

A programme to help talented  
athletes achieve their sporting  
potential

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Sport Exercise & Fitness (2008)

# AASE

**ADVANCED APPRENTICESHIP  
IN SPORTING EXCELLENCE**



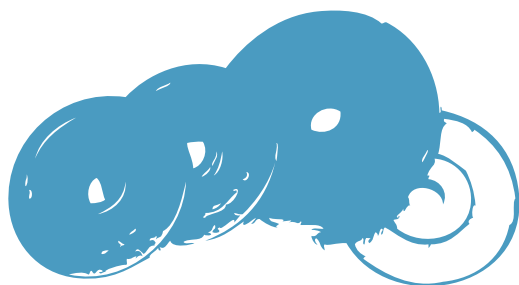
# BACKGROUND



***The Advanced Apprenticeship in Sporting Excellence (AASE) has been designed to meet the needs of any young person between 16-18 who has the realistic potential to achieve excellence and perform at the highest level in their sport.***

The programme will develop a broad range of competencies by presenting opportunities for young people to develop a mix of transferable skills and qualifications.

This will allow progression either to further / higher education or gain employment within a related field, or a field where the skills gained from their sport, such as communication and working with others, will be highly regarded in terms of employability.



## ***What will you study?***

The diagram in the centre illustrates the two potential pathways available for the course. The NVQ workshops can be held at Loughborough or at a venue agreed by the NGB.

The BTEC qualifications in pathway one, can be studied at Loughborough College or your local school/college.

The RT Hon Richard Caborn MP, Minister for Sport

Being a professional sports-person in the 21st century is about more than just athletic prowess and sporting skill. Athletes also need to know how to manage themselves and their careers off the sporting field. That's why I am delighted that through the Advanced Apprenticeship in Sporting Excellence framework, there is now a structure in place to support the professional development of our most hopeful young sporting prospects. This is especially important in the run up to the London 2012 Olympic Games and Paralympics Games, and beyond. We want to create the most sustainable sports structure anywhere in the world, so we welcome the flexible AASE framework, which will assist in producing some of England's most talented athletes and sports-people. AASE is fully reflective of the broad range of competences required in professional sport and not a qualification for simply playing the game.

## ***The Loughborough College NVQ Delivery Model***

Workshops

- 1** Career planning & managing your finances
- 2** Sports injuries and health & safety
- 3** Nutrition and performance
- 4** Psychological demands of your sport
- 5** Dealing with the media and communication skills
- 6** Lifestyle and performance

