



**PAT BENSON**  
**BOXING ACADEMY**  
**COLLEGE**

# GO THE DISTANCE

**PAT BENSON BOXING  
COLLEGE PROSPECTUS**



“

**CHAMPIONS AREN'T  
MADE IN THE GYMS.  
CHAMPIONS ARE  
MADE FROM  
SOMETHING THEY  
HAVE DEEP INSIDE  
THEM - A DESIRE, A  
DREAM, A VISION.**

*Muhammad Ali*

”

## A UNIQUE OPPORTUNITY

### AN ALTERNATIVE TO COLLEGE OR 6TH FORM EDUCATION

The Pat Benson Boxing College programme is a unique opportunity for 16-18 year olds to continue their boxing development. This course is fully funded, offers a balanced educational experience and provides a real alternative to college or sixth form education. Qualified tutors guide students through the various modules over the course of the two-year programme, preparing them for a career in the sports industry, university, an apprenticeship and other pathways. The boxing element is led by experts at leading boxing facilities. The Pat Benson Boxing College is government funded and gives students access to first-class boxing training in an environment that helps take their performance to the next level.



#### THE PROGRAMME FEATURES

##### TRAIN

Work with top coaches from the Pat Benson Boxing Academy in a full-time boxing centre for up to 6 hours per week to develop your boxing performance.

##### LEARN

Study full-time with tutors from Aspire Training Solutions on a qualification equivalent to three A Levels.

##### KIT

Pat Benson College students receive their own branded training kit from our official partner.

##### EMPLOYMENT PATHWAYS

Boxers who pass relevant qualifications could have the opportunity to gain coaching hours with the Paddy Benson Boxing Academy & earn money.

“

THE PAT BENSON BOXING ACADEMY GAVE ME A GREAT OPPORTUNITY TO DEVELOP AND GROW PROFESSIONALLY, WHILST ALSO BEING ABLE TO MAINTAIN FOCUS ON MY SPORTING LIFE. IT'S A GREAT MIXTURE OF BEING ABLE TO ACCESS TRAINING FOR MY JOB ROLE WHILST ALSO DOING SOMETHING I HAVE A MASSIVE PASSION FOR.

”

*Cianan Folan*

CELTIC BOX-CUP CHAMPION 2016

**NOW...**  
**BUSINESS AND**  
**FINANCE OFFICER**  
 PAT BENSON BOXING ACADEMY



# PROGRAMME OVERVIEW

MORE THAN JUST A QUALIFICATION

## AGE

16-18 year olds

## DURATION

Two years, full-time

## QUALIFICATION

- Level 3 Cambridge Technical in Sport and Physical Activity

## ADDITIONAL QUALIFICATIONS

- 1st4Sport Level 2 Award in Multi-Skills Development in Sport
- England Boxing Level 1 Coaching Course

## WORK EXPERIENCE

A minimum of 30 hours work experience

## COST

Fully funded

## ENTRY REQUIREMENTS

3 GCSE'S A-C, preferably both Maths and English

## COACHING PROVIDER

Pat Benson Boxing Academy

## EDUCATION PROVIDER

Aspire Training Solutions (UK) Ltd

## COURSE START DATE

September 2020

## LOCATION

Birmingham and Wolverhampton

## EXIT ROUTES

Full-time employment or apprenticeships, employment opportunities in the sports and physical activity sector, coaching opportunities, foundation or honours degree at university in a sports-related discipline.



# “

I WAS 10 YEARS OLD WHEN I FIRST WENT THROUGH THE DOORS OF THE PAT BENSON BOXING ACADEMY. I HAD MY FIRST FIGHT ON ST.PATRICKS DAY 1994. 18 YEARS LATER TO THE DAY I FOUGHT FOR THE WORLD

MIDDLEWEIGHT CHAMPIONSHIP AGAINST SERGIO MARTINEZ AT MADISON SQUARE GARDEN IN NEW YORK CITY. IT WAS MY SECOND OF 3 ATTEMPTS TO BECOME WORLD CHAMPION, THE OTHER TWO BEING TO GENNADY GOLOVKIN AND FELIX STURM - THE STURM FIGHT BEING WIDELY REGARDED AS ONE OF THE WORST DECISIONS OF THE MODERN ERA.

As a professional I also won the European Middleweight title twice, the British and Irish titles too. As an amateur, I won the NABC's twice, the Junior ABA's and the senior ABA's in my first year. I boxed for England at Schoolboy, Young England and senior level and in 2000 was named young boxer of the year. I'm proud of what I have achieved in boxing and it was a fantastic journey that all started at the Small Heath ABC gym on Fazeley Street. I boxed there from the age of 11 up until 18 and will cherish those memories forever.

