

# Level 3 in Sport (Womens Lincoln City FC Shadow Scholarship)



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Subject	Level	Study Mode	Duration	Start Date
Sport	Level 3	Full-Time	2 years	September 2026

## The Course

The Lincoln City FC Shadow Scholarship Squad is a football and education programme that offers young people the opportunity to train under the umbrella of Lincoln City FC and continue their education doing something they love. The youth team studies the Level 3 in Sport at Riseholme College alongside their training, helping them secure an academic qualification while they aspire to play professionally. The squad makes use of the college's multi-million-pound investment in sports facilities, including its fully-equipped strength and conditioning suite, a multi-use sports hall and FIFA-standard all-weather 3G pitch. To register your interest in joining Lincoln City FC's Shadow Women's Academy programme, please email Iona Lawson: [ilaw@theredimps.com](mailto:ilaw@theredimps.com) If you have already been offered a place on the squad, please apply for the associated course using our online application form.

## What You Will Study

- > Performance and excellence
- > Performance analysis
- > Sports nutrition
- > Sports massage
- > Training programming
- > Organising sports events
- > Work experience and employability skills
- > English and Maths, as required

## Entry Requirements

Four GCSEs at grade 4 or C or equivalent, preferably including English and Maths, or a relevant BTEC Level 2 qualification. A satisfactory reference is also needed. You must have a successful trial alongside an interview as part of the entry requirements.

## Time Required on Campus

You will usually be on campus five days per week.

## Work Experience

Students are expected to find a suitable one week placement in the sports industry. As a college, we have a wide selection of placements for the students to contact ranging from professional sports teams to national fitness organisations and local leisure centres.

## How You're Assessed

Students are assessed using a variety of methods, including presentations, written reports, role plays, voice recordings, video presentations, practical sessions, observations and posters. The course includes two external exams in year 1 and a further two external exams in year 2.

## Clothing, Equipment and Additional Costs

> Suitable footwear for both indoor and outdoor activities, such as trainers and football boots.

## Progression

Upon successfully completing this course you will be able to progress to degree level study.

## Careers

Work as a sports coach, fitness instructor, community development officer, event co-ordinator, sports masseuse and many more.



Get In Touch

Riseholme College,  
Website: <https://www.riseholme.ac.uk/>