



*An Apprenticeship designed to
meet the needs of young athletes
to achieve sporting excellence.*

ABOUT SkillsActive

SkillsActive is the Sector Skills Council for Active Leisure, Learning and Well-being. The organisation's vision is more people, better skilled, better qualified. It is recognised by the Government as an independent, employer-led organisation whose role is to ensure that the skills system is driven by the needs of employers.

SkillsActive's aim is to achieve its mission of delivering the workforce for the nation's well-being by engaging employers, registering individuals and endorsing providers.

The organisation has a number of associated brands; the National Skills Academy for Sport and Active Leisure (NSA) which sits within SkillsActive and delivers key projects aimed at employers; the Register of Exercise Professionals (REPs) identifies individuals in the fitness industry as qualified and recognised professionals; Caravan Industry Training (CITO) sets standards for the caravan industry; and HABIA, the government appointed sector skills body and industry authority for hair, beauty and spas.

SkillsActive
More People. Better Skilled. Better Qualified

REPs
The Register of Exercise Professionals
PART OF THE SKILLSACTIVE

cito
Caravan Industry Training

habia
hair and beauty industry authority

The National Skills Academy
SPORT & ACTIVE LEISURE

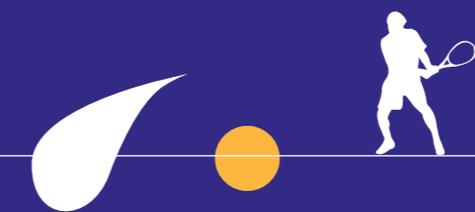


WHAT is AASE?

The Advanced Apprenticeship in Sporting Excellence (AASE) is a sports performance programme. It provides a structured training and development route across a number of sports for talented young athletes (aged 16–19) who have a real chance of excelling in their sport; either by competing on the world stage or securing a professional contract. The length of the programme varies between 12 and 24 months depending on the sport.

The AASE programme reflects the broad range of skills, knowledge and performance required by elite level sports people. It is designed to measure the athlete's ability to plan, apply and evaluate their development in the technical, tactical, physical and psychological aspects of their sport. It also addresses wider issues such as lifestyle, career development, communication, and health and safety.

There are more than 2500 athletes on the AASE throughout England. Over 20 sports are currently involved in the AASE, including football, rugby, rowing, boxing, tennis, aquatics as well as a large number of Olympic and Commonwealth sports.



WHO created AASE?

SkillsActive, National Governing Bodies (NGBs) of sport and industry experts developed the AASE in 2004 to ensure top young athletes receive the support and training they need to succeed in elite sport.

The programme has also been designed so that if an athlete falls short of their ultimate goal, they have the skills, knowledge and qualifications to pursue a secondary career.

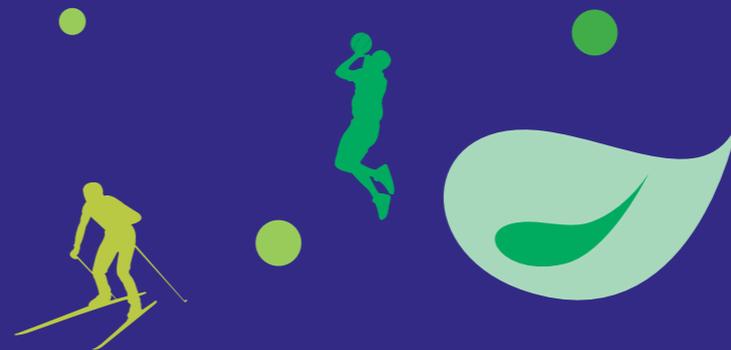
The AASE programme is fully funded by the Skills Funding ©



CREDIT: Don Sommer

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WHO is eligible?



SkillsActive works with NGBs and Sport England to develop sport specific entry requirements, ensuring the most talented athletes are selected for the programme.

To be eligible for selection you must be aged 16 –19 and:

- Have a proven ability and/or the potential to play at the highest level in your sport, determined in collaboration with your NGB
- Be subject to academic entry requirements
- Meet Apprenticeship Funding Eligibility criteria

You must also be either:

- A professional, full-time athlete
- An athlete identified by an NGB as 'elite'
- An athlete involved in the academy environment at professional clubs

HOW does AASE work?

