

REAL EDUCATION

REAL FUTURE



COURSE OVERVIEW
BTEC L3 SPORT AND OUTDOOR ACTIVITIES

START YOUR
ADVENTURE

WITH



LAGOON
WATERSPORTS



NEWMAN
COLLEGE

"It's one of the most amazing decisions of my life, I've had the most amazing time and it's given me so many opportunities" - Asha, Student 2021

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REAL EDUCATION

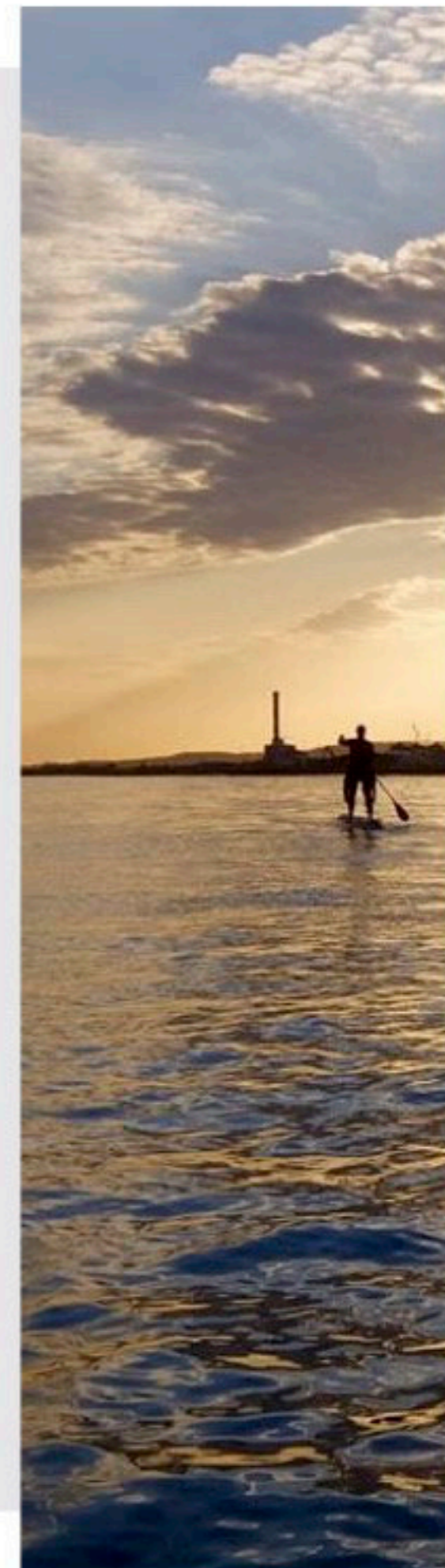
The BTEC Level 3 Extended Diploma in Sport and Outdoor Activities is the equivalent to studying 3 'A' Levels at college, giving you employability options and the opportunity to access University courses.

REAL QUALIFICATIONS

Alongside the academic studies, students will participate in a wide range of adventure sports and activities. As you progress through the 2 year course, you will pick up a multitude of recognised national governing body qualifications.

REAL FUTURE

Holding the BTEC qualification and newly acquired national governing body instructor qualifications, you'll have direct access to employability options both in the UK, and abroad. In addition to instructor qualifications, you will also gain real work experience to support your qualifications.



LEARNING OUTDOORS

We're big believers in the power of learning outdoors, and we think it's like a goldmine of benefits for personal and professional growth. When you dive into outdoor learning, you're in for a whole lot of goodness. You get pumped up with higher engagement and a healthy dose of physical fitness through all those fun outdoor activities. Plus, your mental well-being skyrockets because the sea and nature is a big mood booster.

But it's not just about feeling good – you're also getting a solid grasp of the environment, your creativity kicks into high gear, and your lessons become real-life adventures. It's all about getting social too; you'll find yourself bonding with others in the great outdoors. And focusing on stuff? That's a piece of cake when you're surrounded by nature's calm.

In a nutshell, outdoor learning is the ultimate hands-on experience, and it sticks with you for life. It's like falling in love with nature, that just being classroom just can't compete with.

A person with long hair, wearing a blue hoodie, is sitting on a green folding stool in a forest at dusk. They are looking down at a plate of food on the ground. In front of them is a campfire burning in a metal basket. The background shows a stream flowing through a wooded area with trees and rocks. The scene is dimly lit, suggesting twilight.

START YOUR
ADVENTURE!

50%

PRACTICAL LEARNING

THE COURSE

Aimed at students age 16 – 19, our BTEC Level 3 Sport and Outdoor Activities course offers you a vocational route to university or employment in the sport and outdoor adventure industry.

The BTEC Level 3 Extended Diploma in Sport and Outdoor Activities is the equivalent to studying 3 'A' Levels at college, meaning you only have to choose and focus on one course.

