



# APPRENTICESHIP TRAINING 2019



UPGRADE  
YOURSELF

UPGRADE  
YOUR STAFF

UPGRADE  
YOUR WORKPLACE



Llywodraeth Cymru  
Welsh Government

Cronfa Gymdeithasol Ewrop  
European Social Fund

## FREE CPD COURSES

MPCT.CO.UK  
0330 111 3939

# WHAT ARE APPRENTICESHIPS?



## UPGRADE YOUR WORKFORCE

Apprenticeships are work-based training programmes designed around the needs of employers. These lead to national recognised qualifications. They are an excellent way for your business to develop key skills within your workforce.

All Apprenticeships include the following elements:

- » An appropriate competency qualification to at least Level 2 of the Regulated Qualifications Framework (RQF);
- » Essential Skills Wales qualifications (If required)
- » A technical knowledge qualification such as Personal Training or Sports Coaching (relevant to the specific Apprenticeship);
- » Other qualifications or requirements as specified by the particular occupation such as group Indoor Cycling (Spin) and Kettlebells.

### Who are they for?

Apprenticeships are available to **anybody 16+** who are capable of achieving a Level 2 Qualification, so you can take on a new starter or train existing employees. Funding is available towards the cost of training and assessment.

**MIN  
LEVEL 2**

**AGES 16+**

**FREE  
TRAINING**




A man with short brown hair and a friendly smile stands with his arms crossed in front of a red brick wall. He is wearing a dark blue polo shirt with white stripes on the sleeves and the letters 'MPCT' in white on the left chest. He has extensive tattoos on both arms, including a large sleeve on his right arm and a large forearm tattoo on his left arm.

88%

of employers who employ apprentices believe that Apprenticeships lead to a more motivated and satisfied workforce.



# WHAT'S THE BENEFIT TO THE EMPLOYER?



Apprenticeships ensure that your workforce has the practical skills and qualifications your organisation needs now and in the future.

The mixture of on and off job learning ensures they learn the skills that work best for your business.

Over 130,000 companies offer apprentice places throughout the UK because they understand the benefits that apprentices bring to their business.

They increase productivity, improve competitiveness and apprenticeships lead to a committed and competent workforce that understands your business.



### Apprenticeship Employer Incentive Programme

- Support will be offered to a maximum of three apprentices per employer
- Support will be available irrespective of the level of the apprenticeship
- To offer a payment of **£3,500 (per learner)** for apprentices recruited during the periods of July-September and a payment of £2,500 (per learner) for apprentices recruited at all other times of the year
- The full payment will be made after the apprentice has been employed for 8 months

Call 0330 111 3939 for more information.

### Manage your skill gaps

Apprenticeships in Wales can help you to tackle your skills problems, and also deliver skills designed around your business needs.

Apprenticeships help you develop the specialist skills you need to keep pace with the latest technology and working practices in your sector.

Employers in the Populus survey said they relied on their Apprenticeship programmes to provide the skilled workers they need for the future.

### A motivated workforce

Investing in apprenticeships to boost key skills in your organisation can lead to increased productivity, reduced staff turnover and a more satisfied and trained workforce.

Apprentices tend to be eager, motivated, flexible and loyal to the company that invested in them.

Remember, an apprentice is with you because they want to be. They have made an active choice to learn on the job and a commitment to a specific career with your company.



# ***WHAT'S THE BENEFIT TO THE EMPLOYEE?***

**Job  
Satisfaction**

**Qualifications  
Experience  
Career progression  
Expert tuition**

**Earn while  
you learn**



**CLAIM UP  
TO £3,500 PER  
APPRENTICE**  
see page 5 for  
more details

Over  
**100,000**  
employers throughout the United  
Kingdom offer Apprenticeship  
places in over 190 job roles  
across a wide range of sectors

# ***THE NEXT STEPS***

Firstly, pick the route that suites your business.

## ***UPSKILLING CURRENT EMPLOYEES***

Contact us for a visit from the apprenticeship team

Identify appropriate framework

Sign up to framework agreement

Apprentice and employer receives training, support & guidance

Apprentice earns whilst they learn

## ***GROWING YOUR WORKFORCE***

Contact us and advertise for an apprentice

Prepare for and conduct interview

Select apprentice

Sign up to framework agreement

Apprentice and employer receives training, support & guidance

Apprentice earns whilst they learn

Call 0330 111 3939 or visit [www.mpct.co.uk](http://www.mpct.co.uk) for more information or to enrol your first apprentice.



# 83%

of employers who employ apprentices rely on their Apprenticeships programme to provide the skilled workers that they need for the future.

Are you a potential apprentice looking for a placement?

**POTENTIAL APPRENTICE**

Contact us and check for vacancies

Apply for vacancies

Attend interview

Sign up to apprenticeship  
agreement

Receive training,  
support & guidance

Earn while you learn

\*All frameworks are subject to meeting the eligibility requirements.

# QUALIFICATIONS & FRAMEWORK

This is a list of all the qualifications that we offer through our Apprenticeship programme. Please get in touch for more information on any of these frameworks.

