

A photograph of a gym with large windows. Two students in red t-shirts are in the foreground; one is sitting on a blue exercise machine and the other is standing next to him. In the background, other students are using various gym equipment. A blue banner with white text is overlaid on the top left of the image.

## Aspiring Uniformed Services or Sports Professional - PS101

Welcome to the Level 1 Aspiring Uniformed Services or Sports Professional programme at Wirral Met. This programme has been designed to give you the skills and knowledge to start your journey towards your dream career in the Uniformed Service (Military or Protective Services), Sport or Fitness industries.

Alongside developing your technical abilities, the programme will help you to get work ready by building on your confidence and interpersonal skills. You will have the opportunity to try out a range of subject areas related to the Uniformed Services, Sports and Fitness industries, allowing you to explore different career pathways and discover your strengths before progressing onto a Level 2 qualification.

## COURSE DETAILS

Alongside subject specific knowledge you'll have the opportunity to improve your Maths, English and Digital skills — essential for helping you get a job in the future.

You will benefit from the guidance of passionate and experienced teachers who are invested in your success. They will provide personalised support, constructive feedback, and a listening ear every step of the way.

These programmes are all about supporting your journey. You'll develop your study and communication skills, learn to manage your time effectively and conquer every challenge with confidence.

Get a taste of the professional world with industry insights, guest speakers and work experience opportunities. We'll help you craft the perfect CV and prepare you for job interviews

The subject specific knowledge you will cover includes:

- Workplace skills
- Fitness
- Career opportunities

- Participating in leisure activities
- Planning a fitness programme
- Problem solving
- Working as a team
- Time management skills
- Improving own learning and performance

## ENTRY GUIDELINES

- There are no formal entry qualifications required to study at this level.
- Basic levels of literacy and numeracy are expected.

If English is not your first language, you may need an assessment before enrolling on this course. To discuss further, please contact the ESOL department on 0151 551 7144.

## EQUIPMENT REQUIRED

To learn effectively on your course you will need to use certain items of equipment and undertake particular activities as part of your studies. To further enhance your learning experience there will be additional fees required:

- Uniform £80 (approx)
- Educational Visits £100 (approx)

If you need support with these costs, don't worry, click on the link below and complete a bursary application form.

<https://www.wmc.ac.uk/student-support/financial-support/bursaries-loans>

Equipment purchased will be yours to keep and you will be able to use them for practice at home and in your future career.

## ASSESSMENT METHOD

This course is assessed using a variety of methods including tutor-observations of practical activities, worksheets, presentations etc.

## ADDITIONAL INFORMATION

This is a study programme for those aged between 16-18.

If you have not achieved a grade 4/C or higher in English and Maths, you will work alongside your course to complete this.

An interview for all candidates will be arranged with a member of the teaching team where you will have an opportunity to discuss the course and your individual needs.

## WHERE CAN I PROGRESS TO?

This programme offers progression to the following courses:

- Level 2 Extended Certificate in Protective Services
- Level 2 Diploma in Military Preparation
- Level 2 Diplomas in Sport
- Level 2 Certificate in Gym Instruction

## WHEN DOES THIS COURSE RUN?

| CAMPUS | ATTENDANCE | COURSE CODE | PLANNED TIME TABLE |
|--------|------------|-------------|--------------------|
|        | Full Time  | PS101-25    |                    |

### If you are aged 16-18:

This study programme will be FREE for most students who are aged 16-18 on 31 August, or students aged 19-24 with an Education, Health & Care Plan.

### If you are aged 19 or over:

Fee : £1265.00

*The fee quoted is for the academic year 25/26.*

For advice and guidance, please contact Student Services via our [online enquiry form](#)

This information was current on 30th September, 2025 and may be subject to change.