Working together to transform lives

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Sports



Subject Area	Preparing for Learning & Work – Foundation Learning, Sports & Fitness
Course Type	School Leavers
Study Level	Level 1
Delivery Mode	Full-time
Duration	1 Academic Year
Start Date	September 2027
Course Code	PA000141

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Course Summary

This hands-on qualification is designed to help learners understand the skills and knowledge needed to work in the sector. Learning will be encouraged through participation in a wide range of sport and active leisure activities. The course will also focus on improving the learner's physical fitness, understanding how to plan and deliver sports and training sessions and visiting sporting establishments around the UK to speak with professionals in related jobs.

What You Will Learn

This Level 1 Award in sports qualification is designed for learners who may be ready to progress quickly to further study. The Certificate offers a basic introduction to the sports and leisure sector and provides learners with the opportunity to develop generic, transferable and sector-specific skills related to the study of sport and leisure in order for them to progress to further learning.

Our experienced staff will deliver a variety of practical workshops and presentations alongside independent student research. You will develop skills using up to date sports research and practice. Visits and guest speakers are also used to help enrich your learning experience.

The course is based on a programme of study which consists of:

- The Vocational Qualification itself
- A City & Guilds Employability and Personal Development Award
- English and Maths
- A Tutorial Programme
- Work Experience

Learners will study three core Employability units and two sector specific units over the duration of the course.

Modules

Modules Covered:

- **City & Guild Employability Award:** Career planning and making applications, Keeping Safe, Stress Management, Team working.
- **Level 1 Sport & Active Leisure:** Training for Fitness, developing a progression plan, contributing to running a sporting event and keeping active and healthy.

Entry Requirements

Entry to this course requires GCSE English and GCSE Maths at a grade 2.

Work Experience

30 hours of relevant experience of work are included in the course. Our students work in partnership with the National Citizens Service (NCS) programme which helps to develop key employment skills and behaviours needed for progression to work.

Progression

Successful completion of the BTEC Level 1 Sport and Active Leisure can help you embark on a career in a Sport related area. The subject can be the beginning of the journey to

your career in Sport, such as becoming a personal trainer, PE teacher and other sport-related careers.

Disclaimer: Our prospectus, college documents and website are simply here to offer a guide. We accept no liability for any inaccurate statements and are not responsible for any negative outcomes if you rely on an inaccurate statement. We reserve the right to withdraw any programmes or service at any time.