

# MINI GUIDE

**Sport & Fitness**

**Take your first step.**





## Master the skills to embark on a rewarding career in a fast paced, international industry.

Pursue your passion and begin an enjoyable, rewarding varied career by studying a sport and fitness course at Dumfries and Galloway college.

We offer a multitude of different courses from Pathway to Sport, Fitness and Health to Coaching and Developing Sport.

**Start your journey today.**

**Our MISSION is to support the individual, social and economic development of the people, communities and businesses of Dumfries and Galloway by providing inclusive, accessible and relevant vocational and other learning opportunities in a positive and supportive environment.**

**Joanna Campbell** - Principal & CEO



**Gain the skills** you  
need to take you  
where you want  
to go.

Whether you  
want to:

**build your future**

**change your career**

**learn something new**

We will provide you with the **tools to excel** with a **real skill-based route** into the **workplace or a positive destination** onto **further education**.



# Ways you can study with DGC ↓



## College Academy

Start your journey from school and you can shorten your education journey and potentially start full-time employment sooner in your chosen career pathway.



## Study options to suit everyone

From full-time, part-time or over just a few days, choose your course and way to study.



## Study locally

helping you save on associated study costs such as travel, accomodation and more.



## Earn qualifications

at every stage of study, building your path to success.










## Access routes

to university and further your options with support at every step.

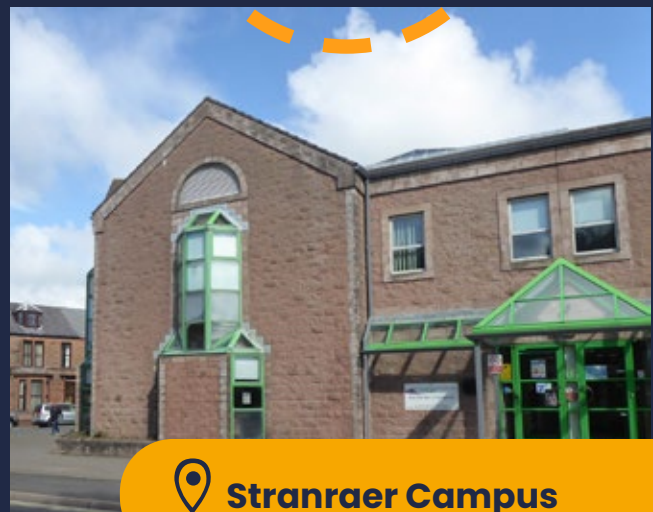


# College services and support ↓

As a student you have a number of services and facilities available to support and help you throughout your course at our campuses\*

-  **Library resources**
-  **Student support**
-  **Learning zones**
-  **Coffee and snack areas**
-  **Shop and canteen**
-  **Gym**
-  **Training workshops**
-  **Training Restaurant**
-  **Green Energy Centre & STEM Hub**
-  **Digital Care Hub**

\* Please note: gym, canteen, shop, green energy centre and digital care hub are exclusive to Dumfries campus.



From **student advisors** to **funding teams**, our aim is to provide you with a quality service so that you will have a **range of skills, support and the knowledge** required to successfully complete your course.

 **For further info on all our student services, check out our portal**

# **Sport and Fitness is an exciting and ever-expanding industry with a wide range of careers available.**

The sports and fitness industry has the ability to change people's lives, both physically and mentally.

By being able to understand the nutritional and physical needs of the body, sports instructors, physiotherapists, and coaches can often give advice on how to help and prevent injuries.

In addition to the obvious benefits, the satisfaction from watching someone learn a new sport, discover something they love to do and the social aspects of working in a team makes the industry a rewarding place to be.



# Did you know ↓

Studying Sport and Fitness will equip you with the skills to work in various environments all around the world. From working in a local gym to coaching an international football team, the career possibilities are endless. Studying will give you the skills, knowledge and experience you need to make you an attractive candidate in whatever career path you choose.

