



Sport Showcase



Courses

Within the Sport Directorate we offer the following courses for students who are 16–18 years old:

- Level 1 in Sport
- Level 2 in Sport
- Level 2 in Fitness Instructing
- Level 3 in Personal Training
- Level 3 Extended Certificate in Sport
- Level 3 Extended Diploma in Sport and Exercise Science

We also offer part time and Higher Education courses within Sport for adults.

Please note: Due to a recent government review of qualifications, the list of available courses for the academic year starting in September 2025 may not be finalized until December 2024.

We'll provide updates as soon as the review is complete and course offerings for 2025 and beyond are confirmed.

Entry Requirements – Sport

Level 1	An appropriate Entry Level vocational qualification and/or four GCSEs at grade 2-1 (E-F) or above including maths and English
Level 2	An appropriate Level 1 vocational qualification and/or three GCSEs at grade 3 (D) or above including maths or English
Level 3	An appropriate Level 2 vocational qualification and/or four GCSEs at grade 4/5 (C) or above including maths or English

Please note: Entry requirements are correct at time of this showcase but may be subject to change. Please refer to the College website to check the entry requirements prior to enrolment.

Level 1

Courses:

Sport

What will I study?

Modules may include:

- Participating in Sport
- Sports Coaching
- Effects of Exercise on the Body
- Strength and Conditioning
- Assist at a Sports Event

What can I do next?

After successfully completing the Level 1 course, students can progress onto a Level 2 course within the Sports directorate.

Level 2

Courses:

Sport

What will I study?

Modules may include:

- Participating in Sport
- Anatomy & Physiology in Exercise
- Developing Sport Skills and Tactical Awareness
- Sports Coaching

What can I do next?

After successful completion of a Level 2 course, students can progress onto a Level 3 course in their chosen specialism within the Sport directorate.

Level 3

Courses:

- Sport
- Sport and Exercise Science

What will I study?

Modules may include:

- Practical Sports Performance
- Exercise Psychology
- Functional Anatomy
- Nutrition
- Biomechanics
- Fitness Training
- Sports Massage
- Sports Injuries

Future Careers:

Performance Analyst

Average Salary £38,998

Sports Coach

Average Salary £28,000

Physiotherapist

Average Salary £40,000

Personal Trainer

Average Salary £31,100

Entry Requirements – Fitness instructing

Level 2	An appropriate Level 1 vocational qualification and/or four GCSEs at grade 3 (D) or above including maths or English
Level 3	Must hold a Level 2 in gym or fitness instructing, this course is the direct progression from the Level 2 fitness instructing course

Please note: Entry requirements are correct at time of this showcase but may be subject to change. Please refer to the College website to check the entry requirements prior to enrolment.

Level 2

Courses:

Fitness instructing

What will I study?

Modules may include:

- Anatomy and Physiology
- Health Exercise and Nutrition
- Conducting Client Consultations
- Instructing Gym-based Exercise
- Personal Fitness / Sports Coaching

What can I do next?

After successful completion of a level 2 programme, students can progress onto a level 3 course in their chosen specialism within the sport directorate.

Level 3

Courses:

Personal Training

What will I study?

Modules may include:

- Anatomy and physiology Applicable to Personal Training
- Lifestyle and Medical Factors That Affect Wellbeing
- Effective Communication Skills for Client Consultations to Encourage Healthy Lifestyle Behaviours and Strategies for Change
- Skills to Plan and Conduct Physical Activity Sessions with Different Types of Clients in a Variety of Environments with a Range of Resources

Future Careers:

Performance Analyst

Average Salary £38,998

Physiotherapist

Average Salary £40,000

Sports Coach

Average Salary £28,000

Personal Trainer

Average Salary £31,100

Example Timetable - Vocational

1 – Core Qualification	2 – GCSE Resits
3 – Work Placement	4 – Thrive Personal Development

	Monday	Tuesday	Wednesday	Thursday	Friday
8am					
9am					
10am					
11am					
12am					
1pm					
2pm					
3pm					
4pm					
5pm					
6pm					

Uniform, kits & PPE

Required

T-shirt
Shorts
Track pants
Sports leggings

Optional

Quarter zip track pants
Hoodie
Socks

Where can I get this from?