A diverse mix of academic modules and practical delivery ensures you have both a theoretical understanding of the wider world of sport and leisure as well as a practical knowledge and understanding of many of the sports and activities involved.

BTEC qualifications are more vocational and as such does not have exams. Modules are assessed through the use of coursework in the form of videos, podcasts, presentations and reports and each module is assessed independently of each other.

**100% COURSEWORK BASED ASSESSMENT
- NO EXAMS!**

THE KNOWLEDGE

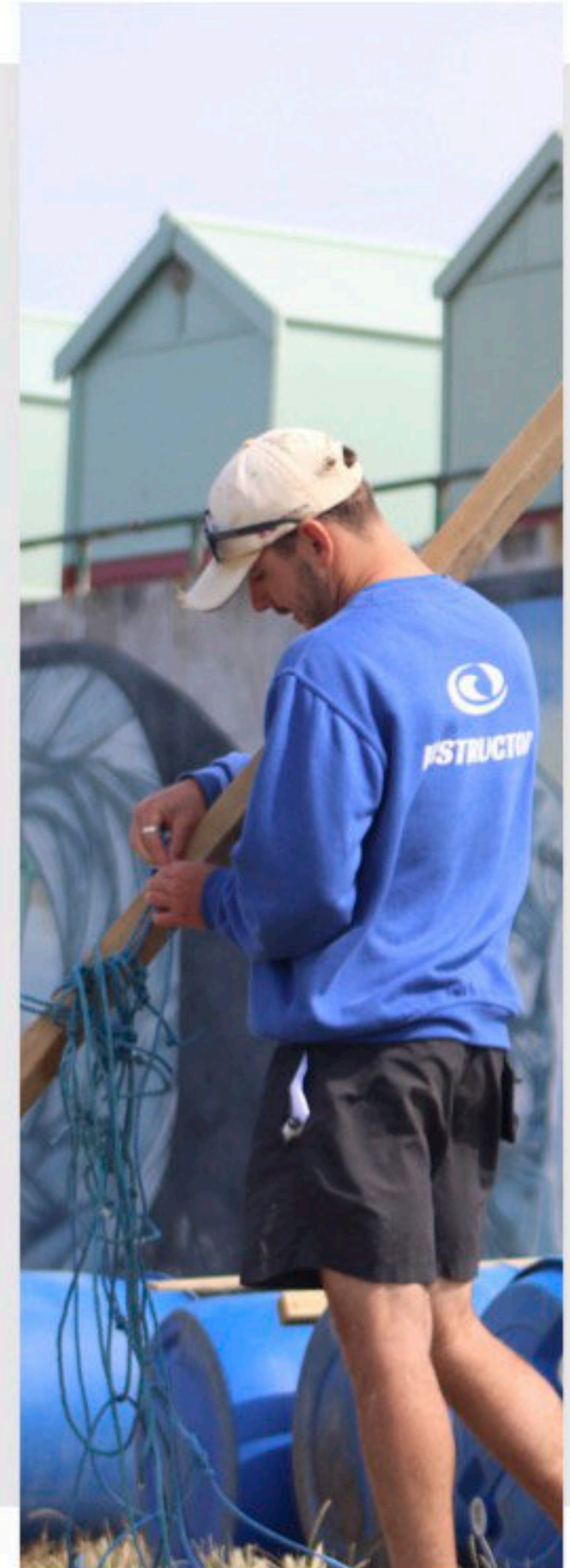
The academic content is a mix of 12 modules over the two years. This gives you an understanding of the broader picture allowing you to become a well rounded practitioner and to make conscious decisions.

THE SKILLS

The Lagoon host practical sessions to get all the students personal ability up to a level where they are capable of teaching and taking national governing body qualifications.

THE EXPERIENCE

As part of the course, students receive work experience and as soon as they complete their first qualification, they can start working in the industry. This is often achieved during their first year of the course.





NEWMANCOLLEGE.CO.UK

At Newman College we offer an exciting post-16 learning environment to help students achieve their goals. We know that this is a special and memorable stage in your life. You will want to take on new challenges. You will want to enjoy new, rewarding relationships with your fellow sixth form students and staff. You will be looking to discover more about yourself and the adult world around you. We will encourage and guide you on that journey

Newman boast an excellent achievement record, brilliant pastoral care as well as an unrivalled extra curricular programme and set of Sports Academies that as a Newman student you will have access to.

Situated in Hove, the college is easily accessible by train, bus, car or walking.

#PROUDTOBENEWMAN

CARITAS EXCELLENCE TOGETHER





LAGOON WATERSPORTS

SOMETHING FOR EVERYONE

Hove Lagoon Watersports is a leading destination for watersports enthusiasts. With 30 years of experience, we offer premier windsurfing, wakeboarding, sailing, kayaking, and stand-up paddleboarding experiences. Catering to adults, kids, and various groups, our center provides expert tuition, top-notch equipment (including wetsuits), and operates in safe, sheltered waters.

