

## Sport & Fitness Glasgow Clyde College, Cardonald Campus

EVIP Sport & Fitness is designed to help young people develop some of the skills and knowledge required to participate in a variety of sports and fitness activities with the view to moving into employment, education or training when leaving school. Young people will also develop their skills and practical abilities in various sports such as football, basketball, badminton and volleyball and fitness classes such as metafit and boxercise. Students will also assist with sporting activities and planning sessions and gain relevant qualifications in these areas.

As part of the course, pupils will continue to work towards qualifications in English and Lifeskills Mathematics and will still receive PSE.

Qualification	Level	Type
<p><b><u>Employability</u></b></p> <p>You will increase your knowledge on the world of work and also learn how to gain and sustain employment. You will focus on generic employability skills, to enable a successful move into the job market. You will develop skills and attitudes which will be applicable across all areas of employment-</p>	National 3 or 4	Full Award
<p><b><u>English</u></b></p> <p>You will develop your literacy skills and understand, analyse and evaluate texts in the contexts of literature, language and media. You will also create and produce texts, and develop planning and research skills, applying language skills as appropriate</p>	National 3 or 4	Full Award
<p><b><u>Wellbeing</u></b></p> <p>You will explore factors that influence personal wellbeing, and to make decisions that contribute to improving personal wellbeing. You will be encouraged to look at connections between mental, emotional, social and physical health, and to look at different ideas of health and wellbeing at a personal, community, societal or global level</p>	National 3 or 4	Full Award
<p><b><u>Lifeskills Mathematics</u></b></p> <p>You will study numbers, money, shape, space and measurement in everyday life, enabling you to interpret data and tackle real-life situations.</p>	National 3 or 4	Full Award
<p><b><u>Steps to Work</u></b></p>	National 4	Full Award

<p>This will develop your self-esteem, self-awareness and self-confidence. You are encouraged to engage in learning by focusing on an area that interests you. Through practical activities, you can develop your employability skills and self-awareness to help you to recognise your own strengths and the contribution you can make to society.</p>		
<p><b><u>Skills for Work: Dealing with Facilities and Equipment</u></b></p> <p>You will gain experience in setting up and taking down equipment. You will be involved in ensuring that the manual handling of equipment complies with the manufacturer's instructions as well as with organisational regulations. You will also be aware of the need to check for faults with the equipment and of how these faults might be dealt with. You will gain experience in cleaning and tidying areas within the organisation, choosing the correct materials and choosing the appropriate personal protective equipment for the task.</p>	National 4	Individual Unit
<p><b><u>Exercise and Fitness: An Introduction</u></b></p> <p>You will be able to participate safely in three basic types of exercise and fitness training at an introductory level. The exercise and fitness training contexts may be selected from: aqua; exercise to music; gymnasium; circuits; resistance training; step.</p>	National 3 or 4	Individual unit
<p><b><u>Sporting Activity: An Introduction</u></b></p> <p>You will be able to perform skilfully at an introductory level in the sporting activity, identify the appropriate facility and equipment requirements for safe participation and identify the value of the sporting activity towards personal fitness.</p>	National 3 or 4	Individual Unit
<p><b><u>Sporting Activities: Badminton</u></b></p>	National 4	Individual Unit

<p>You will be able to perform skilfully at a recreational level, explain the role of different rules and procedures, complete a relevant short term fitness programme and analyse the requirements of skilful performance in the sporting activity.</p>		
<p><b><u>Exercise and Fitness: Gymnasium</u></b></p> <p>You will be able to apply knowledge and skills of exercise and fitness training to develop a training programme. This is designed for young people with some previous experience of exercise and fitness who wish to undertake regular exercise and fitness training or who wish to pursue a career in the fitness industry.</p>	National 4	Individual Unit
<p><b><u>Sporting Activities: Association Football</u></b></p> <p>You will be able to perform skilfully at a recreational level, explain the role of different rules and procedures, complete a relevant short term fitness programme and analyse the requirements of skilful performance in the sporting activity.</p>	National 4	Individual Unit
<p><b><u>Sports Officiating:</u></b></p> <p>You will be able to officiate, at an introductory level, in three selected sports related activities. This unit is designed to allow you to develop knowledge, understanding and practical ability of officiating in the context of three selected sporting activities at an introductory level.</p>	National 4	Individual Unit
<p><b><u>PE: An Activity Approach</u></b></p> <p>This unit introduces you to a range of physical activities and develops your knowledge and skills through active participation.</p>	National 4	Individual Unit

<p><b><u>Skills for Work: Skills for Employment</u></b></p> <p>You will be able to demonstrate a positive approach when interacting with others including customers. This positive approach includes communicating appropriately, being responsive and establishing and maintaining relationships. You will also develop the ability to review your own progress, identify strengths and weaknesses and identify your own development needs</p>	National 4	Individual Unit
<p><b><u>Skills for Work: Dealing with Accidents and Emergencies</u></b></p> <p>This Unit will introduce you to procedures for dealing with injuries, illness and emergencies in a sport and recreation setting. You will participate in a number of practical activities which will help develop knowledge and understanding of a range of procedures to deal with injuries, illness and emergencies. You will learn how to complete organisational report forms.</p>	National 4	Individual Unit

### **What happens next?**

Pupils are referred to EVIP via their individual School. They will have to attend an Information Sharing session and may be invited to attend a Taster Session.

Courses start in August and young people will transfer from their current school roll to the roll of EVIP. They will attend EVIP 5-days each week and classes run from 9.30am-3.15pm. Pupils will be given an appropriate travel card to allow them to travel independently to and from EVIP.

Learning will be delivered in a variety of environments including a games hall, gymnasium, studio, lecture theatre, classroom, IT suite and outdoor playing fields.

All pupils in the class will be supported by an EVIP Officer/Vocational Coach. They will provide pastoral care, guidance and support at all times during the school day. Pupils are not permitted to leave the College Campus after they have arrived in the morning.

### **What opportunities are there after EVIP?**

There are many opportunities within the sports and fitness industry in Scotland such as working as a leisure attendant, lifeguard, community projects, sports coaching, personal trainer, gym instructor and preparation for a variety of occupations in both private and public gyms. You will also be encouraged to access a club or activity in your preferred sport or fitness area and will be assisted with this by your coach. There are a wide variety of roles for people who have a good work ethic and a desire to provide excellent customer service.

Young people have access to weekly sessions on Employability and will have regular access to the School Careers Advisor from Skills Development Scotland to ensure that they receive the appropriate level of advice and information.