Total Sport North-East

Further details will be provided when you complete your enrolment in August.

How much is it likely to cost?

Certain students may be able to claim a bursary, subject to means testing. Bursaries are linked to attendance, performance and behaviour.

Taster Days

Our friendly Admissions team will contact you with details about the Taster Days and how to book your place!

Thursday 20th February

16:00-18:00

Friday 4th July

10:00-14:00

*Please only book onto **one** session for the academic year.

What happens next



Conditional Offers

All offers at Middlesbrough College Group are conditional, subject to:

- Gaining the entry requirements for your chosen course as stated on the College website at point of enrolment
- Completing the full enrolment process in August
- Course places being available at point of enrolment
- Approval from our Additional Learning Support and/or Safeguarding Teams, if required.

Enrolment

From GCSE Results Day (21st August 2025)

Details will be sent to you in the summer which will tell you how and when to enrol and what documents you will need.

We start enrolling from GCSE results day (Thursday 21st August 2025), please ensure you are available to collect your results from your school, to enrol onsite to ensure a place on your course.

Please note if you take holiday during this period and are not able to enrol, we may not be able to guarantee a place on your first-choice course as many of our courses fill up within the first few days of enrolment.

Offer Acceptance

Want to confirm your offer acceptance?

Scan the QR code using your smartphone and complete the online form to confirm your offer acceptance.

Alternatively, you can email 'ACCEPT' to our friendly Admissions Team on admissions@mbro.ac.uk with your full name, date of birth and course name.



AIM HIGHER WITH OUR **SPORTS ACADEMIES**

Are you as passionate about sport as you are about your studies?

Whether your passion lies on the pitch or in the pool, take your skills to the next level with a Sports Academy at Middlesbrough College!

As a top performing College, we are proud to offer specialist top-level coaching, scholarships, and fantastic opportunities to compete in championships and top leagues nationally.

Sports Academies:

- \\ **Basketball**
- \\ **Cricket**
- \\ **Pro 16 Men's Football**
- \\ **Women's Football**
- \\ **Golf**
- \\ **Gymnastics**
- \\ **Rugby**
- \\ **Swimming**
- \\ **Volleyball**

You don't need to be doing a sports course to take part in one of our sports academies!



Middlesbrough College Group

We are Ofsted Good with Six Outstanding Features

Behaviour
and attitudes
Outstanding

Personal
development
Outstanding

Leadership
and management
Outstanding

Adult learning
programmes
Outstanding

Apprenticeships
Outstanding

Provision for learners
with high needs
Outstanding

REMEMBER - Please apply by the end of November to guarantee your place on a course!

Careers Team



Our dedicated Careers Team can help you make the right decisions on your future career path.

The team are here to help you with everything from University applications to CV support.

Work Experience

We are here to get you work ready! We have excellent relationships with local, regional and national employers and we are committed to finding you relevant and quality work experience during your time as a student at Middlesbrough College.

Additional Learning Support

If you have additional needs, we offer a range of support services to help you with:

- Dyslexia
- Dyscalculia
- Maths and English support
- Special exam arrangements
- A range of assistive tools
- and much more

Our student voice

The Student Voice is here to ensure you have the best College experience possible! We listen to your suggestions and concerns and work with the College Management Team to make positive changes.

Ways to get involved:

- Become a class rep
- Student Ambassadors
- Student Union Executive Team
- Student Governors

Additional Learning Support

At Middlesbrough College, the dedicated Additional Learning Support Team is committed to providing comprehensive guidance and assistance to students throughout their educational journeys.

If you have an existing Education Health and Care Plan (EHCP), the college's Special Educational Needs (SEN) Team will proactively liaise with the Local Authority on your behalf to initiate the consultation process. This ensures the EHCP details are properly shared and considered, although your application will be placed on hold temporarily during this period as the necessary steps are taken.