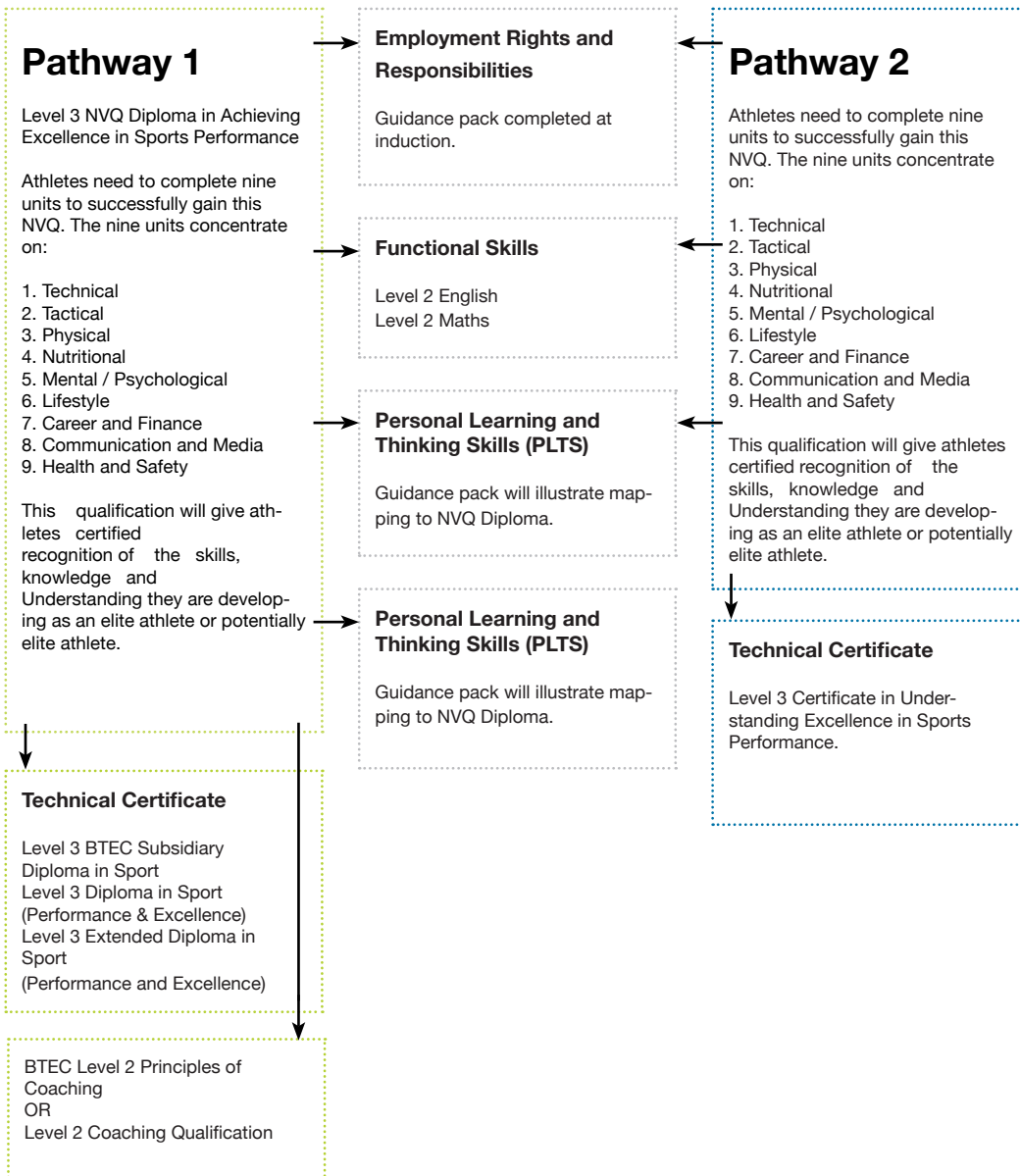
## ***Individual support***

- Three individual sessions with psychologist
- Three individual sessions with nutritionist
- Coach reviews and assessment

## ***Other Support***

Additional sports science support, coaching and/or training camps negotiated with

# ADVANCED APPRENTICESHIP IN SPORTING EXCELLENCE



# ENTRY REQUIREMENTS

*There are five categories of young people who are eligible for this qualification:*

- Full time contracted apprentices at professional clubs
- Full time athletes receiving support from the lottery world class programme or identified by the relevant NGB
- Talented young people in NGB approved “academy environments” not yet offered full time terms
- Athletes identified by their NGB as having the potential to perform at elite-level
- GCSE English and Maths at C or above.

## Other considerations

- You will be unable to enrol, or remain on the AASE programme, if you decide, or are enrolled, on another apprenticeship.
- You will be unable to enrol, or remain on the AASE programme, if you decide, or are enrolled, on another NVQ qualification.

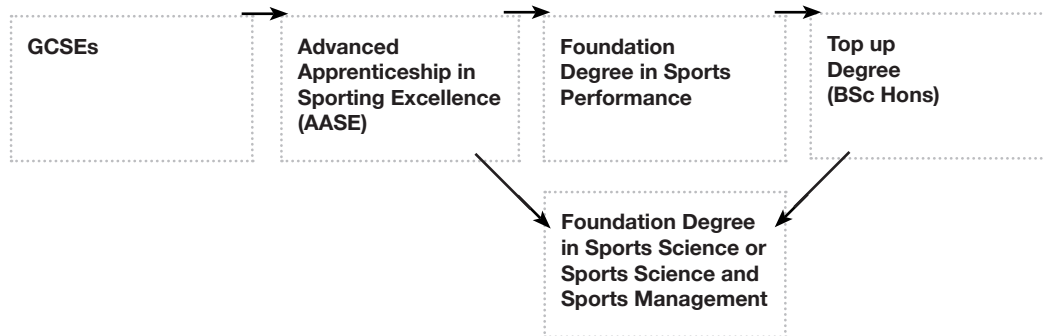
## Progression opportunities

Once the AASE programme has been successfully completed, individuals may be interested in any one of the following progression routes:

- Professional contract or full-time sports performance (either with a professional club, through Lottery funding and the World Class Performance programme, or on a relevant ‘tour’).
- SkillsActive are currently working with Universities to look at the potential of awarding UCAS points to this qualification. There are no UCAS points currently offered.
- Although no UCAS points are currently offered, high profiles sports universities, including Loughborough, Leeds Met Carnegie, Bath, and Birmingham, do recognise this high profile qualification on statements and CVs.
- A wide choice of either semi-professional and/or sports-related careers. SkillsActiveCareers offers advice on careers in the sport and active leisure sector. A fully interactive careers map and virtual careers advisor ‘Dougie’ can be found at: [www.skillsactive.com/careers](http://www.skillsactive.com/careers)
- Wider career advice can be provided by the specific national governing body of sport.

The diagram on the next page illustrates progression routes at Loughborough College.

# PROGRESSION ROUTES AT LOUGHBOROUGH COLLEGE



**Note: All Foundation Degrees and Top up Degrees are validated by Loughborough University. The Foundation Degree is three years part-time in duration and the Top up Degree one year.**

## Why Choose Loughborough College?

- Partnership Approach with NGB.
- Excellent success rates.
- Tailored NVQ delivery specific to sports requirements.
- Work with NGBs/Sports Specialists to deliver specific units.
- Quality programme, as reported by Ofsted and External Verifier.
- The only FE college currently delivering blended learning courses to elite athletes at GCSE, NVQ, BTEC, and Foundation Degree Levels.
- A clear education pathway for athletes – including flexible study options from the age of 14.

Kelly Holmes



'The flexible learning programmes, offered at Loughborough College, allow elite athletes the flexibility to compete at the highest level of sports performance whilst continuing their education.'



# WHAT OUR ATHLETES HAVE TO SAY...

"Loughborough College has helped me to balance my training and education. Throughout the AASE programme, I travelled back and forth from America and Australia. However, the blended and flexible approach of the college delivering AASE helped me to train, qualify and compete at the Olympics whilst completing my education."

**- Ellie Koyander, Vancouver 2010 Olympian**

"Loughborough College have supported me throughout and have helped me as an athlete, student, and person. The blended learning programme is great for any high performance athlete who has to juggle training and competition but wants to gain an education for the future. AASE has helped me to build on the knowledge I have already gained as an athlete. AASE and Loughborough College helped me to stay focussed, providing me with that extra percent of motivation to reach my goals"

**- Sarah Stevenson, Bronze Medallist Beijing 2008 Olympian, World Champion 2011.**

"AASE has helped me to achieve my full potential in all areas. I have recognised areas that are vitally important that, in the past, I had never taken into account. AASE offers tuition on various areas including physical fitness, mental skills, and nutrition. AASE is an essential building block towards my ultimate goal of reaching Formula 1."

**- Josh Webster, AASE Race Driver.**



# FURTHER DETAILS

***For further details please contact:***

Kerry Hearsey  
AASE - Elite Sport Team Leader  
(e) [kerry.hearsey@loucoll.ac.uk](mailto:kerry.hearsey@loucoll.ac.uk)  
(m) 07825 215669

Or

Matt O'Dowd  
AASE BTEC Course Leader  
(e) [matthew.o'dowd@loucoll.ac.uk](mailto:matthew.o'dowd@loucoll.ac.uk)  
(m) 07717 782495

Or

Tom Gayle  
AASE NVQ Course Leader  
(e) [tom.gayle@loucoll.ac.uk](mailto:tom.gayle@loucoll.ac.uk)  
(m) 07825 060572