Accredited by the Royal Yachting Association, BSW, OFSTED, LOTC and AALA, our commitment to safety and quality is unwavering. Regular inspections ensure compliance with the highest standards. The Lagoon, where activities take place, has consistently passed water quality tests since opening in 1994, making it a trusted choice for thrilling and safe watersports adventures. Join us for an unforgettable experience where expertise meets excitement.

LAGOON.CO.UK



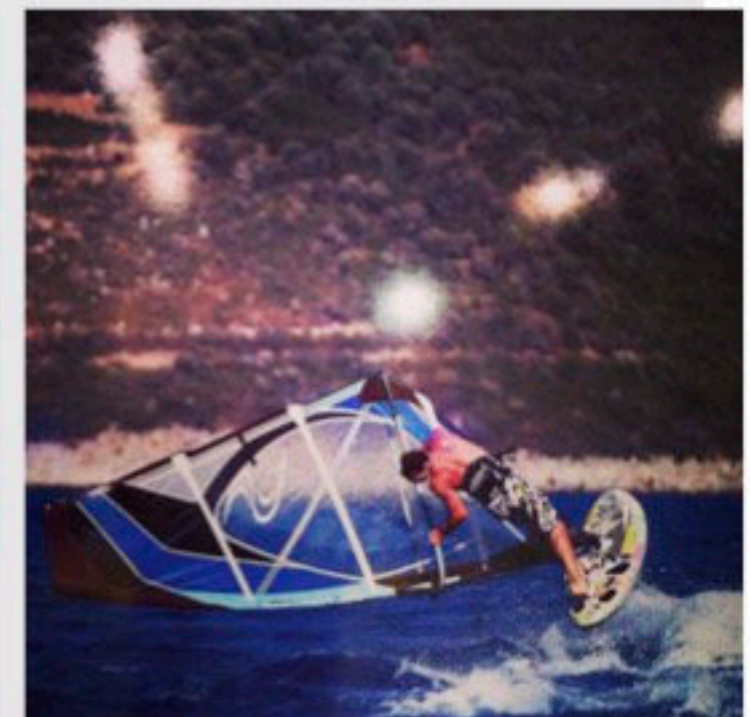
HEAD COACH

Tom Booth

For the past 20 years Tom has been working in the sport and outdoor industry. Tom is extremely passionate about outdoor adventure, when he is not teaching the young people here, you will certainly find him on the sea or up a mountain. Holding a degree in Adventure Sport Management and experience in the public and private sectors, he has a lot to share with the young people on the course.

Not only will Tommy be coaching the practical activities but as a qualified teacher he will be hosting classroom sessions at Newman College to really bolster your knowledge.

"I have a great passion for the outdoors and get great satisfaction from being able to share my knowledge helping to develop the next generation of practitioners!" - TB





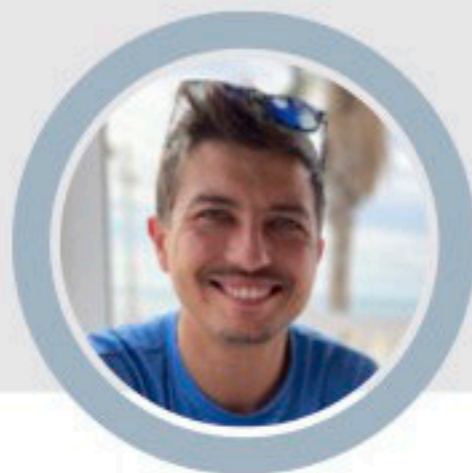
SPORTS COACH

Jack Shead

From a background of watersports, Jack has gained his experience on sunny beaches around the world and has brought his expertise to Brighton and leads the instructor team at Lagoon Watersports.

Jack also trains the first aid courses and paddleboard instructor courses and will be a part of their journey the whole 2 years.

"I have gained so much from teaching and working in watersports and even developed my own interests through that. I now not only love the outdoors for the sports but also for the adventure!" - JS



SPORTS COACH

Nathan Cozens

Being one of our strongest athletes, Nathan likes to push himself physically to maximise his own performance specialising in biking, paddle boarding and windsurfing.

