



INSTITUTE OF SPORTING FUTURES

FAST TRACK YOUR SPORTS CAREER

Sheffield



First Step
Training



**APPLY
TODAY**
sheffieldprogress.co.uk
Sheffield
Progress

“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



YOUR FAST TRACK TO A CAREER IN SPORTS COACHING

Passionate about sport?

**Want to build a successful career doing
something you love?**

Challenge your limits, reach your potential, and
take the first steps to a successful career in
sports, fitness or leisure with ISF.

A brand new programme for school leavers
endorsed by Olympic champion, Dame Jessica
Ennis-Hill, ISF sets you on the path to the future
you want.



WELCOME

WHAT IS ISF?

ISF is an innovative new programme that provides a fast track route into sports coaching.

A two-year programme for school leavers, it provides all the essential qualifications, knowledge and hands on experience required to start working in a range of roles across the sports, fitness and leisure industries.

ISF is a real, viable alternative to A Levels and apprenticeships – created for those who want to turn their love for sport into a successful career.



*First Step Sports Group is proudly pioneering ISF.
See page 6 for further details*

A COMPLETE PROGRAMME

- Classroom learning
- Work placements
- Coaching tours
- Volunteering
- Student events
- University engagement



“A levels aren’t right for everyone – and for those with a real passion for sport, ISF gives students the best possible start for a career in the sports and leisure industry”

James Moore | ISF Founder

FOUNDATIONS FOR FURTHER EDUCATION

ISF is here to help you build the career you want.

Complete the programme, and you’ll have the essential, industry-recognised Level 3 and Level 2 qualifications needed to start work straight away – whilst

developing the hands on experience and life skills that employers love.

These qualifications also carry UCAS points - providing a pathway to develop your knowledge further through university study.

ISF provides the best possible start, and the essential foundations for a successful career in sport.

OUR PARTNERS

THE ULTIMATE TRAINING TEAM

ISF is a partnership between an Olympic champion, a pioneering sports training business, and an industry leading physical activity group.

We all share the same goal - creating opportunities for young people, and providing them with the skills, qualifications and real world experience they need to make the most of them.

Join ISF, and you're getting a programme developed and delivered by people who know what it takes to succeed.





I wasn't the kind of kid who would get A's without even trying. I had to work to get good grades, but I was very organised about it because I always wanted to do well at everything I did. I'm very competitive.

Jessica Ennis-Hill

STANDOUT TALENT

**CREATE YOUR LEGACY.
MAKE A REAL
DIFFERENCE.**

OUR PARTNERS

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 has inspired millions with her achievements.

Effective coaching has had a huge impact on Dame Jessica – she understands the value and importance of sports coaching and support roles, and the difference they make.

Now, she's part of the ISF programme to help motivate and inspire a new generation of world class sports coaches across the UK.



