



## Fitness Coach Mentor Traineeship Programme

Delivered in Partnership between Combat Academy for Sport Ltd  
and Creative Sport & Leisure Ltd



### Overview

This 16 week traineeship programme is designed for young people who are enthusiastic, professional and wanting to pursue a career in the sport and fitness industry. On the programme you will gain valuable work experience with Combat Academy, developing your coaching skills along with understanding techniques across a variety of sports. In addition to this, you will improve your employability, maths and English skills.

### What qualifications will I study?

As part of the programme you will complete the following qualifications:

- Level 2 Certificate in Coaching (Sport & Physical Activity)
- CAFS Level 1 Coaching & Mentoring Certificate
- Award in the Principles of Leading an Active, Healthy Life (EL3)
- Functional Skills in both English & Maths
- Employability Skills

### What will a typical week involve?

Your week will be made up of two days of learning at Combat Academy for Sport, where you will spend one day working towards your coaching qualification and then move onto your Active Healthy Life and Mental Health Awareness qualifications. The second day will be spent improving your employability skills and working towards a maths and English qualification. You will also complete 3 days of work experience with

Combat Academy for Sport, these duties will include:

- Learning and understanding the art of coaching and mentoring in a sports based environment, covering all elements of sports coaching
- Assisting with the creation and delivery of coaching sessions, in multiple sports
- Maintenance of equipment in the workplace
- Supporting with mentoring sessions

### Who is eligible for the programme?

- You must be aged 16-19 or up to 25 if you have an Education Health Care Plan (EHCP). Please note if you are 19 and do not have an EHCP you will not be eligible for the programme if you turned 19 on or before the 31st of August 2021
- You must not be qualified at L4 or above
- You are not currently in full-time employment or funded education and have little work experience, but are focused on work or the prospect of it

### Are there any other entry requirements?

- Good organisational & communication skills
- Passion for sport & physical activity
- Confident working on your own initiative
- Background in sports with a passion for coaching
- Creative skills

### What are my progression opportunities?

There is the potential for trainees to be offered an apprenticeship or employment within one of our gyms.

\*Trainees can earn up to £30 a week for the duration of the programme to cover travel expenses.

### How do I apply?

Please [CLICK HERE](#) to apply for the programme.