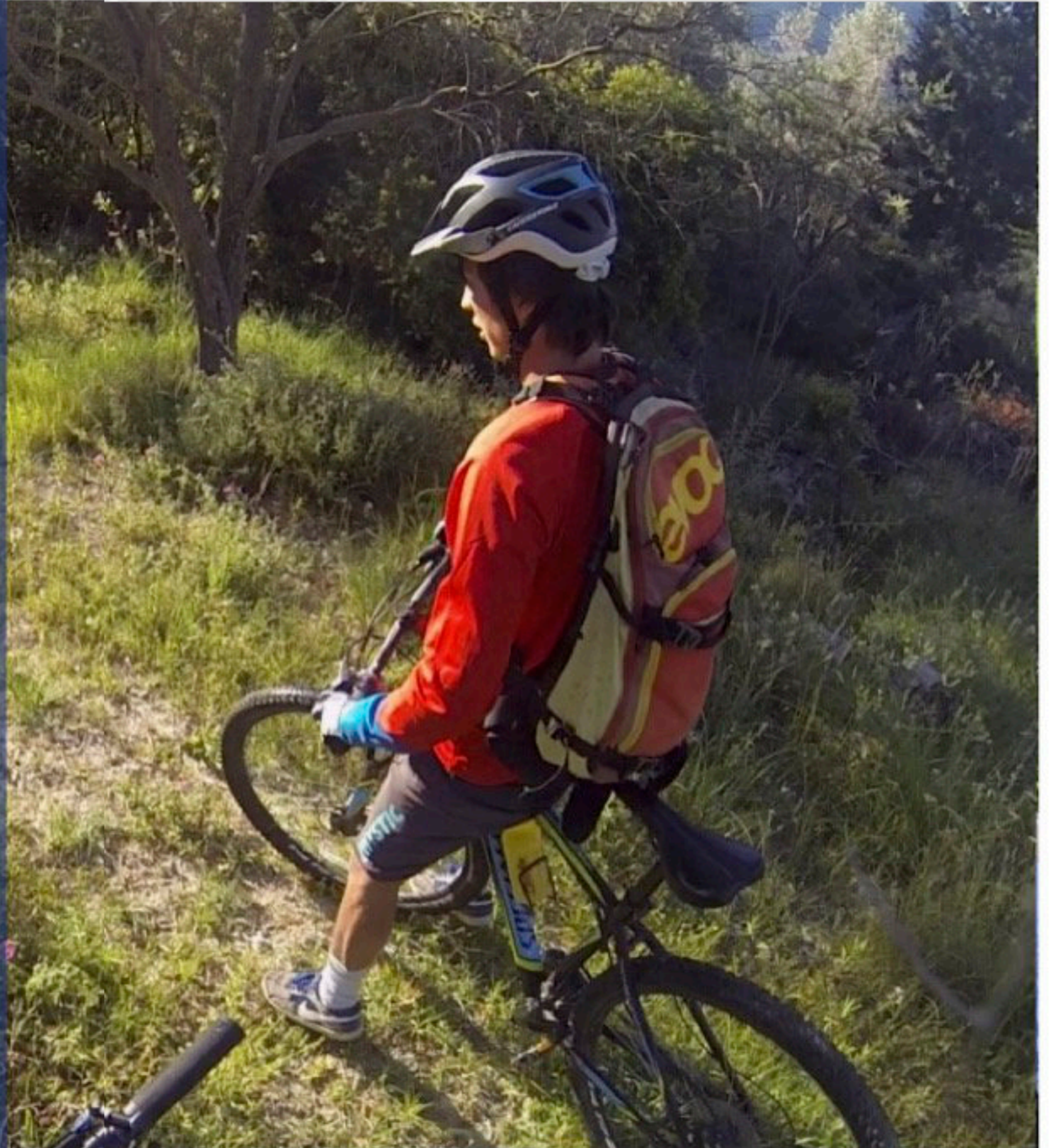
He has in depth technical knowledge and likes nothing more than to talk about it!

"I love the thrill of being outside in all elements. The sports in my life have allowed me to travel around the world and I'm lucky to be based in Brighton and able to share my passion with those just starting out on their journey!" - NC





THE ACTIVITIES



WAKE BOARD

Autumn and Summer Term

Wakeboarding is where riders are pulled on a wakeboard by an overhead cable system instead of a boat. The cable system, supported by towers, moves at a constant speed, allowing riders to perform tricks and manoeuvres as you're pulled across the water's surface. It's an immediate thrill and great for those who love quick reactive sports! We also have ramps and sliders for added excitement!

Governing Body:
British Waterski and Wakeboard, (BWSW)

Possible Qualifications:

- BWSW Operator
- BWSW Coach



WIND SURF

Autumn and Summer Term

Windsurfing is an exhilarating sport where riders stand on a board with an attached sail and use the wind's force to propel themselves across the water. It's a dynamic sport that requires a combination of balance, strength, and agility making it a versatile and thrilling activity for both beginners and experienced riders. It offers the freedom to ride the waves and harness the power of the wind, creating a unique connection between the rider and the elements.