SOCIAL MEDIA
I'LL BE WITH YOU ALL THE WAY

 @J_Ennis
 jessicaennishill
 @JessicaEnnisHill



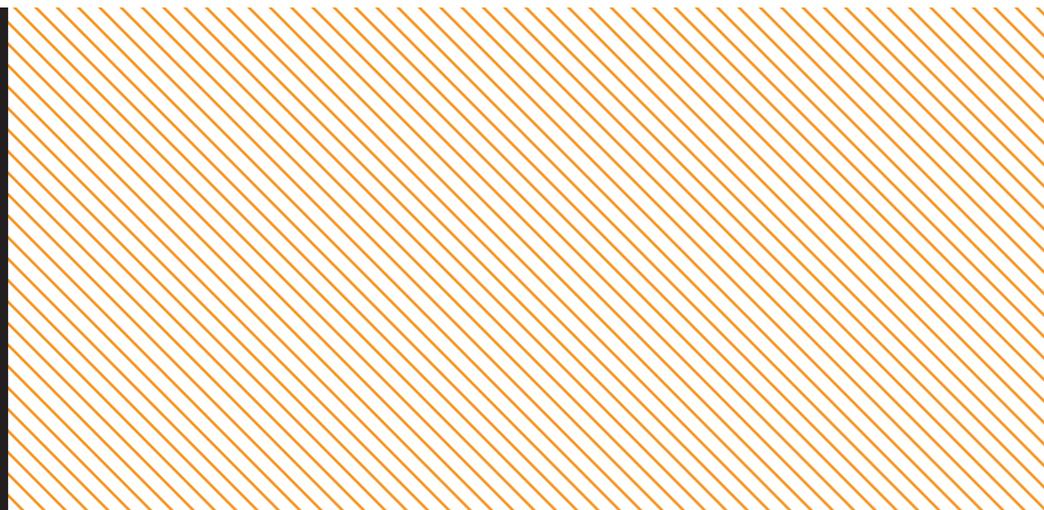
OUR PARTNERS

#TAKECHARGELDN

EVENTS



 @ISF7_social
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 @isf7.social



MINDFULNESS SESSIONS



VIRTUAL WORKOUTS

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.

UCAS

Gain UCAS points by completing your ACTIVTECH with us

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



ENTRY REQUIREMENTS

Due to a limited intake and expected high demand, the ideal candidates will have a minimum of five GCSEs, including Maths and English, at Grade 4 or above.

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
- Gain experience from qualified and experienced coaches
- Try several coaching contexts

ENRICHMENT

Students will also gain 4 industry standard qualifications, meaning they are appropriately qualified to be employed by any sports coaching organisations.

FIRST YEAR

- 1st4sport Level 2 Certificate in Coaching (Sport & Physical Activity)
- Emergency First Aid

SECOND YEAR

- 1st4sport Level 3 Certificate in Coaching
- 1st4sport Level 3 Certificate in Supporting the Delivery of PE and School Sport

1st4sport Qualifications specialise in offering vocational and occupational qualifications in the active leisure, learning and well-being sector

THE PROGRAMME

ENRICHMENT

At ISF, you won't be stuck in the classroom. It's a rich, varied programme, where you can learn from the best, and put your skills to use in the real world.

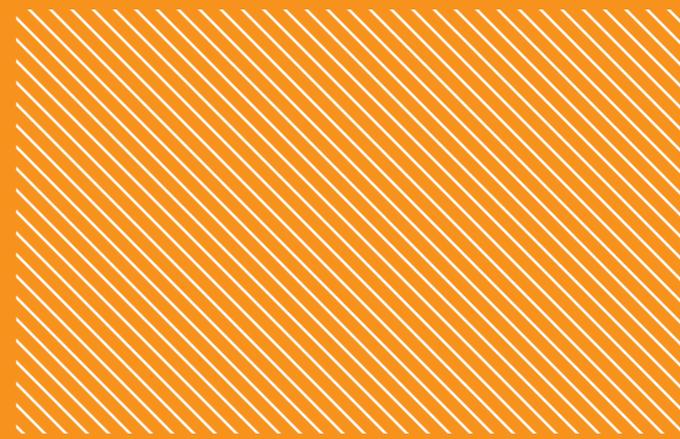
COACHING EXPERIENCE



VOLUNTEER OPPORTUNITIES



STUDENT EVENTS



EMPLOYMENT OPPORTUNITIES



UNIVERSITY PARTNERSHIP



GUEST LECTURERS



PRINCIPLES

ISF is underpinned by 7 core principles - the winning ethos and strong values that define our programme:

PASSION

ISF students share a real love for sport. We're nurturing this passion, helping individuals to fulfil their dreams and build a successful career within the industry - whilst inspiring them to live healthy, active lives..

DEDICATION

Talent is no substitute for hard work. ISF looks to instil a strong work ethic amongst students, creating young adults who are determined to succeed, focused on their goals and resilient in the face of adversity.

FLEXIBILITY

ISF is about opportunity - opening doors across the sports, leisure and fitness industry. 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.

OWNERSHIP

No one is going to do it for you. ISF empowers students to take control over their own lives - developing self-motivated individuals who are willing to take on responsibility and be accountable for their own actions, pathway and future success.