## Exercise and Fitness Framework

Foundation Apprenticeship in Exercise and Fitness – Gym Instructor (Level 2)  
Level 2 NVQ Diploma in Instructing Exercise and Fitness  
Level 2 Certificate in Gym Instructing  
Essential Skills Wales Communication (if required)  
Essential Skills Wales Application of Number (if required)

Apprenticeship in Exercise and Fitness – Personal Trainer (Level 3)  
Level 3 NVQ Diploma in Personal Training  
Level 3 Diploma in Personal Training  
Essential Skills Communication (if required)  
Essential Skills Application of Number (if required)

\*Addition Employer Requirements  
Level 2 Award in Instructing Group Indoor Cycling  
Level 2 Award in Instructing Kettlebell Training  
Level 2 Award in Instructing Circuit Training Sessions  
Level 2 Award in Instructing Suspended Movement Training  
Level 3 First Aid at Work

## Activity Leadership Framework

Exercise and Fitness Pathway  
Level 2 NVQ Diploma in Activity Leadership  
Level 2 Certificate in Gym Instructing  
Essential Skills Wales Communication (if required)  
Essential Skills Wales Application of Number (if required)

Leadership Pathway 1  
Level 2 NVQ Diploma in Activity Leadership  
Level 2 Certificate in Sport and Physical Activity  
Essential Skills Wales Communication (if required)  
Essential Skills Wales Application of Number (if required)

Leadership Pathway 2  
Level 2 NVQ Diploma in Activity Leadership  
Level 2 Certificate in Physical Education and Schools Sport  
Essential Skills Wales Communication (if required)  
Essential Skills Wales Application of Number (if required)

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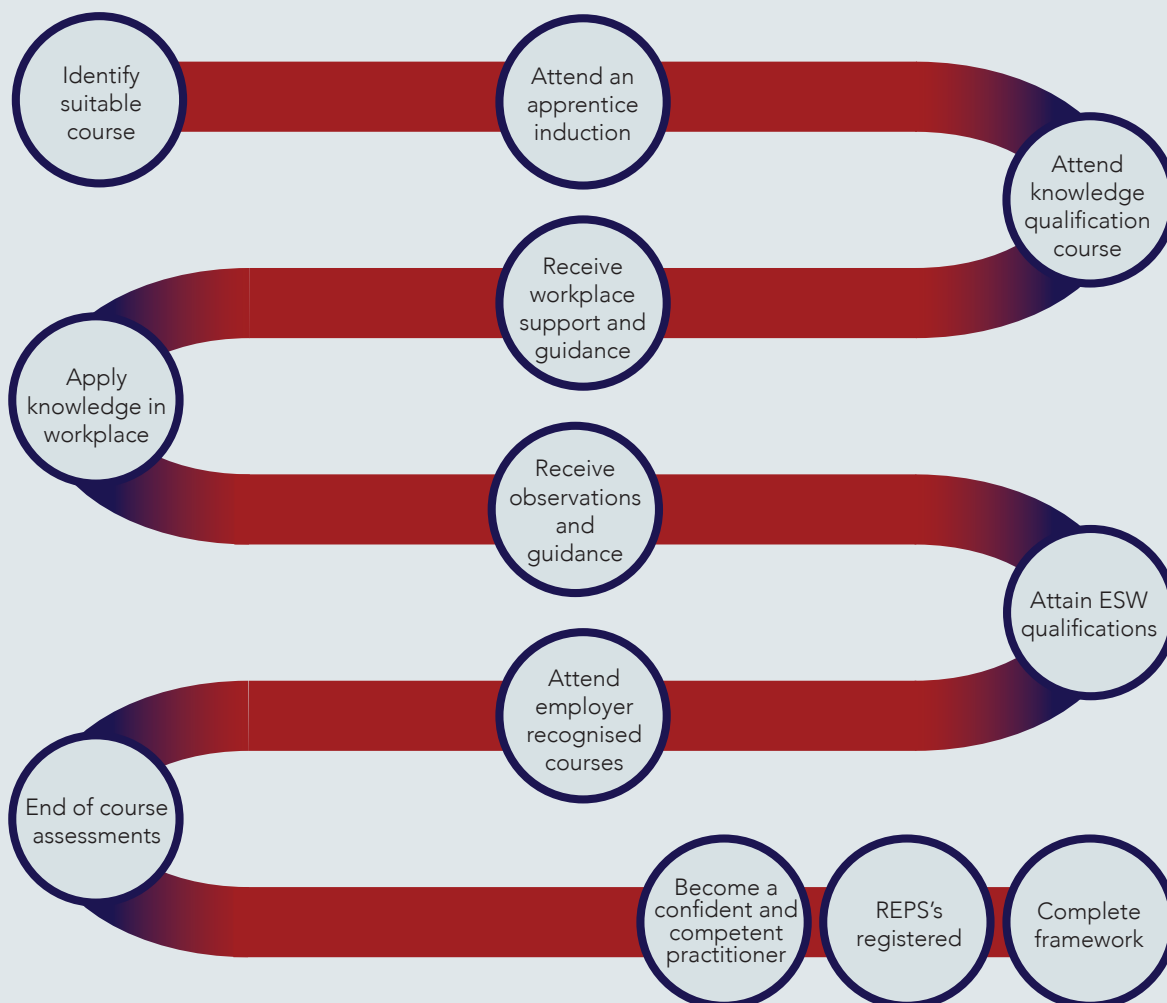
## Level 3 Apprenticeship in Sports Development