Governing Body:
Royal Yachting Association (RYA)

Possible Qualifications:

- Intermediate Windsurf
- Windsurf Instructor



SAIL

Autumn and Summer Term

Embark on a thrilling adventure with dinghy sailing! Dinghy sailing offers a unique experience characterised by agility, simplicity, and the joy of harnessing the wind. Take control steering with a tiller, feel the rush as you adjust sails, and master the art of weight shifting for precise manoeuvring. Unlock the freedom to explore various bodies of water. Join the community of passionate sailors, learn essential skills, and let the winds guide you to unforgettable moments.

Governing Body:
RYA

Possible Qualifications:

- Dinghy Level 1, 2 and 3
- Dinghy Instructor



PADDLE

Autumn and Summer Term

SUP can be enjoyed in various settings, including calm flatwater, rivers with gentle currents, and even in ocean waves for those seeking a more challenging experience. It enhances core strength, balance, and cardiovascular fitness. Additionally, stand-up paddleboarding offers a unique perspective, allowing you to enjoy nature and scenery from a standing position on the water.

British Stand Up Paddle Association (BSUPA)

Possible Qualifications:

- Ready to Ride
- Level 1 Instructor

CLIMB

Spring Term

Climbing is a challenging and adventurous sport that involves ascending natural rock formations or man-made climbing walls. You will use a combination of technique and mental strength to make your way upward. It also tests problem-solving skills as you navigate routes or "problems." Climbing offers a sense of accomplishment as individuals push their limits, conquer fears, and reach new heights, making it a deeply satisfying and rewarding activity for everybody.

Governing Body:
Mountain Training

Possible Qualifications:

- Climbing Wall Award
- Climbing Wall Instructor



MOUNTAIN BIKE

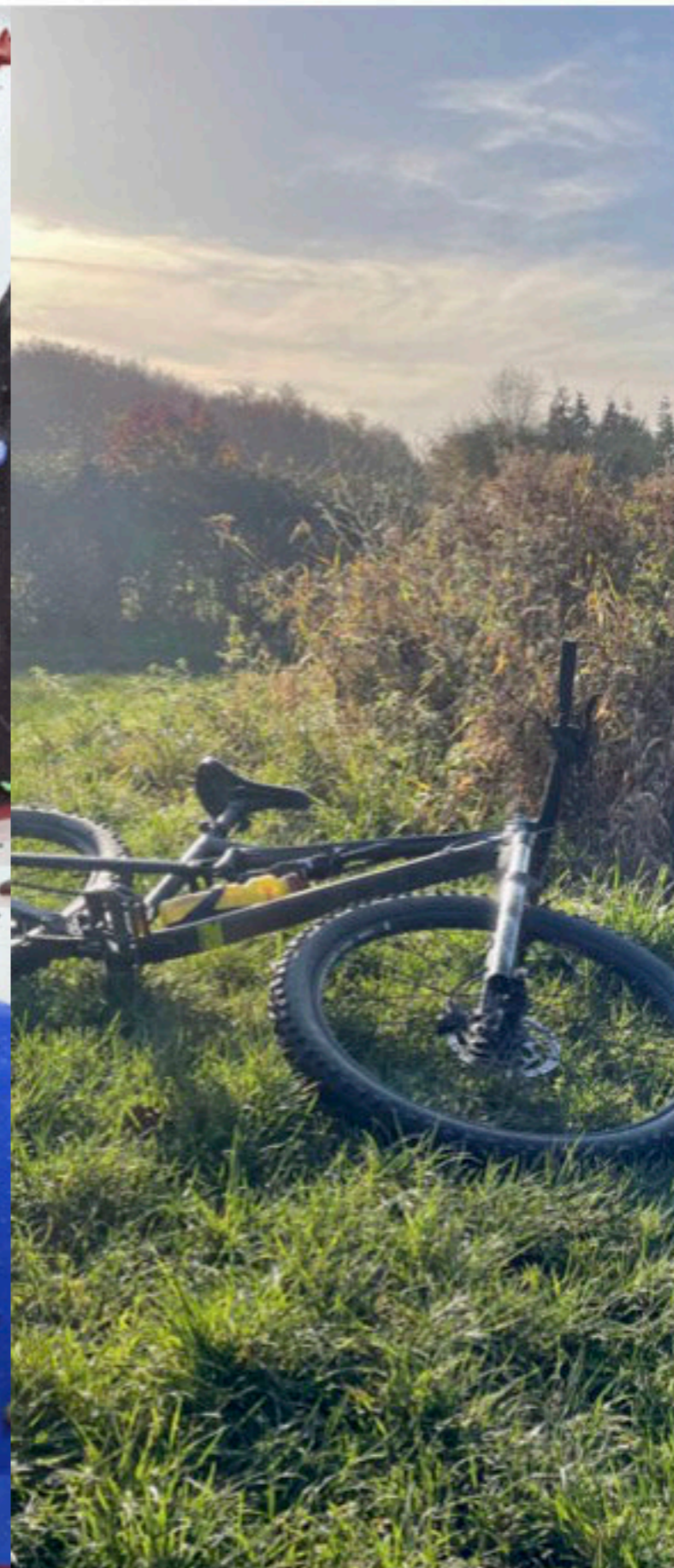
Spring Term

Mountain biking is an adventurous outdoor sport where you will use specialist bikes to navigate rough terrain, trails and hills. It offers a thrilling mix of endurance, skill, and the opportunity to explore nature, making it ideal for those seeking adventure and exercise in the great outdoors.