Similarly, if you previously received SEN support at school, the SEN Team encourages you to connect with your school's SENCo to have that information transferred over to Middlesbrough College. This allows the college's four SEN Team Leaders, each assigned to specific curriculum areas, to develop a tailored support plan catered to your individual needs and learning style. Your staff link will be **Rachael Dale**.

The college also has a specialised Cube Team readily available to assist with exam arrangements, dyslexia screenings, academic support services such as tutoring and study skills, and a wealth of other learning resources.

Prospective students and their support networks are strongly advised to reach out to the SEN and/or Cube Teams at the earliest possible stage to ensure a smooth and effective transition into the college. The dedicated staff are committed to going above and beyond to understand your unique circumstances and provide the personalised guidance you need to thrive in your studies.

Your campus

Our vibrant campus has something for everyone. We have a welcoming, friendly community and there are lots of places to study, learn, meet new friends, and get great food.

We are also extremely proud of our innovative industry-standard facilities that give you everything you need to succeed!



Learning Resource Centre



MC Theatre



6 Court Sports Hall and 3G AstroTurf



Hair and Beauty Salons



Health and Care Ward



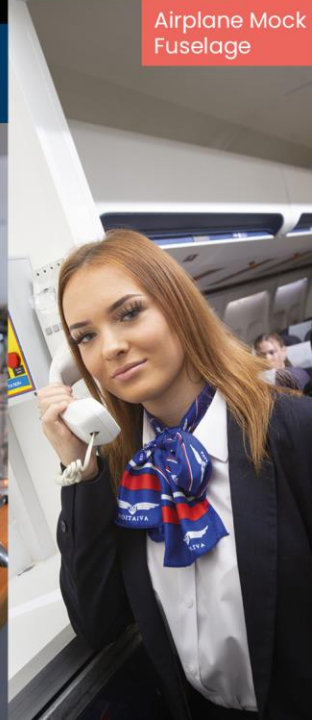
Construction Yard



Fitness Studio



Our Award Winning Training Restaurant, The Waterside Brasserie



Airplane Mock Fuselage



Campus Heart



Recording Studios

University Centre Middlesbrough



Where do you want to go, and who do you want to be?

If you dream of attending University, choose a degree with a difference by continuing your studies at University Centre Middlesbrough.

Our University Centre offers you a practical alternative to the traditional University model where you are able to study University Level qualifications right up to master's level, whilst benefitting from our specialist teaching environments and activities linked to employers and industry.



Study Higher Education with us in the following subjects

- Business Management
- Computing
- Construction & Civil Engineering
- Education & Childcare
- Engineering
- Games Design
- Health, Wellbeing & Social Care
- Hospitality & Culinary Arts
- Media Makeup, Prosthetics & Hair
- Music, Video & Audiovisual Technology
- Social & Community Studies
- Sport & Fitness
- Travel, Tourism & Aviation

New Facilities for 2024/25

We are delighted to be developing our campus and facilities to support the growth of skills in the Tees Valley. Ready for September 2024.



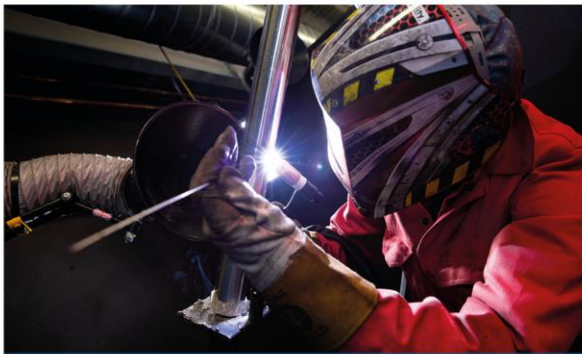
Electric and Hybrid Motor Vehicle Workshop



State-of-the-art Clinical and Community Care Simulation Suite for Health & Care programmes



Range of interactive Health & Care medical equipment



Specialised Welding equipment to meet industry needs



7 new classrooms and works spaces for Construction, Engineering and TTE



New state-of-the-art £12m Engineering Technical Training Centre is now open!

