



**YMCA Level 3 Award in Sport (603/1460/6)**  
**YMCA Level 3 Certificate in Sport (603/1461/8)**  
**YMCA Level 3 Diploma in Sport (603/1462/X)**

**Purpose Statement**

**Overview**

**Who is this qualification for?**

Those who are wishing to embark on a career in the sport and active leisure sector, or those wishing to continue in education.

**What prior qualifications/levels of attainment are needed to take this qualification? Are there any age restrictions?**

This qualification is suitable for learner aged 16+. There are no formal entry requirements for candidates undertaking this qualification. Restrictions apply to candidates under the age of 18 working unsupervised with children.

**What does this qualification cover?**

The YMCA Level 3 Award/Certificate/Diploma in Sport comprises of 17 units (listed below).

To achieve the Award, learners must achieve 11 credits from the 3 mandatory units. To achieve the Certificate, learners must achieve 12 credits from the 4 mandatory units and a minimum of 15 credits from the optional units available, making a total of 27 credits. To achieve the Diploma, learners must achieve 12 credits from the 4 mandatory units and a minimum of 26 credits from the optional units available, making a total of 38 credits.

- Health, safety and risk management in sport and active leisure (Mandatory, 5 Credits)
- Customer service in sport and active leisure (Mandatory, 3 Credits)
- Understanding the active leisure and learning sector (Mandatory, 3 Credits)
- Safeguarding and protecting children and young people in sport and active leisure (Mandatory, 1 Credits)
- Working with participants with disabilities in sport and active leisure (Optional, 7 Credits)
- Understanding employment rights and responsibilities (Optional, 2 Credits)
- Operational management of sport and leisure facilities (Optional, 6 Credits)
- Physical preparation for sports performance (Optional, 5 Credits)
- Injuries in sport (Optional, 5 Credits)
- Factors affecting participation in sport and physical activity (Optional, 4 Credits)
- Sport as a business (Optional, 4 Credits)
- Lifestyle management for sports performers (Optional, 4 Credits)
- Technical and tactical requirements for sport (Optional, 4 Credits)
- Communication and public relations for sports performers (Optional, 4 Credits)
- Anatomy and physiology for exercise (Optional, 6 Credits)
- Event management in sport and leisure (Optional, 3 Credits)
- Funding and sponsorship in sport (Optional, 3 Credits)

**awarding excellence**

YMCA Awards part of Central YMCA. Registered charity No. 213121. Limited company registered in England 119249.  
Registered office: 112 Great Russell Street, London WC1B 3NQ. YMCA® is a trademark registered in Great Britain and Northern Ireland. ISO9001 accredited.



Key topics/skills/knowledge covered:

- Key aspects and considerations regarding health, safety and welfare in sport and active leisure
- exploring the principles of customer service and its role within the sport and active leisure industry
- Gaining an understanding of the active leisure and learning sector
- The role and importance of safeguarding in the sport and active leisure sector
- enhance individual skills and knowledge, providing confidence to provide an inclusive environment when delivering sporting activities, and ultimately improving the performance of disabled athletes
- knowledge and understanding that employees require concerning employment law and industry-specific legislation that apply to their jobs, key documents relating to their employment and employment procedures they should follow at work
- introduction to the responsibilities of first line management in a sport and leisure facility
- understand the importance of preparing physically for sport performance, and the impact that different techniques can have on their physical preparation
- Introduction to the risk of injuries and how to recognise the common symptoms and the correct treatment
- understanding of the social, individual and cultural influences that affect participation as well as some of the benefits of sport and physical activity
- introduction to the business of sport
- identify lifestyle choices that can impact on their sporting careers and to plan and prioritise their sporting commitments
- prepare, perform and review techniques and tactics in training and competition
- research different types of media coverage associated with sports people and the key factors to consider when being interviewed
- introduction to the technical and tactical skills required for a sport
- knowledge an instructor needs about anatomy and physiology relating to exercise programming for apparently healthy adults of all ages How to assist in the planning, delivery and evaluation of sporting activities
- introduction to the principles and planning of events in a sport and leisure environment
- seek out internal and external sources of finance, develop a financial bid, write a sponsorship programme and understand how to achieve effective sponsorship management

### **What could this qualification lead to?**

This qualification can lead to or help the following job roles:

- Leisure Centre Assistant/Manager
- Sports Development Officer
- Sports Coach
- Community Sports Leader/Manager

This qualification can lead to the following further education:

- YMCA Level 3 NVQ Diploma in Leisure Management
- YMCA Level 3 Award, Certificate & Diploma in Increasing Participation in Sport and Active Leisure in Community Settings

**awarding excellence**

YMCA Awards part of Central YMCA. Registered charity No. 213121. Limited company registered in England 119249.  
Registered office: 112 Great Russell Street, London WC1B 3NQ. YMCA® is a trademark registered in Great Britain and Northern Ireland. ISO9001 accredited.



### **Who supports this qualification?**

The YMCA Level 3 Award/Certificate/Diploma in Sport has support from a number of centres and employers within the sector as well as Skills Active (the Sector Skills Councils for this area) and CIMSPA (The Chartered Institute for Management of Sport and Physical Exercise).

**awarding excellence**

YMCA Awards part of Central YMCA. Registered charity No. 213121. Limited company registered in England 119249.  
Registered office: 112 Great Russell Street, London WC1B 3NQ. YMCA® is a trademark registered in Great Britain and Northern Ireland. ISO9001 accredited.