



ThinkMORE. LearnMORE. BeMORE.

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WELCOME

TO OUR SPORTS, MILITARY PREPARATION AND
PUBLIC SERVICES PROGRAMMES

Enrolling on one of our Public / Military Services programmes is the first step to an exciting career in a range of front line services, so crucial to our modern society. The College works in close collaboration with Police, Fire and Ambulance services together with the Army, RAF and Navy through our Services Academy, who host a range of activities through our programmes. “

Join us and make a difference.

Pembrokeshire College continues to nurture young sporting talent through its Sports Academies and dedicated programmes under the guidance and direction of highly qualified sports coaches and lecturers. Sporting Academies specialise in Rugby and Football and the Ladies academy covers a range of female sport. Enrolling on a college Sports course ensures that we can realise your potential enabling you to engage in competitive sport and progress to higher learning.

-Paul Robinson
Head of Faculty

This publication is available in Welsh -
Mae'r llyfryn hwn ar gael yn Gymraeg

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SPORTS ACADEMIES

You don't have to be a Sports Diploma student to access the academy, if you have a talent for sport we would like to hear from you.

Our comprehensive programme develops your knowledge of training and skills towards elite performance, and includes:

- Skills and performance development
- Personal fitness programme and testing
- Prevention of sports injury and sports massage
- Sports psychology and physiology
- Diet and nutrition advice
- Development of coaching skills

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SPORTS PROGRAMMES

Do you strive to improve your fitness and receive structured training to develop your sporting talent and knowledge?

Our Sports courses offer an exciting, diverse and practical route for you to succeed in your application to university or to wherever it is you want to be.

Our Sports Academy is designed to offer talented individuals the opportunity to further their sporting prowess alongside their academic studies, an option all students are encouraged to get involved in!

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WHICH LEVEL IS RIGHT FOR ME?

Level 2

If you gain at least three GCSEs at grade D or above (may include one relevant equivalent) to include English Language/First Language Welsh OR Mathematics/Numeracy and satisfactory enhanced DBS check. Successful participation and completion of a practical sports assessment at interview), you may be able to go straight onto a one-year Level 2 course. Although, if you haven't studied sport before, we would always recommend that you start at Level 1 courses.

At Level 2 you will learn a variety of practical skills that will prepare you for employment or further study. Once you have successfully completed your Level 2 programme you will be able to progress on to a Level 3 course where you will gain an in-depth knowledge of your subject.

Level 3

If you gain five GCSEs at grade C or above (may include one relevant equivalent) to include English Language/First Language Welsh OR English Literature and preferably Science and Mathematics/Numeracy you can usually enter directly at Level 3 and follow a two-year programme. Level 3 courses are equivalent to A-levels and can be a progression route to university.

If you think that you may be interested in applying to university you should check their entry criteria to make sure that the chosen course will allow you to progress to the university of your choice.

NB: The entry criteria listed above is a guide only. For up-to-date entry criteria for the course you are interested, please check the website: pembrokeshire.ac.uk

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SPORTS COURSES OVERVIEW

SPORT LEADERSHIP / LEVEL 2

The Level 2 in Sport and Leadership is a great course for individuals looking to pursue a career in the field of sport, public services, health and physical activity related careers. This one year programme investigates the theory of sport, teamwork and leadership and will provide you with essential knowledge surrounding the world of sport, working with others, exercise and physical activity. If you are motivated, outgoing and enjoy exercise, then this is the course for you.

EXTENDED CERTIFICATE IN SPORTS COACHING / LEVEL 3

This course has been designed to allow you to develop the skills required to further pursue a diploma.

Practical activities are an important feature of the course with students coaching and taking part in a range of sports that could include individual and team sports.

The Sports Academies in football, rugby and girls sport will be studied alongside this course, on a Monday, Wednesday and Friday mornings. All sports students will be expected to participate and contribute to one of the sports academies organised by the college. The experience of having additional skill acquisition, analysis of performance and team ethics will further enhance students understanding of group dynamics benefiting them in their future employment.

EXTENDED DIPLOMA IN SPORTS COACHING & DEVELOPMENT / LEVEL 3

This Level 3 course investigates the theory of sport. It will provide you with the knowledge of the world of sport, exercise and physical recreation with emphasis placed on the fitness and coaching aspects. If you are outgoing, enthusiastic, love all sports and enjoy a challenge then this is the course for you.

