

MCAST PROGRAMMES - PUBLIC INFORMATION TEMPLATE (FULL TIME)

Institute	Institute of Community Services
Department	-

Programme Title	ALP + Extended Diploma in Sport				
Course Code <i>To be filled in by Admissions Dept.</i>	CS3-W07-23alp+		If the programme includes a WBL element, How is it accredited?		Placement / Internship
MQF/ EQF Level	Level 3	Type <i>(refer to Appendix 1 for Parameters)</i>	Qualification	Awarding Body	MCAST – Malta College of Arts, Science and Technology
Accreditation Status		Accredited via MCAST’s Self Accreditation Process (MCAST holds Self-Accrediting Status as per 1st schedule of Legal Notice 296/2012)			
Mode of Delivery	Face to Face	Duration <i>(Academic Years or Semesters)</i>	2 Years	Mode of Attendance	Full-Time
Total Number of Credits	36 credits at MQF Level 2 and 60 credits at MQF Level 3	Total Learning Hours <i>(25 Total Learning Hours for each ECTS)</i>		2400 hours	
Target Audience	Ages 16 - 65	Target Group <i>(the type of learners that the educational institution anticipates joining this programme)</i>	Learners who have successfully completed their studies at the Alternative Learning Programme of the Ministry for Education.		
Programme Fees	There are no fees applicable to Maltese and other EU Nationals (as will be evidenced by their Identity Document) Fees apply for other International Applicants... for fee information and any related updates it is best to communicate with MG2i International through applyinternational@mcast.edu.mt One may consider checking about possible eligibility or otherwise for any exemption from fees by contacting the relevant section within MEYR (Floriana) – or visit the servizz.gov.mt website here				
Date of Next Student Intake	For further information regarding upcoming student intake and applications time windows for same kindly click here				
Language of Instruction	The official language of instruction at MCAST is English. All notes and textbooks are in English (except for language courses, which will be in the respective language being instructed). International candidates will be requested to meet English language certification requirements for access to the course.				
Application Method	Applications to full-time courses are received online via the College Management Information System. Applicants can log-in using Maltese Electronic ID (eID) in order to access the MCAST Admissions Portal directly and create one’s own student account with the identity being verified electronically via this secure service.				

	<p>Non-EID applicants need to request account creation through an online form after that they confirm that their local Identification Document does not come with an EID entitlement. . Once the identity is verified and the account is created on behalf of the applicant, one may proceed with the online application according to the same instructions applicable to all other applicants.</p> <p>For more information about how to apply online for a course at MCAST, please visit: https://mcast.edu.mt/how-to-apply-online-2/</p>
Information for Non-EU Citizens	<p>Non-EU candidates require a study visa in order to travel to Malta and join the course applied for (on a Full Time delivery mode). For further information re study-visa please access https://www.identitymalta.com/unit/central-visa-unit/.</p> <p>Further information International / TCN applicants should take note of before requesting to be considered for a programme of studies at MCAST, can be obtained through the respective FAQ found on https://mcast.edu.mt/important-information/</p>
IMPORTANT note to Non-EU Nationals / TCNs	<p>In instances where a TCN is applying for an MCAST programme of studies which includes Apprenticeship / Placement / Internship, it is the applicant's responsibility to check with the relevant Maltese Authority whether one would be eligible to have the necessary permits to be able to carry out the accredited Apprenticeship / Placement / Internship, success from which is expected in order to be able to successfully complete the selected programme of studies. Further information can also be obtained through the respective FAQ found on:</p> <p>https://mcast.edu.mt/important-information/</p>
Address where the Programme will be Delivered	<p><i>MCAST has four campuses as follows:</i></p> <p>MCAST Main Campus Triq Kordin, Paola, Malta</p> <p><i>All courses except for courses delivered by the Institute for the Creative Arts, the Centre of Agriculture, Aquatics and Animal Sciences and the Gozo Campus are offered at the Main Campus address (above).</i></p> <p><i>Courses delivered by the Institute for the Creative Arts, the Centre of Agriculture, Aquatics and Animal Sciences, or the Gozo Campus, are offered in one of the following addresses as applicable:</i></p> <p>Institute for the Creative Arts Mosta Campus Misraħ Ġhonoq Tarġa Gap, Mosta</p> <p>Institute of Applied Sciences Centre of Agriculture, Aquatics and Animal Sciences, Luqa Road, Qormi</p> <p>Gozo Campus J.F. De Chambray Street MCAST, Ġhajnsielem Gozo</p> <p><i>In the case of courses delivered via Online Learning, students will be following the programme from their preferred location/address.</i></p>

