

School for Lifestyle, Sport and Exercise



- More information about the structure, possibilities and difference between the levels.

The study

The first year of the study is generic. All students follow the same subjects and by doing so they are prepared for the choices that can be made in year 2, 3 and 4. The focus in year 1 is part theoretical and part practical. At the end of year 1, every student decides which subjects will be followed during the remainder of the study.

In year 2, 3 and 4, the organisation of our education is longitudinal. This means that, based on the choices made, each student receives his or her education from a department of specialists until their graduation. During this period only a part of the subjects are compulsory for every student (for example ICT, Dutch, English and Mathematics).

At each of the levels, students are able to get extra qualifications. On top of their curriculum they are free to choose a course or subject which gives them the opportunity to get an additional certificate. ■



Shortening of the study

Most of our students enter our school from a four-year school for secondary education (VMBO). Some students, however, completed the five-year secondary education (HAVO) prior to entering our school. For these students, we have made it possible to shorten their study from four to three years. Because a number of the compulsory subjects have been completed during their prior education and by shifting some subjects to year 1 and 3, year 2 of the study at our school can be skipped. ■

Levels

Level 1

not offered by the school for Lifestyle, Sport and Exercise
(entry level is at level 2)

Level 2: Sport and Exercise Helper

- All students follow the same study
- Internship; the students learn to perform assisting tasks at community centres or at a sports club

Level 3: Sport and Exercise Worker / Lifestyle Trainer

- Students can choose from a variety of practical subjects; in this field they specialise and graduate
- Internship; the students learn how to perform as a professional coach at a sports club

Level 4: Sport and Exercise Coordinator

- Students choose one of the practical subjects offered at level 3. In addition they choose one of the following specialisations; Sport and Exercise Educator; Sport, Exercise and Health (Lifestyle Coach); Trainer Coach; Community/Education/Sport.
- Internship: the students learn how to perform coordinating tasks within a local institute or company. Depending on the chosen specialisation the students conduct their internship:
 - in prison or at a centre for physically/mentally disabled people (Educator)
 - with individuals or target groups giving tailor made advice concerning lifestyle (Sport, Exercise and Health (Lifestyle Coach) at a sports club (Trainer Coach)
 - in the combination of sports clubs, primary schools, and welfare organisations (Community, Education and Sport) ■

Graduation

Depending on the level of education, a student is required to pass a number of exams.

Exam 1	<i>Lecture series of four lessons with documentation (preparation and evaluation)</i>
Exam 2	<i>The organisation of a small sports tournament</i>
Exam 3	<i>First aid, operating the front office, cleaning, attending of meetings,</i>
Exam 4	<i>Organisation and hosting a large sports event</i>
Exam 5	<i>A specific lecture series for a specialised group of people</i>
Exam 6	<i>Middle management, and conduct of business in sports</i>
Exam LB	<i>Learning, career and citizenship</i>
Exam Dutch	
Exam English	
Exam Mathematics	



Exams needed for Graduation at Level 2

- Exams 1 and 3
- Exams Mathematics and Dutch
- Exam LB

Exams needed for Graduation at Level 3

- Exams 1, 2 and 3
- Exams Mathematics and Dutch
- Exam LB

Exams needed for Graduation at Level 4

- Exams 1, 2, 3 and 4
- Exams 5 or 6 (depending on the chosen specialisation)
- Exams Mathematics, English and Dutch
- Exam LB

A percentage of students chooses to continue their education. Graduation at level 2 gives access to level 3, level 3 gives access to level 4, and level 4 gives access to level 5 (Higher Professional Education).

You can find a diagram of the Dutch educational system on the next page. ■

Dutch educational system

