

# Sport and Active Leisure



## ● Is this course for me?

This course aims to equip you with the skills, knowledge and attributes necessary to help the sport and active leisure industry deliver on its two headline ambitions; to leave a lasting legacy of grass-roots participation opportunities following the staging of successful major events and to see 50% of the nation active and healthy by 2020. By encouraging individuals to lead active and healthy lifestyles the Sport and Active Leisure workforce has a hugely significant role to play in helping address current social challenges such as obesity, binge-drinking and the need to offer everyone an opportunity to experience the outdoors during their education.

## ● What does the course involve?

This qualification introduces you to working in this sector. It is particularly suited to those who seek to acquire knowledge and develop transferable skills whilst following their interest in the Sport and Active Leisure. It ensures that you appreciate the central importance of customers and business to the sector and provides opportunities for you to actively engage with employers across the broad range of industries within the sector. It requires you to develop and apply employability skills.

## ● Principal learning

**Foundation (Level 1)** Sport and Active Leisure as Part of a Healthy Lifestyle, The Importance of Participation in Sport and Active Leisure, How the Active Body Works, Introducing the Sport and Active Leisure Industry, Working with Different Types of Customers in Sport and Active Leisure,

**Higher (Level 2)** Positive Lifestyle Choices and Sport and Active Leisure, Encouraging Participation in Sport and Active Leisure, Science in Sport and Active Leisure, Working in the Local Sport and Active Leisure Industry, Businesses in the Sport and Active Leisure Industry, Media in Sport and Active Leisure, Access For All in Sport and Active Leisure

**Advanced (Level 3)** The Impact of an Active and Healthy Lifestyle, Being an Effective Manager and Leader in Sport and Active Leisure, Science and Technology in Sport and Active Leisure, Applying Science and Technology to Enhance Performance in Sport and Active Leisure, Globalisation and the Sport and Active Leisure Industry, Sport and Active Leisure Policy, Promoting Opportunities For All in Sport and Active Leisure, Bringing the Community Together Through Sport and Active Leisure.

## ● Additional / Specialist learning

can be chosen from a wide range of existing units or qualifications at the appropriate levels. These may include graded examinations or a Business or IT qualification.

## ● What qualifications or skills will I need to get on the course?

• You need to be at least 16 years of age and interested in working in the arts.

**Foundation** A GCSE profile, which includes English and maths

**Higher** 4 GCSEs at Grade D or above, which includes English and maths

**Advanced** 5 GCSEs at grade C or above, which includes English and maths

## ● What options will be open to me if I successfully complete the course?

Progression can be made to the Higher Level Diploma or to employment at a junior level.

## ● Who can I contact for more information?

Please call Central Enquiries on 01462 424242

## ● Interview and reference required

Yes



## INCLUDED IN THIS DIPLOMA

Sport and active leisure and the individual: Looks at the importance of an active and healthy lifestyle, the science of sport and exercise and how the body works.

Sport and active leisure and the economy: Introduces the sport and active leisure industry, its relation to other sectors and its contribution to the economy as a whole.

Sport and active leisure and the community: Focuses on working with customers and the different requirements of specific populations or groups of people.

The course activities:

- Learn all about your body and the benefits of an active and healthy lifestyle
- The science of sport and exercise and the effects of over-eating, smoking, drinking and substance misuse
- The industry's profile in terms of size, scope and location and the scope of regional and national bodies
- Learn about stakeholders such as governing bodies, sports clubs commercial sponsors and funding agencies such as Sport England and the National Lottery
- How the sector interacts with others, for example law, retail and journalism
- What constitutes first-class customer service
- Anatomy and physiology
- Government policies
- The role of the media
- Leadership and conflict resolution
- Community and ethics
- Practical sport and leisure activities



### WHAT ARE EMPLOYERS SAYING?

"The Diploma is a huge step forwards for education in this country, with learning based on skills and qualities that are relevant in the real world. I am sure that this new approach will enthuse many more young people than the current system does and in turn produce students who are more prepared for the career challenges that lie ahead. Our company mission statement includes provision to 'provide opportunity to many', and the Diploma fits in with our goals."

*David Batch, Chief Executive, Premier Sport*