LEADERSHIP

ISF students lead from the front. Individuals learn how to motivate, inspire and encourage, bringing out the best in themselves and making a sustainable, positive impact in the lives of the people around them.

EXPERIENCE

We learn best by doing. ISF means applying knowledge and developing skills by working in real world environments, gaining the invaluable, hands on experience that will benefit students in every walk of life.

ACHIEVEMENT

We hold ourselves to the highest standards in everything we do. ISF students are encouraged to challenge their limits and achieve their full potential, gaining the industry-recognised qualifications they need to thrive.

EXIT ROUTES

YOUR SPORTING FUTURE

ISF opens up a number of pathways - from immediate employment to further education.

The programme is designed to help you grow and develop into an adaptable, well-rounded individual, 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.

EMPLOYMENT



A HEAD START

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 your chance to start earning straight away.

HIGHER EDUCATION



STRONG FOUNDATIONS

You'll gain the qualifications and UCAS points needed 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 gain access to a range of exciting sports coaching opportunities with industry leading employers across the globe, through our yearly recruitment event.

SPORTS SCHOLARSHIP



THE AMERICAN DREAM

ISF have teamed up with Future Pro USA to offer

an exciting new exit route on completion of the ISF programme. Future Pro USA work with the largest network of University Coaches across the USA to offer exciting scholarships

in a range of sports! Future Pro USA work individually with interested students to generate offers from universities that suit their ability, academic history, and financial budget.



HOST VENUE

NOTRE DAME HIGH SCHOOL

ISF have partnered with Notre Dame High School – who believe in ISF and share our core values.

We've carefully chosen our host partner, to ensure we can provide the environment and facilities required to deliver the programme to the highest level. It's about providing you with the space and learning facilities you need to thrive.

LOCATION DETAILS

Notre Dame
High School

Fulwood Road,
Sheffield, S10 3BT.



As part of the programme, you'll be a part of Notre Dame 6th form life and the school community.

ISF students will have access to:

- State-of-the-art classroom and electronic equipment
- Modern 6th form communal area
- Sports facilities which include:
 - 4G Pitch
 - Sports Hall
 - Gym
 - Basketball Court
 - Hockey Pitch
 - Fitness Suite

ESSENTIAL INFORMATION

APPLYING TO ISF

ENTRY REQUIREMENTS

ISF is committed to widening access to further education for young people who want to build a career in sport.

Applications are open to all students who have a passion for sport, and a real desire to succeed in our industry. We will assess applicants on individual merit, providing careful consideration to educational, sporting, personal and vocational achievements as part of the process.

In terms of academic qualifications, the ideal candidates will have a minimum of five GCSEs, including PE, Maths and English, at Grade 4 or above.



HOW TO APPLY



All applications should be made via the Sheffield Progress website

www.sheffieldprogress.co.uk

Search ISF and select our course.

Alternatively, for additional information, please contact our team today on:

☎ 01482 770 757

✉ info@isf7.org



AFTER APPLICATION

We aim to reply to all applicants within two weeks - though this process may take longer during busy periods.

Successful applicants will receive one of two types of offer:

- **Conditional** - based on you achieving the required academic grades.
- **Unconditional** - you have a place at ISF, no matter what.

ACCEPTING YOUR OFFER

Once you've received an offer, you'll need to head online and complete an offer acceptance form - you'll receive full details on how to do this with the offer.

You have 14 days from receiving your offer to accept it. If you do not complete the offer acceptance form in this time period, your place will be opened up to other applicants.

Work hard, get the grades you need - and we'll see you in September for the **ISF induction** and welcome event with Dame Jessica!

HOST VENUES

ISF is available at 6th forms and colleges in host cities across the country:

Contact info@isf7.org for further information.



INFORMATION EVENTS

Still unsure whether ISF is right for you?



Find out more by booking a short online **Meet & Greet** with a member of the ISF team.

The 30-minute online **zoom** sessions are an opportunity for students and their parents/guardians to:

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



TO BOOK
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