Our student perks

Studying can be expensive, so that's why we give our students the best student perks!

Travel



Travel by Bus

We offer students FREE* weekday bus travel up to 7pm to and from Middlesbrough College

MC Mover

A FREE student shuttle bus to and from Middlesbrough Bus Station direct to Middlesbrough College

Travel by Train

We offer FREE* reimbursed weekday train travel to and from Middlesbrough College

*Free travel for all students eligible for a bursary and £5 admin fee per term for all other students.

Financial help



Students receive help whilst they study with:

- Bursaries
- Support with equipment, costs, and residentials
- Support with childcare
- Other course related costs

Financial help and bursaries are all subject to status and means testing.

Laptop Scheme



MC Click

All full-time students will receive a free loan laptop at enrolment which includes the full Microsoft Office suite.

This will support your learning, equip you with the tools to succeed and help you to develop and showcase your digital skills.



£15 printing credit and subsidised stationery costs



FREE Wi-Fi



Access to exciting enrichment activities



10% discount on great food



FREE College meals[◊]

[◊](if you currently receive free school meals, this could continue at College)

Please see our website for more details.



20% discount on hair and beauty treatments, plus a free haircut in your first term!



Support towards kit and equipment



College gym membership for just a one-off £10 fee!

Taking our apprentices higher!



**NORTHERN
SKILLS**

APPRENTICESHIP & TRAINING ARM OF
MIDDLESBROUGH COLLEGE GROUP

We are proud to introduce Northern Skills, Middlesbrough College's apprenticeship and training company!

How to apply for your apprenticeship

You can apply for your apprenticeship vacancy through Middlesbrough College! Our team can support you with your application. Apprenticeships are competitive, so you will need to ace your application and prepare for your interview, so you stand out from other applicants!

Visit northernskills.co.uk and apply for a vacancy.

Apprenticeship benefits:

- Earn whilst you learn! Work alongside your studies and earn a wage
- Treated with respect and like an adult
- Receive hands-on-training under the supervision of skilled professionals
- Learn job specific skills that employers are looking for now
- A practical route to learning
- Avoid University loan debts

Apprenticeships available in:

- Beauty
- Business
- Catering & Hospitality
- Childcare, Healthcare and Education
- Construction
- Engineering & Manufacturing
- IT, Computing and Digital Technologies
- Motor Vehicle (Automotive Technology)
- And many more!



Nell McPartlin
Digital Marketing apprentice
Previous School: Dyke House Sixth Form

Nell chose to study an apprenticeship as she was also eager to work in a professional environment where she could gain vital skills for the future while earning a Level 3 qualification.



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WhatsApp

We are on WhatsApp!
07979 111 313

Come visit us

We hold several Open Events throughout the year, offering you an excellent opportunity to meet us, explore our facilities, and get a feel for what studying at Middlesbrough College & TTE is like.

Come along to find out about our fantastic courses, student perks, and more!

Thursday
3rd
October '24

5:00pm - 7:30pm

Wednesday
9th
October '24

5:00pm - 7:30pm

Saturday
9th
November '24

9:30am - 12noon

Thursday
5th
December '24

5:00pm - 7:00pm

Wednesday
22nd
January '25

5:00pm - 7:00pm

Apprenticeship
Expo
Wednesday 5th
February '25

2:00pm - 6:00pm

Wednesday
12th
March '25

5:00pm - 7:00pm

Thursday
1st
May '25

5:00pm - 7:00pm

Get That
Apprenticeship
Thursday
5th June '25

4:00pm - 7:00pm

Thursday
19th
June '25

5:00pm - 6:30pm

Not sure what you want to study?

Our Open Events are a great chance to explore our courses and discover what excites you!

You can also speak with our friendly tutors who are experts in their subject areas and are always happy to chat with you about courses you might be interested in.