## Study with us to enjoy:



### Access to world class learning facilities

Our professional Workout gym and sports hall will allow you to develop your skills in an industry-recognised environment – benefit from using the latest equipment to assist you in your studies.



### Support from highly-trained staff

Our lecturing sport and fitness staff share a breadth of experience; they will help you to learn the academic theory and practical skills to get one step ahead.



### A route to a viable career

By studying sport and fitness, you have the opportunity to go down various routes to pursue the career of your dreams. Whether your passion is in teaching, coaching or physiotherapy, studying here will give you a great foundation to build your career upon.



### An opportunity to become your own boss

Many sport and fitness graduates will eventually go on to start their own business such as taking exercise classes or becoming a personal trainer. Begin a career in an industry that has flexibility and freedom to fit around your lifestyle.



### Access to great talent

The sports industry draws some remarkable talent, whether it be in the community football match or the world cup, talent flows through the industry from top to bottom. Working in the industry will give you first-hand experience in developing and seeing incredible talent throughout your career.

# Where sport and fitness could take you ↓

## Career Options

As 95% of our students go onto positive destinations\*, a qualification could lead to the following careers:

### Physiotherapist Assistant

help patients recover and improve movements. Work with Physiotherapists and help provide patients with care, help with writing up reports and setting up equipment. Physiotherapist Assistants are the link between the patient and the physical therapist and can work with patients through exercises and prepare them for therapy.



### Sports Coaches

Teach sports skills to groups and teams. Sport coaches can teach across all sporting areas including working with local authorities, school groups and sports teams. Sport coaches design, plan, and execute training plans and training sessions giving clients confidence to improve their skills.



### Leisure Centre Manager

Run sports and leisure centres. They will support and manage staff members providing them with training and organising staff rotas. Covering a broad range of areas, they will control budgets, market events, and arrange the leisure activity timetable.



\*Information taken from our Student Satisfaction and Leavers Destinations Survey 2022-23



*The above is just a small section of the many careers available in the industry. Salaries can vary greatly, ranging from £17,000 to £30,000 + depending on what's required in the role.*



## Onward Study

A qualification could lead you to some of the following possible degree options:

- Degree in Sport and Exercise Science
- Degree in Sport Performance and Coaching
- Degree in Sport and Physical Activity

If you are thinking about progressing to onward study, check with your chosen university for requirements before applying with UCAS.

Each place will have specific entry criteria and availability.



*+ ✨  
To qualify for Team GB as many times as he has is a testament to his ability and dedication to his sport.*

***Principal Joanna Campbell** – Highlighting the hardwork of HND student Liam Stenton, who has qualified again for the GB Ice Hockey team. This will be Liam's 3rd time representing his country at the world championships.*




# Get a step ahead. choose your course ↓

We provide a first-class further and higher education, offering a large range of courses and qualifications available for students at any life stage that are delivered by teaching and support staff who genuinely care about what they do.

We have a route to suit every level and mode of study, allowing you to build your future, to change your career, or prepare for a better tomorrow, helping you get one step ahead.

If you are unsure of which course is best to apply for, or how to apply – don't forget we have a very knowledgeable and helpful Admissions team here at the college ready to help you.



**Check out all  
our courses  
here!**

➤ [admissions@dumgal.ac.uk](mailto:admissions@dumgal.ac.uk)



+ ✨  
// *Don't wait for the right opportunity. **Create it.***  
George Bernard Shaw ✨ //  
✘

# Quick guide to applying ↓

## 1. Search for your course

Search our courses at [www.dumgal.ac.uk](http://www.dumgal.ac.uk) or click the link.

## 2. Apply online

Once you find the course that's right for you, hit the apply now button. Courses will fill up fast.



Our full-time courses start in August.

Check online for start dates for other courses or study at a time that suits you with open learning.

If you need help applying, you can check out our handy 'how to apply' page [here](#)



**Dumfries and  
Galloway College**

One step ahead



Bankend Road, Dumfries, DG1 4FD