# ”

*Matthew Macklin*

SENIOR AMATEUR BOXING  
CHAMPION 2001  
WORLD TITLE CHALLENGER



# BOXING PROGRAMME

## ATTACK

- Stance and movement in offensive position
- Punching technique; jab and rear cross.
- Generating body weight into punches
- Hooks and uppercuts
- Combination punching
- Power punching
- Boxing on the front foot
- 3 and 5-phase attacks
- Cutting off the ring when attacking
- Body punching and inside attack
- Video analysis of opponents

## DEFENCE

- Stance and movement in defensive position
- The guard
- Blocking and hand defences
- Foot defence and movement
- Head and trunk defence
- Boxing on the back foot
- Straight counter punches
- Hooks and uppercuts as counters
- Defending under intense pressure
- Defending body attacks
- Spatial awareness and ringcraft

## PAD AND TARGET WORK

- How to hold pads and targets
- How to teach punching technique
- Combination building through pad work
- Communication skills through partner work
- Thinking of different competition scenarios
- Distance work and punching technique
- Video analysis of pad work
- Demonstrating punch technique under pressure
- Straight punches on target pads
- Body punches on target pads
- Power punching on target pads

## TECHNIQUE DRILLS

- Punch bag work
- Shadow boxing
- Distance and range work
- Using the boxing ring
- Variety of skipping drills
- Hand and foot speed
- Changing angles and points of attack
- Diet and nutrition
- Boxing psychology
- Rules of a boxing match
- How boxing judging works

“

AFTER THREE MAJOR DISLOCATIONS IN MY LEFT SHOULDER I WAS TOLD I WOULDN'T BE ABLE TO COMPETE IN THE BOXING RING AGAIN. I KNEW THEN THAT IT WAS TIME TO FIND AN ALTERNATIVE CAREER PATHWAY AS WELL AS HOLDING ONTO MY PROFESSIONAL DREAMS.

I now use my 10 years+ boxing experience as a young ambitious academy coach. I could not have done this without the help of the Pat Benson Boxing College, through their support I gained the confidence and qualifications to be able to work in the sport I love.

”

*Bradley Savage*

REDDITCH BOX-CUP CHAMPION 2014

**NOW...**  
**HEAD OF**  
**COACHING**

**PAT BENSON BOXING ACADEMY**

# LEVEL 3 CAMBRIDGE TECHNICAL IN SPORT & PHYSICAL ACTIVITY

TAKE YOUR EDUCATION TO THE NEXT LEVEL

If you're interested in a particular industry but not yet sure what job you'd like to do, the applied learning route might suit you. They combine practical learning with developing knowledge and skills. You can go on to further training or employment, or you can go on to university.

## THE QUALIFICATION

The Level 3 Cambridge Technical in Sport and Physical Activity provides you with the knowledge and skills you need for your future, helping you achieve your full potential.

Created by OCR, a leading UK awarding body, the vocational qualification is a real alternative to A Levels or BTEC routes. It is designed to contain refreshing and exciting content, that's up to date, engaging, fit for purpose and suitable for your needs. It helps develop your knowledge, understanding and skills of the principles of sport and physical activity. Gaining an insight into the sector as you investigate opportunities for delivering sport and physical activity to a wide range of participants, you are taught in a safe and professional environment. In doing so, you also gain core skills required by universities and employers such as communication, problem solving, time management, research and analytical skills.

## DESIGNED BY INDUSTRY EXPERTS

The Level 3 Cambridge Technical in Sport and Physical Activity focuses on the requirements that today's universities and employers demand. Designed in consultation with a vast number of universities, employers and industry specialists, you practically apply your skills and knowledge in preparation for further study or the workplace. Organisations include University of Birmingham, CIMPSA, Durham University, Sports Coach UK, Coventry University, Youth Sports Trust and the University of Worcester.

## PROGRESSION

Cambridge Technicals provide a strong base for progression to university, apprenticeships or work and are recognised for UCAS tariff points. The two-year study programme includes a range of mandatory, optional and specialist pathway units, allowing your students to really focus on what is right for their chosen career path. Units can include sports coaching, sports injuries and rehabilitation, the business of sport, sport development, performance analysis, nutrition for sport and exercise, sport psychology and more.



# COURSE TRAINING PROVIDERS



## PAT BENSON BOXING ACADEMY

Registered Charity 1176806

Pat Benson Boxing Academy is a registered Community Amateur Sports Club and Clubmark accredited. Offering a high level of coaching in a modern and very well equipped training environment, they are one of the very few boxing academies in existence to have won every domestic boxing championship as well as a representative at the Olympic Games.



Aspire specialise in the delivery of accredited, sport related qualifications and apprenticeships. The independent training provider brings extensive knowledge and experience in the sports and physical activity sector and is a trusted partner for hundreds of schools across the country. Their team consists of a number of qualified teaching staff who help ensure students experience the best learning experience.

# HOW DO I JOIN THE PROGRAMME?

WE WANT TO ENSURE THAT YOUR PATHWAY TO JOINING THE PAT BENSON BOXING ACADEMY COLLEGE IS AS SIMPLE AS POSSIBLE.

However, as well as meeting the minimum entry requirements, we expect all participants to meet a minimum standard. This is assessed via a practical evaluation and interview process.

- 1 ATTEND THE INFORMATION EVENT
- 2 SIGN UP TO ATTEND THE TRIALS
- 3 ATTEND YOUR TRIAL AND INTERVIEW
- 4 SUCCESSFUL CANDIDATES ARE SENT REGISTRATION DOCUMENTS
- 5 REGISTRATION DOCUMENTS ARE COMPLETED
- 6 PAT BENSON BOXING ACADEMY COLLEGE PROGRAMME COMMENCES



**PAT BENSON**  
**BOXING ACADEMY**  
**COLLEGE**

**JOIN  
THE  
TEAM**



For more information on the  
Pat Benson Boxing Academy College:

[aspire-sports.co.uk/ocr-colleges](https://aspire-sports.co.uk/ocr-colleges)

Tel: 0121 663 1979 Email: [info@aspire-sports.co.uk](mailto:info@aspire-sports.co.uk)

In partnership with



**OCR**  
Oxford Cambridge and RSA

PAT BENSON BOXING ACADEMY  
COLLEGE PROSPECTUS  
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