.15am to 3.15pm

Friday: 12.30pm to 3.30pm

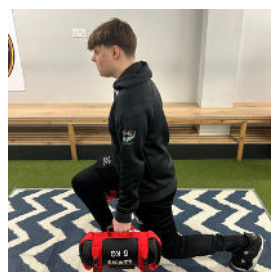
Modules:

- Development of personal fitness
- Practical sport



Modules:

- **Development of personal fitness:** Students create a structured training plan that effectively outlines their individual strengths and identifies areas for improvement.
- **Practical sport:** Learners confidently explore a wide range of sports, from individual activities to dynamic team sports.





HOW WE TEACH

The TMS Sports Course is designed to ensure every student feels involved and valued, and has an enjoyable and effective learning journey.

Our teaching philosophy has practical, hands-on learning at heart. We immerse students in activities that boost their academic knowledge of sporting concepts while applying their knowledge in real-world scenarios. This dynamic approach makes learning fun and helps to spark a lifelong passion for sports.

We create a learning environment where students can engage more deeply with the material being taught, and feel comfortable asking questions or seeking guidance when they need it. Small group teaching ensures every student gets the attention they need to thrive.

Students learn the importance of building connections and nurturing relationships within the sporting industry – and workshops and networking opportunities inspire our young people to pursue a successful career in the sporting world.

Tracking progress and achievements

Weekly targets help keep our students motivated and on track – as well as enabling us to monitor their progress and achievements.

One-to-one tutorials encourage students to discuss their progress and establish both short and long-term goals. These targets provide an effective way for students to see their growth and development over time.

Supporting students with SEND

We recognise the importance of addressing every student's social, emotional, physical and psychological needs, and tailor our learning environments to address the requirements of students with special educational needs and disabilities (SEND).

By fostering an inclusive atmosphere we create opportunities for all learners to thrive through acceptance, collaboration and understanding. The TMS Sports team are committed to helping each and every student enjoy their course and achieve their full potential.

Promoting practical skills

Students are encouraged to develop practical skills in both the technical and tactical aspects of sport. A focus on active lifestyles, mindfulness and a sense of community help to instil a focus on wellbeing and physical health throughout the course.

Above all, we provide a supportive environment where students feel empowered to explore their potential, enjoy the learning process and establish lifelong healthy habits.

PSHE (personal, social, health and education)

Interactive weekly PSHE sessions focus on physical, social, health and education topics. We encourage participation in open discussions, group activities and real-life scenarios to help students grasp the importance of these topics in their everyday lives.

VALUES & ETHOS

The best results are achieved when students are supported in all areas of their development. We take a holistic approach to learning that combines personal development with educational outcomes – empowering all learners to thrive.

We've created an inclusive environment where students feel comfortable interacting, socialising and forming relationships: boosting social, emotional, physical and psychological growth in the process.

Our work with young people is underpinned by three fundamental principles: **tenacity, motivation** and **support**.

These values help to shape a positive learning environment – and provide a solid foundation for students to realise their full potential.

Tenacity is crucial for helping young adults confront and overcome obstacles, improve emotional and psychological resilience and develop a determined mindset. It encourages the dedication, effort and perseverance required to achieve their goals.

Motivation is the driving force that empowers students to take ownership of their development and become self-sufficient. We help young people to discover their own motivation and inspire them to develop a lifelong passion for sports and physical activity.

Support is central to creating a safe, nurturing environment where students thrive and feel seen, heard and valued. By embedding these values into our sports curriculum, we equip our students with the tools they need to successfully navigate their journey.



PROGRESSION & OPPORTUNITIES

The TMS Sports Course Post-16 is designed to kickstart exciting careers in the sport, outdoor and active leisure sectors.

It supports learners to apply for entry-level roles such as:

- leisure assistant
- recreation assistant
- assistant coach

With continued training, students can aspire to roles such as:

- fitness instructor
- personal trainer
- specialist instructor in sport/outdoor education
- gym manager
- sports development officer
- sports development manager
- sport activator
- sports coach

Once they've completed the NCFE Level 1 certificate in Sport, young people can progress to Level 2 qualifications within the sport, outdoor and active leisure sectors, including:

- NCFE Level 2 Certificate or Diploma in Sport
- NCFE Level 2 Certificate in Fitness Instructing (all pathways)
- NCFE Level 2 NVQ Diploma in Instructing Exercise and Fitness (all pathways)
- NCFE Level 2 Certificate in Outdoor Activity Leadership
- NCFE Level 2 NVQ Certificate in Activity Leadership
- NCFE Level 2 Certificate in Event Planning
- NCFE Level 2 Certificate in the Principles and Preparations for Coaching Sport
- NCFE Level 2 Certificate in Understanding Stewarding at Spectator Events

They can then apply for an Intermediate Level Apprenticeship such as:

- Intermediate Level Apprenticeship in Instructing Exercise and Fitness
- Intermediate Level Apprenticeship in Activity Leadership
- Intermediate Level Apprenticeship in Spectator Safety

OUT IN THE COMMUNITY

Helping our students grow in confidence is at the heart of what we do – and spending time in the community plays an important part in this.

Involvement in activities offered by trips to the Padel Club and Matson Golf Club, among others, help to build essential life skills such as teamwork, communication and social interaction.

Collaboration with local businesses

Events like the Gloucester and Cheltenham Jobs Fair at Kingsholm Rugby Club help our young people connect and collaborate with potential employers, and gain valuable and relevant experience in the process.

We also nurture networking opportunities with local businesses and schools, and encourage students to embrace the chance to develop valuable life skills and self-esteem.



Gloucester Golf Club



Canal & River Trust

Making life better by water

SEX EDUCATION SESSION



Topics include:

- Sex Education
- Coercive Control
- Online and Grooming
- Gangs and Knife Crime
- Drugs and Alcohol
- Health and Wellbeing
- County Lines
- Healthy Relationships

PSHE

Personal, social, health and education

We're committed to creating a warm, welcoming environment where learners can thrive. As part of this commitment, we host weekly PSHE sessions that cover a wide range of fun and important topics related to physical health, social skills, emotional wellbeing and education.

Our friendly team help students feel comfortable exploring these important subjects – and learners leave the sessions feeling informed, confident and prepared for whatever comes their way.

OUR PARTNERS



We partner with trusted local businesses and organisations to fund and support our training and to enrich the learning experience for our young people.

Students benefit from sports-kit uniform, gym membership and access to local sports facilities, while our partnership with Gloucester City Football Club gives us full use of club facilities, including:

- catering kitchen
- 5G football pitch
- changing rooms and showers
- wifi
- gym
- learning hub
- first aid and defibrillator

Our partners include:

- BridgeTraining
- AQA
- Gloucestershire County Council
- NCFE
- Gloucester City AFC
- Gateway



CONTACT US



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“We rise by lifting others.”