You can complete the AASE framework through one of two pathways:

	Pathway one	Pathway two
Competence qualification	NVQ Diploma in Achieving Excellence in Sports Performance	Certificate in Achieving Excellence in Sports Performance
Knowledge qualification	One of three qualifications: <ul style="list-style-type: none"> • Level 3 Subsidiary Diploma in Sport • Level 3 Diploma in Sport (Performance & Excellence) • Level 3 Extended Diploma in Sport (Performance & Excellence) 	Certificate in Understanding Sports Performance
Length of programme	18 – 24 months	12 – 20 months



The Achieving Excellence in Sports Performance qualifications (Diploma or Certificate) recognise excellence in a specific sport and are only available as part of the AASE programme.

The qualifications cover the following performance and knowledge related units:

- Technical skills
- Tactical skills
- Physical capability
- Nutrition
- Psychological skills
- Lifestyle management
- Career planning
- Health and safety
- Communicating as an athlete

These units cover some of the most important factors to becoming an elite athlete, and are vital for an athlete moving onto a secondary or supplementary career.

The NVQ Diploma in Achieving Excellence in Sports Performance includes four additional units on the Principles of Coaching.

AASE portfolio

To achieve the AASE, apprentices must produce a portfolio demonstrating what they have learnt about each of the units during their sporting pursuits. This could include a training log, a nutrition diary, video samples or a journal. You must also work with a qualified assessor to test your understanding and work-based performance.



Other requirements



Apprentices on both pathways are also required to complete the following components of the programme:

Functional Skills

Functional Skills are the skills needed for success in education, training and day-to-day work such as writing, communication and basic maths. AASE athletes must complete this component if they have not achieved Grade C or above in GCSE Maths and/or English or Key Skills. Functional Skills carry UCAS points needed to go to university.

Personal Learning and Thinking Skills (PLTS)

PLTS will be delivered, demonstrated, assessed and evidenced as part of the mandatory units of the Level 3 NVQ Diploma in Achieving Excellence in Sports Performance/ Certificate in Achieving Excellence in Sports Performance.

Employee Rights and Responsibilities

Apprentices learn about employee rights and responsibilities through their induction programme and completion of the competence qualification.

Exemption from mandatory employment

The November 2009 Apprenticeship Act states that all apprentices need to be employed and earning the national minimum wage from day one of their Apprenticeship programme. However, following negotiations with Government, Olympics, Paralympics and Commonwealth Sports are exempt from mandatory employment.

Apprentices are able to undertake additional learning through a part time programme up to a maximum of 16 hours per week; this may include A-levels.



WHERE can athletes complete AASE?

National Governing Bodies of sport deliver the AASE programme differently. Depending on the sport athletes can either:

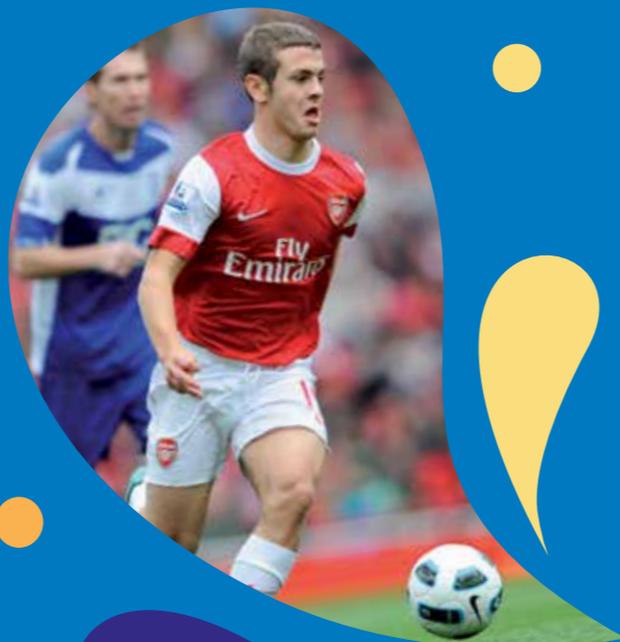
- Attend an AASE academy for the full AASE programme
- Continue within school/ college environment* while training in home clubs and attend additional training, workshops and camps

*subject to qualifications



WHY should athletes join AASE?

- AASE develops and nurtures aspiring athletes
- AASE provides for second career development, should an athlete fall short of their ultimate sporting goal or choose to follow an alternative career path. This includes work within the related fields of coaching, sport development, health and fitness and sports leadership
- AASE apprentices receive more quality coaching hours and better access to modern, well-equipped facilities and new technologies
- AASE provides access to highly qualified coaches with experience in a high quality academy or intensive training environments
- AASE apprentices benefit from additional expertise including strength and conditioning experts, physiotherapists, nutritionists and mentors
- AASE encourages apprentices to be responsible for their own time management, commitment and skill development



WHAT happens after AASE?

