So you want to work in...Sport and Recreation

What will I do in this job?
Jobs in the sport and recreation industry can involve training people to play sports or develop their fitness such as: Personal Trainer or Fitness Coach. They may have specialist qualifications related to particular sports such as lifesaving, coaching or refereeing. Leisure assistants may work in sports centres setting up equipment and ensuring it is used safely. Other roles such as Sports Development Officer or Community Sports Development Worker might be in the promotion or development of sporting activities to particular groups of people such as children or older people.

These jobs often include evening and weekend work as leisure centres are open seven days a week until late at night. Duties are likely to include setting up and demonstrating equipment, overseeing & joining in recreational activities, assisting sports and exercise sessions, acting as a poolside attendant and dealing with bookings & enquiries on reception.

What skills and qualities will I need?
- An interest in sports and fitness
- Practical skills such as good hand-eye coordination
- Customer service skills
- The ability to work independently or as part of a team
- Able to follow rules and stick to safe working practices

Can I do a training course in this?
Yes! Training is available in Sport and Recreation. Training is where you may spend most of your time in a workplace doing the job but attend a college or training centre to build up a portfolio of written work about your skills. The training that you do depends on the GCSE grades you gain and the level that you achieve on an assessment of your basic skills in maths and English.

The levels of Training:
- Foundation Learning is for young people who are not yet ready to start an Apprenticeship. A variety of qualifications can be gained including an NVQ1.
- An Apprenticeship is based with an employer. Most people start on an apprenticeship (level 2) and progress onto an Advanced Apprenticeship (level 3). An apprentice aged 16-19 will get a payment £2.50 per hour for the time that they are working and training.

Can I do a full time course or an A level in Sport and Recreation?
Yes! Full time courses in Sport and Recreation are available. You could choose sport as one of your ‘A’ level or BTEC choices in 6th Form (this may be called Physical Education) or take a full time course. This could have BTEC, NVQ, etc. as the awarding body but the important thing is that you choose the right level for you; this will depend on the qualifications you have when you apply.

- For Foundation Learning (Entry and Level 1) you won’t need any specific qualifications.
- For a Level 2 you usually need GCSEs at grades D/E or equivalent to apply
- For a Level 3 course you usually need 4/5 GCSEs at grades A*-C or equivalent to apply.

You may be asked for specific subjects such as Maths, English or Science. Speak to the school or college for details or ask your Connexions Personal Adviser.

Check out our website on: www.help4teens.co.uk
How do I apply?
The Connexions County Durham Website: [www.help4teens.co.uk](http://www.help4teens.co.uk) has links to lots for sources of further information such as:

- The County Durham online Prospectus which is a database of all the opportunities available in sixth form, college and training in County Durham. You can look for opportunities in **Sports and Recreation** and make an application.
- The Education 4 U section of Help4teens has links to the websites of all the schools and colleges in the ‘Where to learn in County Durham’ section.
- If you are interested in an apprenticeship vacancies these can be found at [www.apprenticeships.org.uk](http://www.apprenticeships.org.uk)

If you need any advice about applying or want to find out more about what is available locally speak to you Connexions Personal Adviser in school or contact your nearest Connexions Centre the details are on the website.

You can do a Training Course in Sport and Leisure at….

- Springboard, 27 Lister Road, North West Ind. Estate, Peterlee, SR8 2RB: ☎️ 0191 5185024
- Intraining NTP, Scotswood Road, Newcastle, NE4 7SA: ☎️ 0191 200 4000

You can do an A level or Course in Sport and Recreation at….

- Bishop Auckland College, Woodhouse Lane, Bishop Auckland, DL14 6JZ: ☎️ 01388 443000
- Carmel RC College, The Headlands, Darlington, DL3 8RW: ☎️ 01325 254535
- Darlington College, Central Park, Haughton Rd, Darlington DL1 1DR: ☎️ 01325 503030
- Derwentside College, Front Street, Consett, DH8 5EE: ☎️ 01207 585900
- Durham Sixth Form Centre, The Sands, Durham, DH1 1SG: ☎️ 0191 3830708
- Durham Johnston Comp. School, Crossgate Moor, Durham, DH1 4SU: ☎️ 0191 3843887
- East Durham College: Willerby Grove, Peterlee, SR8 2RN: ☎️ 0191 518 8222
- Framwellgate School, Newton Drive Framwellgate Moor, Durham, DH1 5BQ: ☎️ 0191 3866628
- The Hermitage School, Waldrige Lane, Chester-le-Street, DH2 3AD 0191 3871161
- King James I Community College, South Church Road, Bishop Auckland, DL14 7JZ: ☎️ 01388 603388
- New College Durham, Framwellgate Moor Campus, Durham, DH1 5ES: ☎️ 0191 375 4040
- Park View Community School, Chester-le-Street, County Durham, DH3 3QA: ☎️ 0191 388 2248
- Queen Elizabeth Sixth Form College, Vane Terrace, Darlington DL3 7AU: ☎️ 01325 461 315
- Roseberry Sports And Community College, Pelton, Chester-le-Street, DH2 1NW: ☎️ 0191 3700300
- Spennymoor School & Technology College, Spennymoor, DL16 7LN: ☎️ 01388 815634
- St Bedes School (Lanchester), Consett Road, Lanchester, DH7 0RD: ☎️ 01207 520244
- St John's Catholic School, Woodhouse Lane, Bishop Auckland, DL14 6JT: ☎️ 01388 603246
- St Leonards Catholic School, North End, Durham, DH1 4NG: ☎️ 0191 3848575
- Teesdale Sixth Form Centre, Prospect Place, Barnard Castle, DL12 8HN: ☎️ 01833 638166
- Wolsingham School And Community College , Wolsingham,DL13 3DN: ☎️ 01388 527302

Out of county courses and apprenticeships:
Some out of county colleges offer apprenticeships and full-time courses in **Sport and Recreation**. Ask your Connexions Adviser for further information.

This information was accurate on completion (Sept 2010). However, please check with the individual provider in case of any changes. © Connexions County Durham 2010