You will normally complete an Extended Certificate in Sports Coaching in year one. Successful completion will allow you to progress to the Diploma (equivalent to two A-levels) or the Extended Diploma in Sports Coaching and Development (equivalent to three A-levels) in year two. Practical activities are an important feature of the course with students coaching and taking part in a range of sports that could include individual and team sports.

The Sports Academies are a compulsory part for all of these courses.



ON-SITE FACILITIES

You will be learning in high quality facilities such as our CAMPUS6 Gym and Sports Hall.



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OFF-SITE FACILITIES

Sports Academies can access Hari Tudur's 4G rugby pitch and the Caer Elen 4G football field as part of their training sessions.



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SPORTING SUCCESS STORIES

SECURING THEIR DREAM CAREERS, GOALS AND ASPIRATIONS

DARREN BOWEN

During Darren's Btec Science (Sport)ND (1993-95) course he had the opportunity to attend work experience, at Cardigan Leisure Centre and the URDD Centre in Llangrannog. Darren was asked by both businesses to stay on after his work experience.

Darren spent a couple of years as a casual leisure attendant and got his first contracted job when Crymych Leisure Centre opened in 1997. This quickly led in to a promotion to Duty Officer.

After 5 years in the role Darren developed found employment back with the URDD, working as a Sports Development Officer. which covered Pembrokeshire, Ceredigion and Powys, Then, in 2004. I returned to Pembrokeshire Leisure as a Leisure Centre Manager.



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AMY ROTHERO

After completing her course with Distinction* grades (equivalent to three A* grades at A-level), sports student Amy Rothero applied to the WRU to be part of their Rugby Development Apprenticeship Programme.

Amy has now completed her 12-month programme and is busy coaching in the community passing on her passion for sport and helping young people to get active.

Working out in Pembrokeshire primary schools, Amy is promoting rugby at a grassroots level and is also working to promote disability and girls sport.

As part of the development programme, Amy will acquire recognised qualifications including a Level 3 (Certificate and Diploma) in Sports Development and a range of rugby and sport related technical qualifications as well as gaining new skills, knowledge and a wealth of experience.

WALL OF FAME



Adrian Bateman
Scarlets U18s



Alex John
Welsh Shooting Squad



Chloe Hood
GB Weightlifting Team



Danielle Lawrence
Welsh Colleges/Scarlets U18s



Jack Wilson
Welsh Colleges U19's
National Football Team



Ben Fawcett
Welsh Colleges U19's
National Football Team

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Ioan Croft

Three Nations Boxing Champion



Rhys Davies

INAS Cyber World Champion



Ollie Wheeler

Wales U21s Hockey



Sarah Lawrence

Scarlets U18s

WALL OF FAME

Sponsored by



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ABOUT OUR SCHOLARSHIPS



A REPUTATION FOR PRODUCING ELITE ATHLETES

Sports Scholarships are supported by Pembrokeshire College and are given to full-time students, studying at the College, irrespective of their course of study. Scholarships will be awarded to both female and male students.

The aim of the award, presented for the student's duration of study, is to support students who participate in their sport at a recognised level.

The scholarship will be awarded in recognition of the following:

- The level at which the student is competing (regional, national or international).
- The student's commitment to training and improved performance.
- The student's commitment to and performance on their learning programme (LAP) as determined by attendance, completion and attainment.

This will be monitored throughout the academic year and the scholarship will terminate at the end of the academic year.

The bursary will be used towards the costs of training or competing in their sport and will be released after scheduled reviews are completed.

Payment will occur at the end of each term.

Specific criteria will be agreed at the review and targets will be set which will then reflect the level of the reward of the bursary at subsequent reviews. The criteria will focus on sports and academic performance.

Non completion of the course/non-attendance of exams will prevent the final award being made.

The recipients of the awards are decided upon by the Sports Scholarship panel made up of: Faculty Head of Sports, Curriculum Area Manager for Sports, Section Lead for Sports and the Head of Marketing.

Applicants may apply year after year, irrespective of success on previous occasions, as long as they meet the required criteria. Re-application will be required if studying on a two-year programme.

