



SPORT SHOWCASE

**NORTHERN
SKILLS**

M C
Middlesbrough
College Group

TTE

Predicted Grades Form

Please fill in this form with as much detail as you can.

Why do I need to fill this in?

So we can help you choose the right course and give you the support you need when you start.

If you miss this step, we might not be able to confirm your place.



Scan the QR code using
your smartphone camera

We also have paper copies of this form if you need one, please just ask!

Courses

In the Sports Department, we have these courses for students aged 16 to 18.

- 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 have adult courses too, like Access to HE, short part-time courses, and even university-level learning.

Entry Requirements

Sport

Level 1	Four GCSEs at grade 2-1 or above including maths and English
Level 2	Three GCSEs at grade 3 or above including maths or English
Level 3	Four GCSEs at grade 4/5 (C) or above including maths or English

The grades you need are correct at the time of this event. Before you enrol, check the College website to make sure you still meet the grade requirements.

Level 1

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?

You can move onto the next level course, like Level 2 Sport or Level 2 Instructing Exercise and Fitness.

How will I be assessed?

You will be assessed through:

- Assignments
- Practical tasks
- Group work
- Voluntary work

Level 2

Sport

What will I study?

Core modules include:

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

How will I be assessed?

You will be assessed through:

- Assignments
- PowerPoints and posters
- Practical tasks
- Group work
- Voluntary work

What can I do next?

You can move onto the next level course, like Level 3 Sport, Level 3 Sport & Exercise Science or Level 3 Personal Training.

Level 3

Sport

What will I study?

Year 1:

- Anatomy & Physiology
- Fitness, Training and Programming
- Professional Development
- Practical Sports Performance

Year 2:

- Sports Leadership
- Coaching
- Sports Event Organisation
- Business in the Sport & Active Leisure Industry
- Skill Acquisition

How will I be assessed?

You will be assessed through assignments, practical tasks, group work and voluntary work. Some units will be assessed through short answer and case study exams.

Future Career:

Sports Coach - *Average Salary £28,000*

Level 3

Sport & Exercise Science

What will I study?

Year 1:

- Functional Anatomy
- Applied Psychology
- Applied Research Methods
- Coaching for Performance and Fitness
- Biomechanics
- Specialised Fitness Training

Year 2:

- Sport and Exercise Physiology
- Field and Lab Testing
- Research Project
- Sports Massage
- Nutrition
- Technology in Sport
- Sports Injury and Assessment

How will I be assessed?

You will be assessed through assignments, practical tasks, group work and voluntary work.

Future Career:

Physiotherapist - *Average Salary £40,000*

Performance Analyst - *Average Salary £38,998*

Entry Requirements

Fitness Instructing

Level 2	Four GCSEs at grade 3 or above including maths or English
Level 3	Must hold a Level 2 in Gym or Fitness Instructing

The grades you need are correct at the time of this event. Before you enrol, check the College website to make sure you still meet the grade requirements.

Level 2

Active IQ L2 Technical Occupational Entry in Fitness Coaching

What will I study?

Modules may include:

- Principles of anatomy
- Physiology, and fitness
- Professionalism and customer care for fitness instructors
- Conducting client consultations
- Planning and instructing gym-based exercise.

How will I be assessed?

You will do an exam plus other tasks such as written assignments, session plans, observations.

What can I do next?

You can move onto the next level course, like Level 3 Sport, Level 3 Sport & Exercise Science or Level 3 Personal Training.

Extras:

- Level 2 in Studio Cycling
- Level 2 in Instructing Circuits
- Level 2 in Suspended Movement

Level 3

Active IQ L3 Technical Occupational Entry in Personal Training

What will I study?

Modules may include:

- Applied anatomy and physiology for exercise and fitness
- Principles of nutrition for exercise and health
- Understanding lifestyle, wellbeing and common medical conditions
- Encouraging positive health and fitness
- Programme design and delivery for personal training
- Professionalism and business acumen for personal trainers

How will I be assessed?

You will do coursework, build a folder of your work, a multiple-choice theory exam, and practical tasks.

Future careers:

Sports Instructor - *Average Salary £23,210*

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	2 – GCSE Resits	2 – GCSE Resits	1 – Core Qualification	1 – Core Qualification	
10am	2 – GCSE Resits	2 – GCSE Resits	1 – Core Qualification		
11am	1 – Core Qualification	1 – Core Qualification	1 – Core Qualification	1 – Core Qualification	
12am	1 – Core Qualification		1 – Core Qualification		
1pm	1 – Core Qualification	4 – Thrive Personal Development	1 – Core Qualification		
2pm	1 – Core Qualification	4 – Thrive Personal Development	1 – Core Qualification		
3pm	2 – GCSE Resits	2 – GCSE Resits	1 – Core Qualification		
4pm	2 – GCSE Resits	2 – GCSE Resits	1 – Core Qualification		
5pm			4 – Thrive Personal Development		
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

More details will be given at your enrolment appointment in August.

