



Sport and Fitness

Prospectus | Career Guide



**We're here to help you
get to where you want to be.
We'll inspire you, increase your
opportunities and raise
your ambitions so you're ready
to take the next step.
Start here, go anywhere**

together

we are Ayrshire College



Accessibility

Ayrshire College is fully committed to challenging discrimination, advancing equality of opportunity, promoting inclusion and celebrating the diversity of all of its students, staff, visitors and partners.

To request a copy of this information in another format please contact us:

Tel. 0300 303 0303

Email. marketing@ayrshire.ac.uk



www.ayrshire.ac.uk

Ayrshire College is a registered Scottish charity. Reg No SC021177

#weareAyrshireCollege



Why choose College?

Help with first steps towards your career

Change your career

Access further study at University

Start an apprenticeship

Help to start your own business

Study locally

Excellent facilities

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“ Sometimes the smallest step in the right direction ends up being the biggest step of your life. ”

Build your future at Ayrshire College.

Our campuses offer modern facilities with exciting learning spaces, to help you learn in a way that suits you. There are social spaces on each campus, including refectories and coffee shops, where you can relax and catch up with friends.



**Modern Learning
Resource Centres**



**Coffee Shops
and Refectories**



**Training
Restaurants**



**Training Hair and
Beauty Salons**



**Motor Vehicle
Garage**



**Gym and
Multi-Sport Pitches**



**Horticulture
Centre**



**Aeronautical and
Engineering Centre**



Science Labs



**Construction and
Trades Centre**



**Training Hospital
Ward**



Training Nursery



**Recording
Studio**



**Photography and
Broadcasting Studio**



Join us and have fun gaining a qualification in one of the country's fastest growing sectors, where people get paid for doing something they love. In sport and fitness we don't just talk about it, we do it.

Sport doesn't just help with building your mind and body, it teaches you about leadership, friendship and working with people.

We're seeing massive growth in community health and wellbeing, sports coaching, sports science, exercise and fitness. This means more opportunities and employment for our students who achieve qualifications in these areas.

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The College has outstanding facilities including a dance studio, high quality gym, sports hall, 3G sports pitch and a health and wellbeing area. We have excellent partnerships with East Ayrshire Council, North Ayrshire Council, East Ayrshire Leisure Trust and KA Leisure that enable our students to use their facilities.

We have recently updated our equipment, including a new treadmill with state of the art gas analysis and watt bike for measuring high output exercise and power figures.

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Careers

- PE Teacher
- Sports Scientist
- Active Schools Co-ordinator
- Health Promotion
- Sports Coach
- Sport Development Officer
- Gym Instructor/Manager/Owner
- Personal Trainer
- Swimming Instructor
- Sports Therapy
- Athlete Support
- Physiotherapy
- Nutritionist
- Outdoor Sports
- PT Instructor
- Sports and Exercise Psychologist
- Leisure Centre Manager
- Sports Professional
- Lifeguard
- Police
- Fire
- Coastguard
- Army
- Navy
- Air Force
- Paramedics
- RAF
- Probation Officer
- Prison Service



#weare AyrshireCollege

There are various opportunities at our Ayr, Kilmarnock and Kilwinning campuses. Courses on offer include Sport and Fitness, Coaching and Developing Sport, Applied Sport and Exercise Science, Fitness, Health and Exercise and Uniformed Services.



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Are you right for the job?

- If you enjoy working in a fast-paced dynamic industry where all your customers are having fun, then the sport and fitness sector is for you.
- In addition to being well educated to be a success in the sport and fitness industry you need to be flexible, highly motivated and disciplined.

Think about a career in Sport and Fitness if you:

- Want to work in an enjoyable, vibrant industry.
- Want to have a career within a rapidly expanding industry with varied employment opportunities.
- Want to get paid for doing what others pay to do.
- Want to work with fantastic industry contacts meaning you get lots of relevant work experience.

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What are employers looking for?

Employers need people who are qualified, know the industry, and have experience. As the work is focused on people, we need you to put the customer at the centre of your business, and be focused on helping people reach their goals.

Many of our students leave college and find work easily, as they have already established strong links with employers during their time at College.

