



Welcome to Sport

We have been developing the programme to ensure we are offering a full range of exciting activities and valuable experiences to help you into the world of sport development, coaching and fitness. This includes developing relationships with sports professionals & providers, such as the Association of Colleges Sport, Westmorland Football Association, Kendal Rugby Club, Carus Green Golf Club, Good220 Fitness, Phoenix Fitness and GT7 Football Academy!

What you'll need for your course

To get the best out of your course, it helps to ensure you have the resources you will require. We strongly recommend that you purchase the following:

- Pen, coloured pens, pencil, ruler, eraser, highlighter, and sharpener
- Pad of A4 lined paper
- Lever-arched file
- Laptop or other internet enabled device (this is not essential however it is recommended)

Our kit supplier is Kukri Sport, who supply lots of teams such as English Athletics, British Gymnastics, Lancashire County Cricket Club and educational establishments, notably nationwide. You'll find Kendal College on kukrisports.com/uk/home under the education section. We've put together a compulsory bundle including a ¾ zip top, technical t-shirt and tracksuit bottoms or leggings.

Please scan the QR code above to access a variety of forms and key documents relating to giving consent for the off-site aspects of the course. It is imperative that these forms are completed and returned to college at enrolment.

Our Student Services team offer financial support towards the costs of coming to college. For further guidance, please contact one of the team directly on: **01539 814700** or go to the student money pages on the website.

Summer preparation

Before you start in September, we recommend you take part in as many sporting activities you can, and if you haven't already, join your local sports club or team.

Summer Sports Activity

Participate in a range of sporting and fitness activities, keeping a log of type (sport or activity name), duration (time length of session) and any other variable associated with the session (e.g. reps, set intensity, drills).



Find out more...



Prepare for your course
Scan the QR code

Department information
kendal.ac.uk/active

Day-to-day student life
  **@kendalsport**



Enrichment activities

The sports course is a highly active programme where you will engage with local sporting facilities on a weekly basis. Throughout the study programme, we also organise essential trips and residential visits to broaden your experience in the industry.

Level 2

We plan to go on 3 trips – 1 per term to enrich the course and experience for our students. Last year's trips included ten-pin bowling, Chill Factore for skiing and 3-1-5 Health Club. Dates are to be confirmed.

Level 3

We run a visit to St Georges Park Football Centre for Excellence in the first year. This is an all-day trip where we get a tour of England's training facilities and a coaching masterclass. Dates are to be confirmed. In the second year of your programme, there is an overseas trip to Club La Santa, Lanzarote that will give you a memorable experience of playing sports and training alongside elite athletes from different countries, cultures and sporting backgrounds. This is something we hope you aspire towards, and we will provide you with more details in the summer term, 2026.

We look forward to welcoming you to the Sport Department!

If you are unsure of anything, this information will be further explained at Enrolment Day and during your induction.

"The important thing in life is not the triumph, but the fight; the essential thing is not to have won, but to have fought well."

Work experience

As part of your course you are required to complete 35 hours of work experience which is a mandatory part of your study programme.

Your 35 hours can be completed over one week or spread across a number of weeks. The format of your work placement will be discussed in more detail when you start your course.

Where do I start looking for a placement?

- Look at a variety of large and small companies in your local area that may have opportunities available
- Ask friends and family – do you know anyone who may be able to offer you a relevant work placement?
- Don't be afraid to contact employers directly (make sure your CV is up to date in case they ask for it!)
- Be ahead of the game – remember there are lots of other students looking for placements, so the sooner you start exploring your options the better

If you have any questions or need any further advice relating to your work placement, you can contact the Student Experience and Progression team on **01539 814700** or email **studentexperience@kendal.ac.uk**