Suitability for the award will be evaluated by the Sports Scholarship panel in terms of:-

- Continued effective engagement with academic study
- Results in selected competitions and championships
- National rating
- Personal conduct
- Financial need
- Sports Scholarship guidelines being effectively met

Scholars may be required to provide verbal or written evidence in justification of their continued support.

The College therefore expects the student to remain competing throughout the duration of the award and promote the College in a positive light at all times when training or competing. The awarded student will also need to evidence continued effective engagement with their academic work.

SPORTS SCHOLARSHIP AWARD CRITERIA

1. To qualify for the award, the applicant must have participated in their sport at a recognised level.
2. Application forms will be available from October of each preceding year. The deadline for submission of a scholarship application and all supporting information is the **25 October** for the year of study.
3. The Faculty Head and Curriculum Area Manager will shortlist the applications for interview.
4. The Sports Scholarship Panel shall consist of the Faculty Head of Sports, Curriculum Area Manager for Sports, Section Lead for Sports and Head of Marketing.
5. The Section Lead shall administer the day-to-day operation of the awards.
6. Each successful candidate will receive the benefits indicated in the Scholar Benefits table as defined by the amount of their award.
7. The Award must be used for goods, travel and services associated with training, coaching and competition for the chosen sport.
8. Each student will meet with the Curriculum Area Manager and Section Lead to monitor the individual's academic and sporting progress and their future goals. Failure to attend meetings or agreed events may result in the withdrawal of the Scholarship.
9. Each student must represent Pembrokeshire College in College Wales competitions, as part of a team or individual, and be willing to represent Pembrokeshire College (if selected), and attend trials (if appropriate), for national selection in student events.
10. The student will be expected to display a high standard of conduct within the College and maintain the same academic standards required for all students at the College and will be subject to the normal Pembrokeshire College regulations.
11. Students will be expected to join the College's Academy for training and playing matches (if applicable).
12. The student will be required to participate in appropriate publicity and marketing ventures as determined by the Head of Faculty.
13. The Sports Scholarship Award Panel is empowered to withhold the Scholarship should any of the guidelines not be met.
14. In cases where the Scholar feels aggrieved over any matter relating to the Scholarship Award and the matter cannot be resolved in discussion with the Head of Faculty; an appeal should be made in writing, addressed to the Deputy Principal.

To access our Scholarship application form simply email
admissions@pembrokeshire.ac.uk

WHAT CAN YOU DO NEXT?

- GYM INSTRUCTOR
- NUTRITIONIST
- OUTDOOR ADVENTURE INSTRUCTOR
- PERFORMANCE ANALYST
- PERSONAL TRAINER
- PE TEACHER
- SPORTS COACH
- SPORTS CONDITIONING THERAPIST
- SPORTS DEVELOPMENT OFFICER
- SPORTS SCIENTIST

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MEET THE SPORTS TEAM

Our industry experienced teaching team are here to help you succeed



Suzanne Thomas
Curriculum Area Manger



Adrian Bateman
Section Lead/Lecturer



Andrew Thomas
Lecturer/Senior Academy Coach

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Charlotte Calladine
Lecturer/Senior Academy Coach



Clair Owen
Lecturer



Lee Gibbons
Lecturer



Lloyd Phillips
Lecturer/Senior Academy Coach



Steve Briers
Senior Academies Coach



Carrie Slack
Academies Coach

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MILITARY PREPARATION & PUBLIC SERVICE COURSES OVERVIEW

MILITARY PREPARATION / LEVEL 1 AND 2

This course is suitable for young people wishing to pursue a career in the British Armed Forces. The course engages young people in learning and gives them the skills to progress to the Armed Forces or further their formal qualifications at Level 1 or Level 2.

As part of this course we will begin to build your fitness levels, your confidence, personal administration, self-discipline and work on your team building and communication skills.

CERTIFICATE IN PREPARING FOR MILITARY/PUBLIC SERVICES/ LEVEL 2

With a vast number of careers available in both the British Armed Forces and the uniformed services this course is designed to give you a better understanding of the public service areas. The course is a combination of practical work and theory allowing you to gain an insight into the skills and qualities required in a range of public services including the Armed Forces, Police, Fire, Ambulance, Prison Service, Armed Forces and HM Revenue & Customs.