Governing Body:
**Mountain Bike Instructors
Award Scheme (MIAS)**

Possible Qualifications:

- Gears 1, 2, and 3
- Mountain Bike Leader



NAVIGATION

Spring Term

Being able to navigate in the hills and mountains allows you to experience the beauty and rugged scenery of mountains and wild areas safely. Learning basic and advanced navigation skills learners will be equipped to plan, deliver and reflect on their own routes in the hills and mountains.

Governing Body:
Mountain Training

Possible Qualifications:

- **Expedition Skills**
- **Hill and Mountain Skills**
- **Lowland Leader +**



EXPEDITION

Spring Term

You can't beat a well planned expedition. As part of the course students have to undertake an expedition. They will have the opportunity to plan and deliver their own exped, giving them the chance to explore some of the more rugged and beautiful areas of the country.

Governing Body:
Mountain Training

Possible Qualifications:

- **Expedition Skills**
- **Hill and Mountain Skills**
- **Lowland Leader +**



AND SO MUCH MORE!

POWERBOATING

WINGFOILING

CABLE FOIL

RAFT BUILD

KAYAKING

SUP TOURING

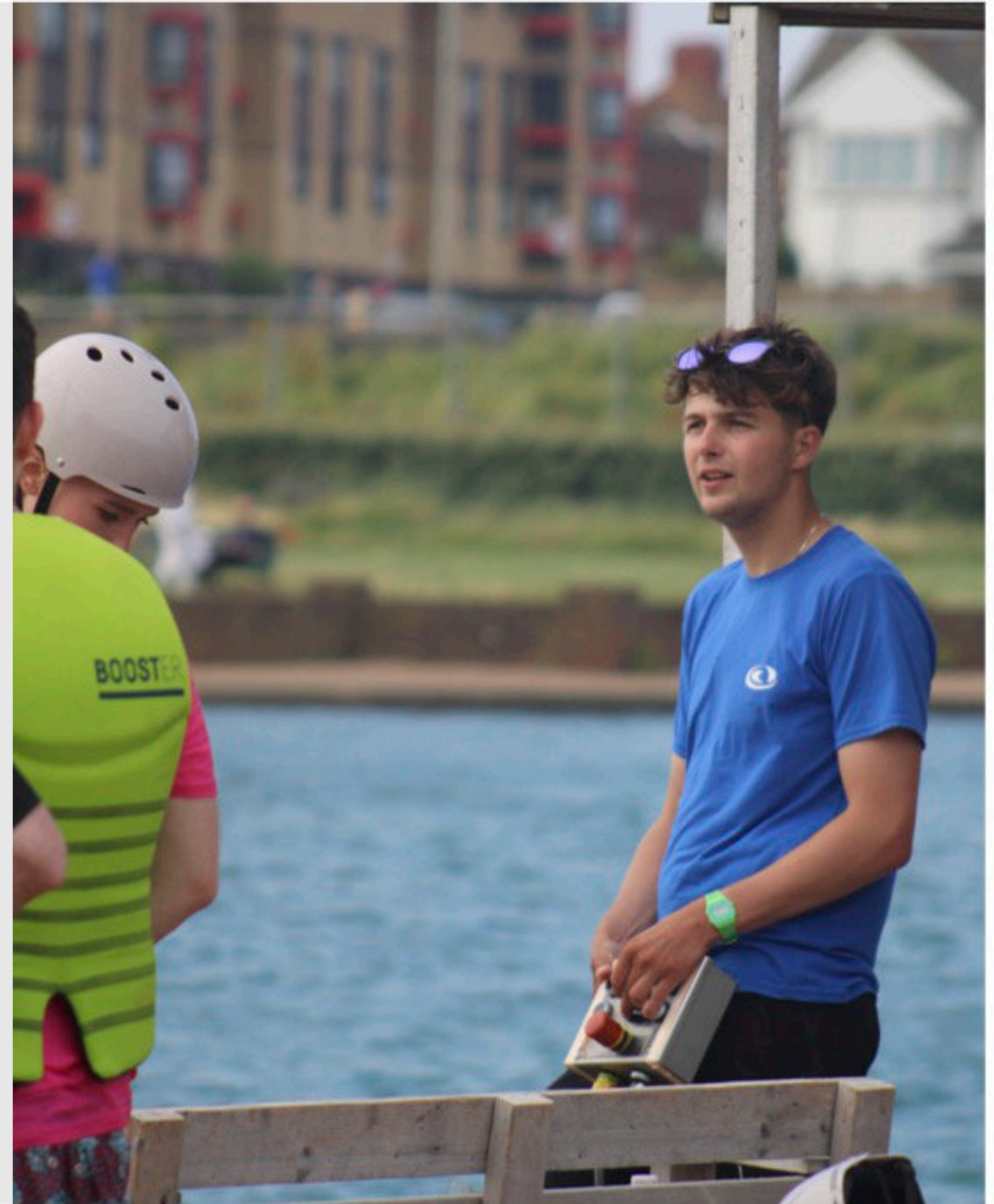
CAMP COOKING AND SKILLS

FIRST AID

GUIDING

COACHING

SUSTAINABLE PRACTISES



AFTER THE COURSE

Here are some of the students who have completed the course so you can see some possible options to go onto!

SACHA

Since finishing the Sports and Outdoor Activities course I worked a season doing land sports for an outdoor company called Trekco. Here we ran climbing courses, walking trips with navigation and took groups to the Peak District, Lake District and I also went to the Alps to hone my skills! Currently, I am just saving up ahead of going to university to study Outdoor Education or Adventure sports coaching either in Plymouth or Fort Williams in Scotland (both have amazing outdoors close by). Alongside this I am looking at becoming a trainer for the Duke of Edinburgh award, a mountain leader and completing my rock climbing instructor.



ASHA

"After I finished the BTEC course I spent a summer season working in Greece teaching windsurfing for an active holidays company and then used that experience to gain my dinghy and senior instructor qualification through Lagoon Watersports again. I then decided to explore some options gearing more towards yachting so completed a super yacht deckhand course. On this course I met a captain who offered me a job, not because of this deckhand course but because of my watersports experience and background. This job took me to Palma, Mallorca where we set off from where I spent the summer sailing the Mediterranean on a 50ft luxury sailing yacht. I explored 8 different countries, covered over 5000 sea miles and had the most incredible time. I am now based in the south of France on a bigger 145ft boat until I come home to gain my yacht master offshore qualification in order to skipper my own yacht next year!"



THE PATHWAY

YEAR ONE

MODULES

Careers in sports and activities Leisure Industry