Level 3 Certificate in Sports Development  
Level 3 NVQ Diploma in Sports Development  
Essential Skills Wales Communication (if required)  
Essential Skills Wales Application of Number (if required)

\*Additional Employer Recognition  
Level 2 Certificate in Coaching and Physical Activity  
Level 3 Emergency First Aid at Work

Call today  
to discuss your  
apprenticeship  
options.  
0330 111 3939

### HOW THE FRAMEWORK WORKS



# CASE STUDIES

## Emma Thomas Cowbridge Leisure centre

I started my apprenticeship journey with MPCT to further my knowledge and competence in the exercise and fitness industry. I have always been passionate about fitness and I saw this as a great way to further my career. As a parent, the opportunity to earn whilst I was learning suited my lifestyle.

During my apprenticeship I not only gained qualifications in exercise and fitness but also how to confidently apply them in my everyday work. Once my foundation apprenticeship was complete I was able to progress onto the Level 3 Personal Trainer framework with MPCT. This has enabled me to set up a number of new classes in the leisure centre, the highlight of which being the Mother and Baby class.

I highly recommend apprenticeship training due to the practical skills that you are able to develop in a real work environment. I felt supported throughout the apprenticeship programme from both MPCT and my employer.

To cap it all, I won MPCT Apprentice of the Year at their annual awards ceremony. This was a really proud moment for me and my family.

*Emma has turned this centre around. She is amazing and all the members love her.  
John Huntley, Duty Manager, Cowbridge Leisure Centre.*





## McCauley Britton

### J2 Health and Fitness

I started my training with MPCT on their Sports Academy programme in RCT. This course helped me by improving my employability skills through the context of sport and active leisure. Whilst with the academy I was part of their Gifted & Talented programme, which enabled me to access work placement opportunities and gain industry recognised qualifications in exercise and fitness.

With these qualifications I then enrolled on the MPCT Apprenticeship Programme and gained employment. Whilst completing my apprenticeship framework I have also gained additional qualifications outside the framework with MPCT in Circuit Training and Spin which has enabled me to add variety to my delivery in exercise and fitness.

The next step for me is to start my Level 3 Apprenticeship in Personal Training. I am really looking forward to this as I enjoy seeing individuals develop.

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more details

**81%**  
of consumers favour  
using a company which  
takes on apprentices

# TESTIMONIALS

Porthcawl health and fitness club have been in partnership with MPCT for 5 years where we have helped enthusiastic employees to become either class instructors level 2 or personal trainer qualification level 3. MPCT has helped me develop my staff to a very high standard. We now more classes to more members than ever before. I highly recommend apprenticeships with MPCT as a way to grow your business.

**Gareth Charnock,**  
**Porthcawl Health and Fitness.**

Working with MPCT has enabled me to **up-skill and invest in my staff**. The highlight for me has been that I've been involved at every stage which has meant that the **training was aligned to my business needs**.  
**Catherine Gallagher, Pacific Community Leisure.**

The best thing about working with MPCT is the variety of courses that they offer. The ongoing support and guidance they provide means that we have staff who are confident and competent in the sport and active leisure industry.

**Gareth Cooper, Owner K2 Gym, Bridgend.**



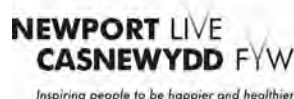
Apprenticeship training has enabled me to **gain employment** which previously wasn't possible due to family commitments. During my time with MPCT **I have progressed from the reception desk to duty manager.**  
Carlene Hughes, Halo Leisure.

**Recognised qualifications** has enabled me to grow my network of clients and increase my earning potential. The apprenticeship programme is great because you are able to **earn as you learn.**  
Keri Hughes, Personal Trainer, Warehouse Fitness.

"Newport Live's partnership with MPCT had been invaluable over the last number of years, in training and supporting our workforce through a wide range of qualifications such as Gym Instructor and 1st 4 Sport qualifications. The qualifications have upskilled and enabled us to improve what we deliver across the City, in line with our vision, to Inspire People to be Happier and Healthier."

**Leigh Williams,**  
**Newport Live, Sport and Physical Activity**  
**Development Officer**

Here are some of the partners we also work with...



# 80%

of those employers who employ apprentices  
agree they make their workplace more productive

**call 0330 111 3939** to discuss your apprenticeship  
options



UNDES EYRWOEIAIDD  
EUROPEAN UNION



Llywodraeth Cymru  
Welsh Government

**Cronfa Gymdeithasol Ewrop**  
**European Social Fund**

**MPCT**<sup>TM</sup>  
Motivational Preparation College for Training



MPCT Apprenticeships  
MPCT House, Oak Tree Court, Mulberry Drive, Cardiff, CF23 8RS  
0330 111 3939 [mpct.co.uk](http://mpct.co.uk)