	<p><i>Programmes delivered via Blended Learning, and which therefore contain both an online and a face to face component shall be delivered as follows:</i></p> <ul style="list-style-type: none"> ○ Face to Face components – as per above address instructions ○ Online components – from the student's preferred address.
Course Description <i>(Refer to Programme Specification)</i>	<p>This course is aimed at learners who have successfully completed their studies at the Alternative Learning Programme of the Ministry for Education, and are interested in pursuing further vocational studies at MQF Level 3, related to sport. This course focuses on the knowledge and skills required for eventual employment at assistant technician level in the sport sector. The combination of practical experience and theoretical knowledge gained by successfully completing the course, will equip learners with the knowledge and skills with which they will be able to access the labour market, or alternatively, they will be eligible to continue their studies at MQF level 4 at MCAST, by selecting one of the various Advanced Diplomas offered by the College, in their preferred area of study.</p> <p>This course has practical sessions included in the course but further emphasis is given to theoretical knowledge. The course covers the basics of Anatomy and Physiology in Sport, Fitness Testing, Fitness Instruction, Fundamental Methodology of Physical Activity and Sport, as well as the theory and practice of the mainstream sports. The syllabus incorporates a work-based learning component thus facilitating the transition into employment for those learners who do not wish to further their studies. By the end of the course, the learner will be able to assist a Fitness Instructor in the preparation and delivery of basic fitness training programmes. The learner will be encouraged to take part in various sports-related events that are organised on campus.</p>
Deskrizzjoni tal-Kors <i>(Refer to Prospectus / Course Page on MCAST website)</i>	<p>Dan il-kors huwa mmirat lejn studenti li jkunu temmew b'suċċess l-istudji tagħhom fil-Programm ta' Tagħlim Alternattiv (I-ALP) tal-Ministeru għall-Edukazzjoni, u huma interessati li jkomplu bit-tagħlim vokazzjonali fil-Livell 3 tal-MQF, relatat mal-isport. Dan il-kors jiffoka fuq l-għarfien u l-ħiliet meħtieġa biex eventwalment iwasslu għal impjeg fil-livell ta' assistent tekniku fis-settur tal-isport. L-esperjenza Prattika u l-għarfien teoretiku li jakkwistaw l-istudenti li jispicċaw il-kors, jgħin biex dawn ikollhom l-għarfien u l-ħiliet meħtieġa biex jaħdmu, jew inkella, ikunu eliġibbli biex ikomplu l-istudji tagħhom fil-livell 4 tal-MQF fil-MCAST, billi jagħzlu wieħed mill-bosta korsijiet tal-Advanced Diploma fil-qasam li jippreferu.</p> <p>Dan il-kors għandu sessjonijiet prattiċi inklużi fil-kors iżda tingħata aktar enfasi lill-għarfien teoretiku. Il-kors ikopri l-bażi tal-Anatomija u l-Fizjoloġija fil-Isport, l-Ittestjar tal-Fitness, l-Istruzzjoni tal-Fitness, il-Metodoloġija Fundamentali tal-Attività Fizika u l-Isport, kif ukoll it-teorija u l-prattika tal-isports prinċipali. Is-sillabu jinkorpora komponent ta' tagħlim ibbażat fuq ix-xogħol biex b'hekk jiffaċilita t-tranżizzjoni lejn l-impjeg għal dawk l-istudenti li ma jixtiequx ikomplu l-istudji tagħhom. Sal-aħħar tal-kors, l-istudent ikun kapaċi jassisti lill-Għalliem tal-Fitness iħejji u jgħalliem programmi bażiċi ta' taħriġ għal kundizzjoni fizika tajba. L-istudent jiġi mhegġeġ jiehū sehem f'diversi avvenimenti relatati mal-isport li huma organizzati fil-kampus minn żmien għal żmien.</p>
Career Opportunities:	-
Entry Requirements <i>(Refer to Prospectus / Course Page on MCAST website)</i>	<p>Applicants are expected to have completed the one-year ALP programme and obtained at least an MQF Level 1 in Maltese, English and Mathematics and an MQF Level 2 in TWO vocational subjects forming part of the ALP Programme</p> <p>Medical Clearance is required before being found eligible for course</p>
Other Notes related to this Programme, and	<p>Closer to the opening of the Applications' Time-Window, a "Pre-Entry / Eligibility Fitness Medical Clearance Form" will be made available on the course's web page on MCAST website ('Full Time courses' Section). This will need to be filled in and signed by a Family Doctor / GP as well as endorsed by parents in instances of</p>