As well as health, fitness and leadership skills, there will be an opportunity to explore career options and produce an action plan to achieve your selected goal whether this is directly into work or onto further study at a higher level.

EXTENDED CERTIFICATE / DIPLOMA IN PUBLIC SERVICES LEVEL 3

The uniformed services offer a diverse and exciting range of career opportunities. If you are outgoing, enthusiastic, have a keen interest in uniformed services, and you enjoy a challenge then this is the course for you.

As part of this course you will investigate the nature of the uniformed services as well as gaining a sound understanding of their role within society. Emphasis is placed on your own personal development exploring the role of fitness and teamwork within the practical units including outdoor activities and expedition skills.

You will normally complete an Extended Certificate in Uniform Protective Services in year one. Successful completion will allow you to progress to the Diploma (equivalent to two A-levels) or the Extended Diploma (equivalent to three A-levels) in year two.

The Sports and Services Academies are a compulsory part for all of these courses

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SERVICES ACADEMY

The Academy is aimed at anyone looking to pursue a career with the emergency services or with the military and is open to all College learners. The Academy runs each Wednesday and will help you to build the skills needed for your chosen career.

Contact our Admissions team to find out more ;
admissions@pembrokeshire.ac.uk



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EXCELLENT LINKS

We work alongside many key sector organisations to ensure our students gain the skills needed ready for their chosen industry. Guest speakers, career events and team building workshops are an essential part of our learners programme.

- The Welsh Guards
- The Royal Navy
- The Royal Air Force
- The Royal Engineers
- Household Cavalry
- 1st The Queen's Dragoon Guards
- The Household Cavalry
- Royal Corps of Signals
- Royal Artillery
- Royal Logistics Corps
- Royal Army Medical Corps
- The Adjutant General's Corps
- Royal Electrical and Mechanical Engineers

"We are already seeing a massive inflow into the ROYAL WELSH from your course, so the more we can do to support you the better for us! "

- Captain Sam Large

(former Regimental Adjutant 1 Royal Welsh)



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MEET THE SERVICES TEAM

Our industry experienced teaching team are here to help you succeed



Steve Quinton
Senior Lecturer



Andrea Hughes
Lecturer



Andrew Desborough
Lecturer



Ben Coates
Lecturer / Academy Coach

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SERVICES SUCCESS STORY

SECURING THEIR DREAM CAREERS, GOALS AND ASPIRATIONS



Danielle Thomas

After completing her Military Preparation course in July 2010 Danielle joined the Adjutant Generals Corps (AGC) as a Combat HR Specialist.

She served her first posting in Munster Germany and was then posted to Brawdy in Pembrokeshire.

Danielle says;
If it wasn't for the prep course I would never have been fit enough to pass selection. Fitness was my biggest downfall. Also the option to do key skills during the course meant I didn't have to do them in basic training so a big positive there.

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WHERE ARE THEY NOW?



Luke Dyer
1st Battalion The Royal Welsh



Fusilier Ryan Absalom
1st Battalion The Royal Welsh



Fusilier Calon Matthew
1st Battalion The Royal Welsh



Jennie Collins
Royal Air Force



Lance Corporal Barry Evans
1st Battalion The Royal Welsh



Lance Corporal Alex Hilmer-Hills
1st Battalion The Royal Welsh

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Fusilier Lee Hilmer-Hills
1st Battalion The Royal Welsh



Corporal Tasha Craven
Royal Electrical and Mechanical Engineers



**Lance Corporal
Charlene Bevilacqua Jenkins**
Royal Army Medical Corps



Gunner Becky Roberts
Royal Artillery



Corporal Abbie Marie Slater
Royal Army Medical Corps



Conor Murray
2nd Battalion The Parachute Regiment

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WHAT CAN YOU DO NEXT?

- ARMED SERVICES
- CIVIL SERVICE
- COAST GUARD
- CUSTOMS AND EXCISE
- EMERGENCY PLANNING
- FIRE SERVICE
- IMMIGRATION
- LOCAL GOVERNMENT
- PARAMEDIC
- POLICE SERVICE
- SECURITY

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www.pembrokeshire.ac.uk
01437 753 108 | admissions@pembrokeshire.ac.uk