

## Sport and Nutrition



Subject Area	Sports & Fitness
Course Type	School Leavers
Study Level	Level 1
Delivery Mode	Full-time
Duration	1 Academic Year
Start Date	September 2026
Course Code	PA000779

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### Course Summary

This course teaches you how to stay healthy by eating well and being active. It's great if you like sports and want to learn how the body works and how to help others stay fit. You'll learn why food and exercise are important, how to coach sports, and how to make safe fitness plans. You'll also find out how the body works during exercise and how to avoid injuries while being active

### What You Will Learn

- Sport and Food Basics:** Learn how food and exercise help your body stay strong and healthy.
- Why Being Active Matters:** Understand why moving your body and eating well helps you feel good.
- Coaching and Fitness:** Try out fun ways to coach sports and plan fitness sessions.
- How the Body Works:** Learn about bones, muscles, and how your body moves.
- Staying Safe:** Find out how to play sports safely and avoid getting hurt.

## Modules

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You will need to complete the core unit which is: Developing a Personal Progression Plan: This unit helps you plan and develop your personal and professional goals in the sports industry.

**You must complete one unit from this group:**

- How Exercise Affects the Body: Learn about the physiological effects of exercise on the body.
- Training for Fitness: Understand different fitness training methods and how to design effective training programmes.
- Playing Sport: Gain practical experience in playing and understanding various sports.
- Coaching Skills in Sport: Develop coaching techniques and skills for leading sports activities.
- Assisting in a Sports Activity: Learn how to help organise and run sports activities.
- Contributing to Running a Sports Event: Understand the planning and logistics involved in organising sports events.
- Getting People Active: Learn strategies to encourage and motivate people to participate in physical activities.
- Keeping Active and Healthy: Understand how to maintain an active and healthy lifestyle through regular exercise and proper nutrition.

## Work Experience

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You will complete 30 hours of relevant work experience. This includes working with the National Citizens Service (NCS) programme, which helps you develop key employment skills and behaviours needed for progression to work. This experience is valuable for gaining practical insights and improving your employability in the sports sector.

## Progression

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Completing the BTEC Level 1 Sport and Nutrition can open doors to various career opportunities in the sports industry. This course can be the starting point for a career in sport, such as:

- Personal Trainer: Helping clients achieve their fitness goals through personalised training programmes.
- PE Teacher: Teaching students about physical education and promoting healthy

lifestyles.

- Other Sport-Related Careers: Opportunities in sports management, coaching, fitness instruction, and more

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