



1st 4 Sport NVQ Level 3 – Diploma in Sporting Excellence

Athlete Information Pack

The Diploma in Sporting Excellence (DiSE) offers aspiring athletes the opportunity to develop their sporting capability, by training in an elite environment supported by British Wheelchair Basketball (BWB), whilst continuing in full time education.

DiSE has been designed to meet the needs of young people who have the realistic potential to achieve excellence in their chosen sport and are aiming to perform at the highest level. In addition, it enables National Governing Bodies to measure the young athletes' ability to apply themselves to professional development in the technical, tactical, physical and psychological aspects of Sport.

The NVQ will develop the learners understanding of sports performance which will be particularly beneficial to individuals pursuing careers in Sports Science & Coaching but more importantly, it will directly address other areas such as lifestyle management, communication, wider career management and health and safety which can be applied to a wide range of careers.

It is not a qualification for simply “playing the game”, DiSE fully reflects the range of skills, knowledge and performance criteria required in elite sport:

- 1. Technical Skills**
- 2. Tactical Awareness**
- 3. Physical Capabilities and**
- 4. Psychological Skills**

Importantly it also directly addresses wider issues, such as:

- 5. Lifestyle Organisation**
- 6. Career Planning**
- 7. Communication and Working with Others**
- 8. Health & Safety**
- 9. Nutrition Programming**

These areas contribute towards achievement of the two mandatory certificates of the DiSE framework (a) **Certificate in Understanding Sport**, (b) **Certificate in Achieving Excellence in Sports Performance**



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Who can apply?

Criteria	Essential / Desirable
16 – 18 years old on 1/9/2023	Essential
Studying A-Levels or a BTEC Level 3 Qualification	Essential
Hold a British Passport	Essential
Living in England (during term-time)	Essential
Member of an affiliated BWB Club	Essential
Represented at Junior Championships / participate in the England Talent Pathway	Desirable
Achieved Grades of A – C in G.C.S.E. Maths and English Language	Desirable

How will the programme be delivered?

The DiSE programme is designed to be flexible in order to ensure that BWB can recruit and support the very best potential athletes regardless of geographical location. The programme will have a semi-centralised model, with athletes studying locally in a school or college of their choice, whilst attending a series of centralised camps and online sessions to undertake the DiSE qualification under BWB guidance.

Programme Delivery

Local Study	Centralised Camps / Virtual sessions
Study A-Levels or BTEC Level 3 Qualification 2 x Club sessions per week BWB National / Junior League Individual Study / learning <ul style="list-style-type: none"> • Strength & Conditioning • Personal Nutrition • Personal Video Analysis 	2 x camps per year 3 x England Player Pathway days <ul style="list-style-type: none"> • Guided 'learning' workshops • Wheelchair Basketball sessions • Additional Core learning modules: <ul style="list-style-type: none"> ○ Strength & Conditioning sessions ○ Nutrition Development ○ Video Analysis ○ Competitive opportunities



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What will I be able to do as a result of the course?

When you complete the DiSE programme, you will have a greater understanding of how to conduct yourself as a professional athlete, including managing your career, lifestyle and mental attitude. You should be in a position to consider the following options:

- University undergraduate programme, e.g. BSc Sport & Exercise Science / Sports Management
- Opportunities within Wheelchair Basketball coaching & development
- Professional Contracts in Wheelchair Basketball
- Progression into Great Britain Wheelchair Basketball Squads
- Progression towards alternative career opportunities e.g. Sport & Leisure Sector

University (UCAS Points)?

The tariff allocation for the Level 3 Diploma in Sporting Excellence is 64 points.

Is there a cost?

The educational costs linked to all the centralised camps will be covered by the Skills Funding Agency, including accommodation, food, training sessions and educational workshops. The cost to you, will be your travel to and from the centralised camps as well as your time invested into studying & participating within the programme.

How do you apply for the DiSE Programme?

All applicants will need to fill in the online application form here: [DiSE Application Form](#) by Sunday 30th July before being invited to attend a short interview with the England & Wales Talent Manager. The programme virtual induction event will then take place in September to start the process of completing the necessary paperwork and learning further about the DiSE programme.

Selection Criteria:

- Athletes that meet the following criteria will be prioritised:
 - Age
 - Studying in England
 - Welsh students can apply and be considered, however strict criteria around this applies
 - Registered Member of BWB for the 2023/24 Season (Recreational Membership not recognised)
 - Position within the Performance pathway:
 - GB Academy or Squad
 - Regional or Home Nation Pathway
 - Regional Team Selection
 - Club team

If you have any further questions or would like an informal conversation, please do not hesitate to contact Ryan Raghoo r.rahoo@britishwheelchairbasketball.co.uk.