

CASE STUDY: Apprenticeship

Callum Ashton, Birmingham

BACKGROUND

I spent two years playing football on a community course at Birmingham City Football Club but that ended and I needed to find something else. I found out about a level 2 fitness course on the Directgov website and decided to go for it because I've always been interested in health and fitness. It's a two week course run by Sportswise, with funding from Ixion, and gives you the basic training required for employment in the gym and fitness industry.

At first I was a little nervous but I discovered that everybody else in the group was in a similar situation to me and I found them very easy to get along with. We were taught how to plan, coach and assess a successful gym session, plus how to use equipment like cardiovascular machines and free weights.



"I passed the (level 2 fitness) course with flying colours"

A DAY IN THE LIFE OF...

As part of the apprenticeship, I worked in a primary school as a sports coach for a few months which I really enjoyed. Now, I'm working in the Sportswise office in Birmingham sorting out paperwork and the details of the courses they offer, then in the summer I will be working on a play scheme with primary school children for six weeks. We'll be playing a wide variety of sports and different activities. I love working with kids – I'm only 18 so I can still relate to them! I'll then be on the right road to qualify as a sports coach in October.

There aren't a lot of jobs out there so I would definitely recommend apprenticeships to other people - because you're learning and getting paid for it. You don't get much money but I'd rather that than earn more money in a dead end job.

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WHAT THE FUTURE HOLDS

I'm looking forward to qualifying as a personal trainer. I'd also love to coach football in America in the future.