which are to be taken note of	<p>applicants who are under 18 years of age. When submitting an application for this programme of studies, this filled-in and signed document, needs to be part of the uploads submitted, in order for the application to be processed. Without that upload, the application will not be processed during the Admissions period (Summer 2025)</p>
Programme Learning Outcomes <i>(Refer to Programme Specification)</i>	<p>At the end of the programme the learner is able to</p> <ol style="list-style-type: none"> 1. Identify the basic requirements in terms of knowledge, skills and competences related to the vocational subject area chosen. 2. Perform basic techniques related to the vocational subject of choice under supervision. 3. Apply basic techniques related to the vocational subject of choice in a practical setting, either in a laboratory, in a workshop or in a workplace setting. 4. Use standard tools and equipment in line with safety procedures.
Teaching, Learning and Assessment Procedures	<p>The programmes offered are vocational in nature and entail both theoretical lectures delivered in classes as well as practical elements that are delivered in laboratories, workshops, salons, simulators as the module requirements dictate.</p> <p>Each module or unit entails a number of in person and/or online contact learning hours that are delivered by the lecturer or tutor directly (See also section 'Total Learning Hours').</p> <p>Access to all resources is provided to all registered students. These include study resources in paper or electronic format through the Library and Resource Centre as well as tools, software, equipment and machinery that are provided by the respective institutes depending on the requirements of the course or module.</p> <p>Students may however be required to provide consumable material for use during practical sessions and projects unless these are explicitly provided by the College.</p> <p>All Units of study are assessed throughout the academic year through continuous assessment using a variety of assessment tools. Coursework tasks are exclusively based on the Learning Outcomes and Grading Criteria as prescribed in the course specification. The Learning Outcomes and Grading Criteria are communicated to the Student via the coursework documentation.</p> <p>The method of assessment shall reflect the Level, credit points (ECTS) and the schedule of time-tabled/non-timetabled hours of learning of each study unit. A variety of assessment instruments, not solely Time Constrained Assignments/Exams, are used to gather and interpret evidence of Student competence toward pre-established grading criteria that are aligned to the learning outcomes of each unit of the programme of study.</p> <p>Grading criteria are assessed through a number of tasks, each task being assigned a number of marks. The number of grading criteria is included in the respective Programme Specification.</p> <p>The distribution of marks and assessment mode depends on the nature and objectives of the unit in question.</p> <p>Coursework shall normally be completed during the semester in which the Unit is delivered.</p> <p>Time-constrained assignments may be held between 8 am and 8 pm during the delivery period of a Unit, or at the end of the semester in which the Unit is completed. The dates are notified and published on the Institute notice boards or through other means of communication.</p> <p>Certain circumstances (such as but not limited to the COVID-19 pandemic) may lead Institutes and Centres to hold teaching and assessment remotely (online) as per</p>

	<p>MCAST QA Policy and Standard for Online Teaching, Learning and Assessment (Doc 020) available via link https://www.mcast.edu.mt/college-documents/</p> <p>The Programme Regulations pertaining to this Programme's MQF/EQF level available at: link https://www.mcast.edu.mt/college-documents/, apply.</p>
Grading System	<p>All MCAST programmes adopt a Learner-centred approach through the focus on Learning Outcomes. The assessment of MCAST programmes is criterion-referenced and thus assessors are required to assess learners' evidence against a pre-determined set of Learning Outcomes and Assessment Criteria.</p> <p>For a student to be deemed to have successfully passed a unit, a minimum of 50% (grade D) must be achieved.</p> <p>All full time units are individually graded as follows: A* (90-100) A (80-89) B (70-79) C (60-69) D (50-59) Unsatisfactory work is graded as 'U'.</p> <p>Work-based learning units (where applicable) are graded on a Pass/Fail basis only.</p> <p>Some units which follow industry standards and regulations may also be graded on a Pass/Fail basis as per programme regulations referred below.</p> <p>Detailed information regarding the grading system may be found in the Programme Regulations pertaining to this programme's MQF/EQF Level available at: https://www.mcast.edu.mt/college-documents/ (Refer to DOC 003, 004 and 005)</p>
Exit Point (where and as applicable)	<p>Where a student will not make it to the Final Certification achievable from this Programme of Studies (as per Programme Regulations), one might wish to look into Exit Point possibilities as may be applicable to this programme for studies. Further information, is available at https://www.mcast.edu.mt/college-documents/, kindly refer to <i>DOC 077 Procedure for the processing of Claims for Certificates at Interim Exit Points</i>.</p>
Contact details for Further Learning Opportunities	<p>The MCAST Career Guidance Team, offers the service of qualified and experienced Career Advisers who will be very willing to discuss with potential applicants the course which best achieves one's career ambitions, as well as exploring one's education route, or similar.</p> <p>MCAST Career Guidance Tel: 2398 7135/6 Email: career.guidance@mcast.edu.mt</p>
Regulatory Body/ Competent Authority Contact Details <i>(where applicable - in the case of a programme leading to Regulated Profession)</i>	Not Applicable

