

Q1) What is the Apprenticeship?

A1) The Fit For Sport Activity Leadership Apprenticeship programme is a great opportunity for people with the passion and enthusiasm to work within an Activity environment to a wide range of age groups. The programme equips the learner with the skills, knowledge and most importantly the confidence to **plan, deliver and review a safe, progressive and fun** activity.

Q2) What does it involve?

A2) The Apprenticeship combines a pathway of working and learning. This means that you will be based at your workplace as a normal employee, performing regular workplace duties relevant to your Job Description. The learning element also takes place within your workplace, working through competence based portfolios and engaging in interactive workshops and practical training sessions

Q3) What qualifications do I get?

A3) The Apprenticeship programme combines a whole range of qualifications, including:

- L2 NVQ in Activity Leadership
- L2 Award in Leading Health Related Activity Sessions
- L2 Award in Employment Awareness in Active Leisure

Q4) How long does the Apprenticeship last?

A4) The Apprenticeship programme typically last between 12 -18 months but this depends on how motivated you are! 12 months is an adequate amount of time to complete all of the qualifications and develop strong competencies in and around your workplace

Q5) What happens after the Apprenticeship?

A5) Once you have completed your Apprenticeship it is ultimately down to your employer what your next step is. It is important to understand that there is never a 'guarantee' of continued employment after you finish the Apprenticeship, however, your employer will look VERY favourably on you if you approach your apprenticeship with enthusiasm, professionalism and a high motivation to succeed!

Q6) Do I have to go to College?

A6) No. Fit For Sport and Lifetime deliver all of your training at your workplace so that there is no need to attend any training workshops at a local college. Although there is a requirement for you to attend a weekend delivery for the technical qualification within the framework.

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Q7) What does the training involve & do I get homework?

A7) The Apprenticeship training is centred on your workplace so the training is specific to your job role. Fit For Sport/Lifetime deliver a combination of group practical and theory based workshops at the beginning of your Apprenticeship to give you the tools, knowledge and confidence to perform your job role. Fit For Sport/Lifetime will then see you on a 1-to-1 basis every 6-8 weeks to assess your competency in your workplace and hold review sessions to ensure that you are on-track. There is no formal homework but there will be simple assignments that you may be asked to complete in reference to your job role

Q8) What support do I get and what do I do if I'm not enjoying the programme?

A8) As an Apprentice you will be central to a strong support network, made up of your employer (Fit For Sport) and Lifetime. You will be allocated a Line Manager and a Mentor within your workplace as well as receiving monthly support from your Lifetime allocated Assessor

If you find that you are not enjoying your Apprenticeship then the important thing is to talk to your workplace manager or your Lifetime Assessor. These people will be able to help you out with anything regarding your Apprenticeship

Q9) Is this different to a 'real' job?

A9) No. As part of your Apprenticeship you are a formal employee of the organisation you are working for with the same employment rights and expectations as every other member of staff. The only difference is that you are enrolled onto a multi-qualification training programme at the same time that will provide you with industry recognised qualifications specific to the demands of your job role

Q10) What's the catch?

A10) There is no catch! The training doesn't cost you anything and is part of your employment job role. Rather than there being a catch, there are expectations from Fit For Sport to approach the programme with a high level of motivation and commitment. An Apprenticeship programme is a big investment from your employer and Training Provider so you are expected to match that commitment by representing yourself, your employer and approach your continued professional development in a professional and enthusiastic way

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