Learners will develop an understanding of the skills, knowledge and behaviours needed for careers in the sport and active leisure industry.

Health, Wellbeing and Sport

Learners will explore the importance of physical activity and wellbeing for different types of participants and suggest ways to improve their physical and mental health status.

Personal Skills Development in Outdoor Activities

Learners will develop knowledge and understanding of the outdoor sector and participate in activities in the outdoors. Developing practical skills and techniques required to work in the outdoors.

Applied Leadership and Instructing in Outdoor Activity

Learners develop skills to work in the outdoor sector as an outdoor activity instructor and deliver an outdoor activity session to a group of participants.

Health and Safety Factors in Outdoor Learning

Learners develop an understanding of the safety procedures and legal factors involved in health and safety in outdoor activities.

Outdoor Activity Provision

Learners develop the knowledge and skills needed to use equipment and facilities to partake in fun and safe outdoor activities.



THE PATHWAY

YEAR ONE

AUTUMN PRACTICAL

This is the real introduction to the world of water! In this term you will gain experience in all the watersports we do on the course and lead you through your learning courses and introduce the concepts of being a good coach.

SPRING PRACTICAL

In this term we stay (relatively) dry and move to the land sports! We will rotate through the term through different climbing disciplines, mountain biking, navigation and you will start getting to grips of how to guide a group.

SUMMER PRACTICAL

Through this term we really harness your practical skills to get you ready and capable to apply your skills to real students in a workplace, ready for your work experience which can often lead to **paid summer employment!**

EXTRA QUALIFICATIONS

- RYA Powerboat Level 2
- RYA First Aid
- BSUPA Level 1 Paddleboard Instructor
- BWSW Wakeboard Cable Driver
- RYA Assistant Windsurf Instructor
- RYA Assistant Dinghy Sailing Instructor

THE PATHWAY

YEAR TWO

MODULES

Research Project in Sport

Learners propose and undertake research within a sport context.

Sports Tourism

Learners will investigate the characteristics and economic, social and environmental impact of sports tourism and apply this to the planning and presentation of a sports tourism enterprise.

Expedition Experience

Learners plan, participate in and reflect on outdoor activity expeditions.

Self Employment In Sport and Physical Activity

Learners will develop knowledge and understanding of self-employment and apply this to develop a self-employment strategy within the context of the sport industry.

Organising events in Sport and Physical Activity

Learners will explore key opportunities and requirements associated with organising sports and fitness events, produce their own promotional materials and plan and deliver a sports event.