STUDENT PERKS

Travel



Bus

Shuttle bus

Train



£15 printing credit and subsidised stationery costs



FREE Wi-Fi



10% discount on great food



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



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



FREE* college meals
**If you currently receive free school meals, this could continue at college.*

Financial Help



Next Steps



Conditional Offer

Your place is conditional, which means you need to:

- Get the grades you need for your chosen course/subjects.
- Keep an eye on our website for any important updates.
- Make sure you get approval from our Learning Support or Safeguarding teams before enrolling if needed.
- Finish the full enrolment process during Main Enrolment – see enrolment slide for details
- Places on your course being available.

Even if you've got an offer, your place on the course isn't confirmed until you enrol.

Additional Learning Support

Our friendly teams can help you with your learning.

If you have declared an EHCP:

We might pause your application while The SEN Team speak to the Local Authority to check your plan.

We may also contact you to book an appointment with one of our ALS team leaders.

Do you have SEN support at school?

Ask your school SENCo to share it with us so we can plan the right support for you.

The Cube Team will help you with things like exam support, dyslexia checks, tutoring, and study skills.

For any support queries, contact: sen@mbro.ac.uk

Enrolment

GCSE Results Day

It's important that you go to your school and collect your GCSE results on **Thursday 20th August**.

We need the paper copy of your results to do your enrolment. If you don't bring it, we won't be able to sign you up for your course.

Enrolment Information

Enrolment will take place from **Thursday 20th to Friday 28th August** (excluding the weekend and August bank holiday).

Enrolment is by **appointment only** and you'll get a set time for your enrolment in the summer. Try to come at the date and time we give you - this is your **priority** appointment, and it gives you the best chance of getting a place on your first-choice course/subject(s).

If you wait too long or go on holiday during enrolment, your course might fill up - and we might not be able to save your place.

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!



Sports Academies:

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

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

Middlesbrough College Group is proud to announce an exciting new partnership with Whitby Town Football Club



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

CAREERS AND EXPERIENCE

Careers Team



Our Careers Team is here to help you with:

- › One-to-one careers guidance
- › CV, job and apprenticeship application support
- › University and UCAS application support
- › Employability skills development
- › Grofar – a smart digital tool to plan and track your work placements and enrichment

Work placements Stand out from the crowd!

Real-world experience gives you a real advantage. That's why work placements are a key part of college life.



STUDENT SERVICES



Your wellbeing matters. That's why our Student Services Team is always on hand to support you!

We offer:

- › Free, confidential counselling
- › Dedicated welfare and safeguarding officers

Additional Learning Support



Our specialist services include:

- › Dyslexia / Dyscalculia Support Tutors
- › Extra maths and English support
- › Communication Support Workers for the deaf and notetakers
- › IT trainers for the visually impaired
- › Specialist Learning Support Assistants
- › Assistive technology and software resources
- › Special exam arrangements

YOUR CAMPUS



Construction Yard



LRC

Fitness Studio



MC Theatre

Waterside Brasserie



Sports Hall and
Astroturf pitches

Airplane
Mock Fuselage



Hair and Beauty
Salons

Campus Heart



Health and Care Ward

Recording Studios



MODERN FACILITIES

We are always developing our campus and facilities to support the growth of skills in the Tees Valley.



Electric and Hybrid Motor Vehicle Workshop



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



Brand-new Esports room



Specialised Welding equipment to meet industry needs



7 classrooms and workspaces for Construction, Engineering and TTE



State-of-the-art £12m Engineering Technical Training Centre

**YOU DON'T HAVE TO GO FAR
TO GO FURTHER!**



At University Centre Middlesbrough you'll find:

- › Career-focused degrees designed in collaboration with employers
- › The chance to gain professional qualifications alongside your degree
- › Smaller class sizes and more one-to-one support
- › A supportive, close-knit community where you're known by name
- › More teaching hours than traditional universities

**Stay local,
go higher,
and get
career-ready
with UCM!**



NORTH EAST
I N S T I T U T E O F
T E C H N O L O G Y

LAUNCH YOUR CAREER WITH AN APPRENTICESHIP



NORTHERN SKILLS

APPRENTICESHIP & TRAINING ARM OF MIDDLESBROUGH COLLEGE GROUP

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

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!



WHY NOT SEE IT FOR YOURSELF?

COME VISIT US!

Come see first-hand what studying at Middlesbrough College and TTE is like! Our open events are the perfect opportunity to chat with tutors, explore our facilities, and ask any questions you may have. You can even apply when you visit us!

2025/26 Open Events

Thu 2nd October '25

5:00pm – 7:30pm

Thu 4th December '25

5:00pm – 7:00pm

Thu 7th May '26

5:00pm – 7:00pm

Wed 8th October '25

5:00pm – 7:30pm

Wed 21st January '26

5:00pm – 7:00pm

Tues 16th June '26

5:00pm – 7:00pm

Sat 8th November '25

5:00pm – 7:30pm

Wed 11th March '26

5:00pm – 7:00pm

Apprenticeship Expo

Tue 10th February

2:00pm – 6:00pm



@MiddlesbroughCollege



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WhatsApp

We are on WhatsApp!
07979 111 313