Programme Structure	Unit Code	Unit Title	ECTS	Year	Semester
	CSSPT-306-2006	Fitness Instruction	6	1	Year
	CSSPT-306-2007	Fundamental Methodology of Physical Activity and Sports	6	1	Year
	CSSPT-306-2008	Theory and Practice of Mainstream Sports	6	1	Year
	CDKSK-206-2307	English	6	1	Year
	CDKSK-206-2308	Mathematics	6	1	Year
	CDKSK-206-2309	Il-Malti	6	1	Year
	CDKSK-206-2312	Community Social Responsibility	6	1	Year
	CDKSK-206-2311	Science and Technology	6	1	Year
	CDKSK-206-2310	Information Technology	6	1	Year
	CSPHY-306-2001	Anatomy and Physiology in Sport	6	2	Year
	CSSPT-306-2004	Employment and Sport	6	2	Year
	CSSPT-306-2301	Fitness Testing	6	2	Year
	CDKSK-304-2313	English	4	2	Year
	CDKSK-304-2314	Mathematics	4	2	Year
	CDKSK-304-2315	Il-Malti	4	2	Year
	CDKSK-304-2318	Community Social Responsibility	4	2	Year
	CDKSK-304-2317	Science and Technology	4	2	Year
	CDKSK-304-2316	Information Technology	4	2	Year

Allocation of Total Learning Hours (per Unit)	The total learning hours required for each unit or module are determined as follows:			
	Credits (ECTS)	Indicative contact hours ¹	Self-Learning and Assessment Hours ³	Total Student workload (hrs) ²
	1	5 – 10 hrs	20 - 15 hrs*	25 hrs
	2	10 – 20 hrs	40 - 30 hrs*	50 hrs
	3	15 – 30 hrs	60 - 45 hrs*	75 hrs
	4	20 – 40 hrs	80 - 60 hrs*	100 hrs
	6	30 – 60 hrs	120 - 90 hrs*	150 Hrs
	9	45 – 90 hrs	180 - 135 hrs*	225 hrs
	12	60 – 120 hrs	240 - 180 hrs*	300 hrs
Note: The 'Self-Learning and Assessment Hours ³ ' amount to the difference between the 'Indicative Contact Hours ¹ ' and the 'Total Student Workload ² '				

APPENDIX 1**MINIMUM CREDITS FOR QUALIFICATIONS AT DIFFERENT LEVELS**

MQF Level	Minimum ECTS Required for a Qualification*
8	
7	30
6	180
5	30
4	30
3	60
2	60
1	40

* Programmes assigned fewer ECTS than indicated will be classified as Awards.

*Reference: Fig.1: p48, Malta Further and Higher Education Authority (MFHEA) (October 2024).
Referencing Report, 5th Revised Edition.*

APPENDIX 2

EXAMPLES OF QUALIFICATION TYPES AT A SPECIFIC MQF LEVEL

MQF Level	Examples of qualification types at a specific MQF level (The list in this column is not exhaustive)	Number of ECTS *
8	Doctoral Programmes:	
	PhD	N/A
	Professional Doctorate	180
7	Master's Degree	90
	Postgraduate Diploma	60
	Postgraduate Certificate	30
6	Bachelor's Degree	180
	Bachelor's Honours	240
5	Undergraduate Higher Diploma	90
	Undergraduate Diploma	60
	Undergraduate Certificate	30
	VET Level 5	60
4	Advanced Diploma	120
	Pre-Tertiary Certificate	30 - 60
	MATSEC Matriculation Certificate (Advanced and Intermediate)	N/A
	VET Level 4	120
3	Certificate	60
	MATSEC Secondary Education Certificate	N/A
	VET Level 3	60
2	Foundation Certificate	60
	MATSEC Secondary Education Certificate	N/A
	VET Level 2	60
1	Introductory Certificate	40
	VET Level 1	40

* Programmes assigned fewer ECTS than indicated will be classified as Awards.

Reference: Fig.2: p48, Malta Further and Higher Education Authority (MFHEA) (October 2024).
Referencing Report, 5th Revised Edition.