



BRITISH
JUDO



DISE

FREQUENTLY ASKED QUESTIONS

What is it?

The Diploma in Sporting Excellence (DISE) is the re-named version of the Advanced Apprenticeship in Sporting Excellence (AASE) programme, that has been run by British Judo (in conjunction with South Gloucestershire and Stroud College) since 2012. The DISE programme, which combines practical and theoretical aspects of Judo performance, begins in September 2018.

The main purpose of the DISE programme is to support talented athletes to combine sport and education so that they have the skills, knowledge and qualifications to pursue a dual career in high-level sport alongside separate paid employment in the future.

It is open to 16-18 year olds who are aspiring to become elite athletes on British Judo's talent pathway. It is aimed at athletes who are enrolled on a study programme at a school/college, as Judo players do not have the option of employment, and so cannot enrol on an apprenticeship.

Where are the DISE venues located?

Camberley Judo Club; Comberton Judo Club; Kendal Judo Club; Redbridge Judo Club; University of Bath; University of Wolverhampton (Walsall Campus).

How will the DISE programme affect me?

The DISE programme will benefit you as an athlete as you increase your opportunity to train approximately 8 hours per week, in combination with the educational course you are following at your school/college. The DISE programme is delivered at six venues across the country, where the coaches will assist you in the completion of the Diploma in Sporting Excellence qualification*.

* This qualification is likely to be worth UCAS points, in the same way AASE did. We are awaiting confirmation of the value of those (previously 40 UCAS points).

Do I have to become a member of the club where the course is located?

You do not have to change clubs to participate in the Diploma in Sporting Excellence. Players can still continue to represent their home club in domestic competition.

What benefit is the DISE programme to me?

As a player you will benefit by having the knowledge to structure training and understand the importance of elements that could affect your performance, such as nutrition, mental skills and strength and conditioning. You will then be empowered to have a greater impact upon your own training and the outcome of each session, thus making the most of your potential.

What will I gain at the end of the programme?

After the final completion of the DISE programme, the student will have achieved a Diploma in Sporting Excellence (DISE). Also you will have acquired vital knowledge needed to succeed at Senior International level.



For more information about the DISE programme, please visit www.britishjudo.org.uk/DISE