



INSTITUTE OF SPORTING FUTURES

SHEFFIELD

**YOUR FAST TRACK TO A
CAREER IN SPORTS COACHING**

*"If you want to get a head start
and stand out from the crowd,
ISF is the place for you"*

Jessica Ennis-Hill | Key Ambassador



WHAT IS ISF?

YOUR FAST TRACK TO A CAREER IN SPORTS COACHING

Passionate about sport? Challenge your limits, reach your potential, and take your first steps to a successful career in sports, fitness or leisure with ISF. A brand new programme for school leavers endorsed by Olympic champion Jessica Ennis-Hill, ISF will help you build the future you want.



LOCATION DETAILS

Notre Dame High School

Fulwood Road,
Sheffield S10 3BT.

Headteacher: Mr S. Davies



AMBASSADOR DAME JESSICA ENNIS-HILL

ISF has been developed in conjunction with one of Britain's best-loved and most successful athletes, Dame Jessica Ennis-Hill. A London 2012 Olympic gold medallist and three-time world champion in the heptathlon, Jess inspired millions with her achievements. Now, she's part of the ISF programme to help motivate and inspire a new generation of world class sports coaches across the UK.

THE PROGRAMME

ACTIVTECH IN SPORT AND PHYSICAL ACTIVITIES

LEVEL 3 DIPLOMA



This qualification is intended for post-16 learners who wish to study a vocational sport and physical activity qualification, and be provided with the opportunity to apply theory through a number of practical activities, such as coaching.



Course Level Level 3

Course Duration 2 years

Qualification No. 601/7671/4

What will you learn?

The qualification consists of eight mandatory units.

- ✦ Apply Physiology to sport and physical activity
- ✦ Apply Nutrition to sport and physical activity
- ✦ Apply Psychology for sport and physical activity
- ✦ Develop the community through sport and physical activity
- ✦ Design and deliver sport and physical activity programmes
- ✦ Deliver physical education and school sport
- ✦ Apply research methods for sport and physical activity
- ✦ Enterprise and innovation in the sport and active leisure industry

UCAS

Gain UCAS points by completing your ACTIVTECH with us

A TYPICAL ISF WEEK

Attend 6th form 2-days per week

- ✦ Achieve Level 3 Diploma in Sport and Physical Activity
- ✦ Mixture of theory and practical lessons
- ✦ Award winning education delivery
- ✦ State-of-the-art facilities

Work Placement 6-10 hours per week

- ✦ Gain 400+ hours of work experience
- ✦ Work with leading sports coaching organisations
- ✦ Learn from qualified and experienced coaches
- ✦ Try several coaching contexts

OUR VISION

YOUR SPORTING FUTURE

ISF opens up a huge number of opportunities for students – from immediate employment to further education. It's about creating adaptable, well rounded individuals, with the skills, experience and confidence required to take on any challenge, and take advantage of every opportunity. Graduate from ISF, and you'll be a step ahead of the competition when it comes to building your perfect career.



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EMPLOYMENT

A head start in your career



All ISF graduates are guaranteed an interview with a local employer for a permanent position. With opportunities across the sports coaching, fitness, leisure industries and education sectors, it's a chance to start work as soon as you've graduated.

HIGHER EDUCATION

Building on strong foundations



ISF provides students with the qualifications and UCAS points they need to progress onto a university foundation degree course. From sports science and nutrition to physiotherapy, it's the first step to a huge range of future careers.

WORLDWIDE OPPORTUNITIES

Spread your wings



Want to see the world and work abroad? ISF graduates can access a range of exciting sports coaching opportunities with industry leading employers across the globe, through our yearly recruitment event.



BOOK YOUR PERSONAL ISF INFORMATION SESSION

The 30-minute online **zoom** sessions are an opportunity to:

- Find out about ISF
- Ask any questions
- Understand the 'next steps'



TO BOOK

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