Impacts and Sustainability of Outdoor Activities

Learners will study the factors affecting use of the environment for outdoor activities and carry out an environmental sustainability project.



THE PATHWAY

YEAR TWO

AUTUMN PRACTICAL

We reflect on learners work experience and develop skills as being reflective practitioners, whilst continuing to develop both personal and professional skills on the water. Learners often use this time to hone skills and refine what they have learnt during year 1.

SPRING PRACTICAL

During the second year we continue to develop the land based personal and professional skills in order to guide students towards any land based qualifications they may wish to take. By choosing to opt into land based qualifications, learners widen their opportunities for employment in the future.

SUMMER PRACTICAL

This term we consolidate any learning and refine skills to ready the students for some of the instructor qualifications they may take. This is often time for windsurf, wing and dinghy instructor qualifications to take place.

EXTRA QUALIFICATIONS

- BWSW Cable Wake Coach
- RYA Windsurf Instructor
- RYA Dinghy Instructor
- MT Climbing Wall Instructor
- MIAS Mountain Bike Guide

QUESTIONS?

HOW DO I SIGN UP?

Go to the Newman website: newmancollege.co.uk

DO YOU HAVE ANY OPEN DAYS?

Absolutely, check out our website for upcoming dates, Newman College also have one.

WHAT ARE THE MINIMUM REQUIREMENTS?

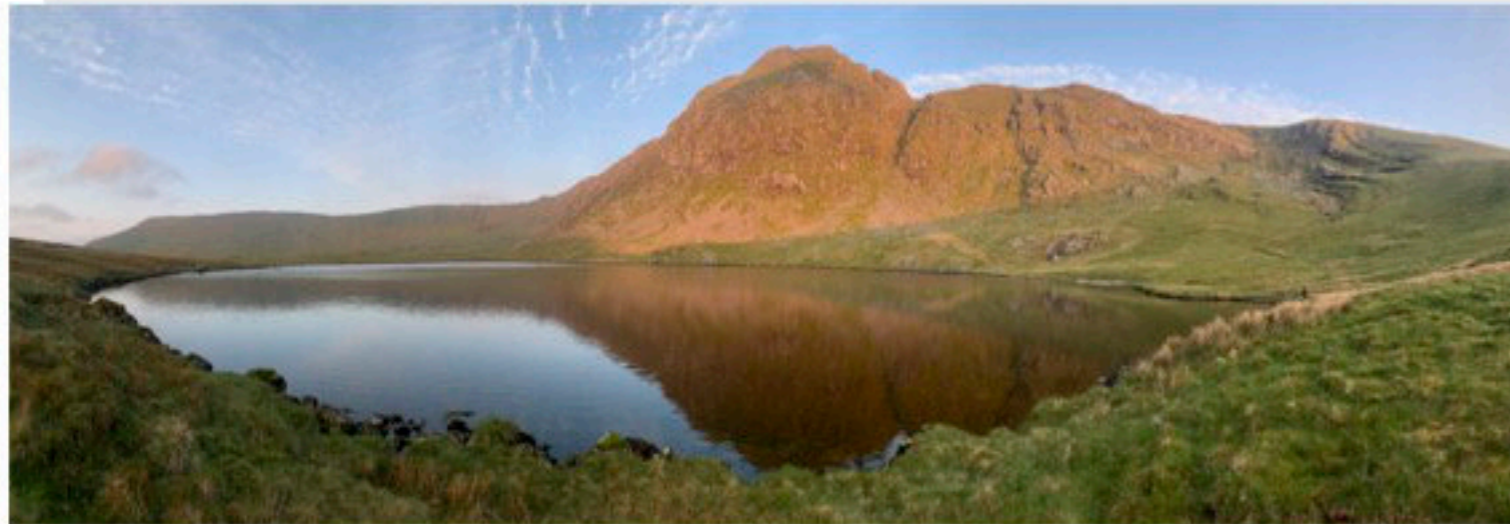
The entry requirements for any of Newman College's course are 5, 5s' at GCSE, including English and Maths.

WHAT IF I DON'T HAVE ANY PRACTICAL EXPERIENCE?

Don't worry many of the students joining us haven't done these activities before. We take learning from the beginning and progress people as they develop.

WHAT IF I ALREADY HAVE EXPERIENCE?

Some of our students have experience in one activity or another, we can easily differentiate on the water and if students are ready to take qualifications sooner, we can organise with them to take qualifications sooner.



RESOURCES

SEE THE VIDEO

Our promotional video for the course.



MEET THE STUDENTS IN YEAR 1

Video on their thoughts during the course.



MEET THE STUDENTS IN YEAR 2

Video on their thoughts after the course.



NEWMAN WEBSITE

For applications, prospectus and information.



LAGOON WATERSPORTS

For more information about Lagoon Watersports.