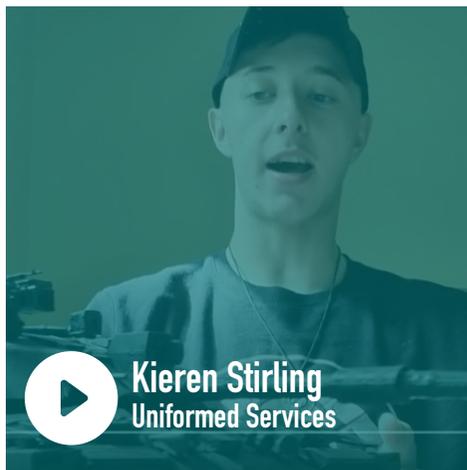
“ I love working in the sport and fitness industry, as a former professional football player I still can't believe I get paid to do a job I really love. I recognise the value of working with others whatever their age or ability to achieve success at their own level. ”

Paul DiGiacomo,
Manager of Kilmarnock
Community Trust

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Coming to Ayrshire College **can change your life.**
Don't just take our word for it, click on the links below
to watch their videos and read their stories...



Kieren Stirling
Uniformed Services

“ I loved college! The courses were all great and gave everyone an opportunity to learn new things and gain experience in a wide range of different sports.

I'm currently in my probationary year as a Physical Education teacher at the Robert Burns Academy, and I love it! ”



KCST and Ayrshire College
Summer Camp

Amy Mackie
HND Sports Coaching
and Development

Click here
to read Amy's
story on
our blog



join us on social:



Start here...

We need both your perspiration and inspiration. Depending on your qualifications and experience, we'll have a course that's right for you. Qualifications are not as important as a real passion for the industry. We would expect applicants to be able to demonstrate a strong background in sport and fitness.



Courses available in:

- Sport and Fitness
- Sports Coaching and Development
- Team Sports
- Fitness, Health and Exercise
- Uniformed Services

Click here
to see all
courses



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Go anywhere...

NQ Sport and Fitness leads to NQ Advanced Sport and Fitness and then onto HNC/HND in Sports Coaching and Development, HND Applied Sport and Exercise Science, HNC/HND Fitness Health and Exercise.

From our HND courses we have excellent links with the university sector, previous successful learners have successfully applied to join a degree programme in third year. Some of these courses include:

UWS - Sports Coaching, Sports Science, Sports Development, and Sports Coaching and Development.

Abertay University - Fitness, Nutrition and Health, Physical Activity and Health, Sport and Exercise Science, Sports Development and Coaching, and Strength and Conditioning.

Edinburgh Napier - Sport and Exercise Science, Sports Coaching, and Physical Activity and Health.

With a relevant degree, you can apply to gain access to postgraduate teaching courses at university to become a PE teacher.

As well as going to university, some popular employment positions include coaching abroad, personal trainers in local gyms, sports coaches and jobs in health promotion.



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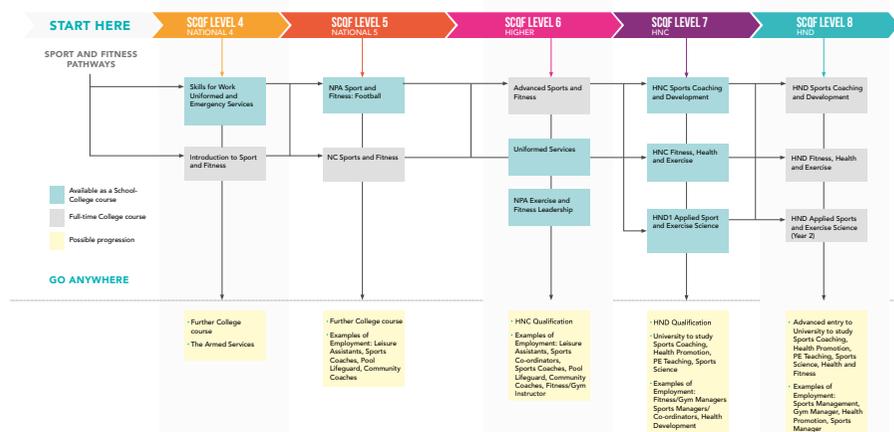
Please check with each university for their articulation requirements prior to your UCAS application. Entry is subject to availability of places and meeting entry requirements, other options may also be available.

What path will you take?

Our course pathway maps will help you understand the various routes you can take to help you achieve the qualifications you need.

Course pathway map for Sport and Fitness

Zoom in to view



Still unsure?

Contact our Student Services team and speak to one of our advisors who will be happy to help you.

You can book an appointment to see the Advisor for your curriculum area either in person, over the phone or by email:

studentservices@ayrshire.ac.uk

Tel no. 01294 555 333



Go for it!

You're just two steps away from starting your career in Sport and Fitness...

Step 1...

Click here to see our full list of courses at www.ayrshire.ac.uk

Step 2...



Apply online now or download our Application Guide **here**

Full-time courses start in January and August. Apply as soon as you can because our courses fill up quickly!



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