Once apprentices have successfully completed the AASE programme, they can progress down one of many 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'.

A wide choice of semi-professional or sports related careers

AASE athletes can access expert careers advice from NGBs, SkillsActive and careers advisors on what jobs are suitable for them. Sports related careers include; sports coach, support officer in high performance environment.

Further / Higher Education

The NVQ Diploma/ Certificate in Achieving Excellence in Sports Performance do not currently carry UCAS points. Other elements of the programme including Btec qualifications and functional skills do carry UCAS points. Examples of qualifications an AASE apprentice may go on to study include:

- Foundation Degree in Sports Coaching / Sports Science / Sports Science with Sports Development and Management, Higher National Diploma in Sport and Exercise Science
- Undergraduate degree programmes: BSc Sport and Exercise Science/ Sport Management

Apprentices can also progress into a variety of job roles within the sport and active leisure sector:

Secondary career

The AASE programme recognises that not all apprentices will continue to compete at the highest level. AASE equips apprentices to pursue a career in whichever direction they want to go – and provides them with expert advice to help get them there.

The SkillsActiveCareers website showcases a number of career pathways and specific job information for those interested in a future career in sport and leisure. It also features video interviews and virtual tours of working environments. For quality assured sector information with fantastic technological resources visit www.skillsactive.com/careers



AASE alumni

Some examples of AASE success stories:



Name:
Tom Daley

Sport:
Diving

Graduated from AASE:
2012

Achievements:
Commonwealth gold medallist 2010 Olympian at Beijing 2008



Name:
Rebecca Adlington

Sport:
Swimming

Graduated from AASE:
2008

Achievements:
Double Olympic gold medalist

"I learnt a great deal on the AASE programme. It has allowed me to work with like-minded athletes from all aquatic sports who share the common goal of elitism. Equally I learnt technical terminology that I had heard but may not have understood fully, financial planning which I hadn't really worked on in any great detail, as well as the health and safety issues that affect me as an elite athlete."

"My AASE apprenticeship with the Amateur Swimming Association provided me with high quality training whilst giving me the opportunity to gain qualifications at the same time. Winning two gold medals in Beijing and breaking a world record was the greatest achievement of my life and hopefully we'll see many of the graduating and new AASE apprentices competing for Great Britain over the next few years."



Name:
Rachel Jennings

Sport:
Golf

Graduated from AASE:
2010

Achievements:
Ladies European Tour player and former England International

"The AASE programme was fantastic for me. It gave me the opportunity to maintain my education without distracting me from my golf development. In fact, AASE gave a lot of structure to my training and the advice I had about financial planning for professional sport helped me understand the importance of planning my income and expenditure for each month."



Name:
Zach Gachette

Sport:
Basketball

Graduated from AASE:
2010

Achievements:
Professional basketball player for Essex Pirates

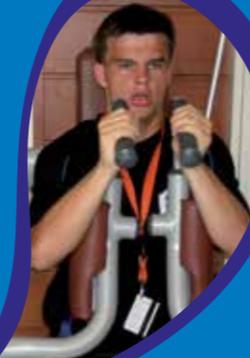
"I would certainly recommend the AASE programme to anyone who may be considering it because it's helped me go from playing at college to playing professionally."

Discover more about AASE

For more information on AASE please visit www.skillsactive.com/aase or email aase@skillsactive.com

To read the monthly AASE e-zine, visit www.skillsactive.com/publications

Follow us on twitter at twitter.com/aasesports



“AASE offers support in all areas of my career, it has helped me to understand why we do certain exercises in taekwondo training and why the sport is run in the way it is.”

SARAH STEVENSON
Taekwondo Olympian

“The programme enables similar aged high level athletes to work together and push each other further and as individuals, learn their strengths and weaknesses and where they need to improve to become a better athlete.”

LAUREN STEADMAN
Paralympic Swimmer

“The benefits to the programme are its really flexible and the delivery staff are really understanding and supportive so neither my sport nor studies suffer.”

AARON McKIBBIN
Paralympic Table Tennis Player

“AASE has helped me to plan for the future and set my career plans, with short, medium and long term goals to achieve my ultimate dream of going to Rio in 2016.”

JACK BATESON
GB Boxer

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