



YMCA Level 1 Award in Sport (603/1409/6) **YMCA Level 1 Certificate in Sport (603/1410/2)**

Purpose Statement

Overview

Who is this qualification for?

- Those who are just starting out in sport and active leisure, possibly at school, college or starting an apprenticeship
- Those wishing to embark on a career in the sport and active leisure sector

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

This qualification is suitable for learner aged 14+. 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 1 Award/Certificate in Sport comprises of 10 units. To achieve the Award learners must achieve 11 credits from the 3 mandatory units. To achieve the Certificate learners must achieve 11 credits from the 3 mandatory units and a minimum of 14 credits from the optional units available. The qualification can be achieved through completion of the following units:

- Participating in sport (6 credits, mandatory)
- Working safely in sport and active leisure (3 credits, mandatory)
- Understanding the active leisure and learning sector (level 2) (2 credits, mandatory)
- Leading a healthy lifestyle (2 credits, mandatory)
- Recognising opportunities for participating in leisure (2 credits, mandatory)
- Components and function of the body in physical activity (4 credits, mandatory)
- Assist in the planning, delivery and evaluation of sporting activities (3 credits, mandatory)
- Improving personal exercise and fitness (4 credits, mandatory)
- Safeguarding and protecting children and young people in sport and active leisure (level 2) (1 credit, mandatory)
- People skills in sport and active leisure (level 2) (3 credits, mandatory)

Key topics/skills/knowledge covered:

- Understanding the reasons for participating in sport the key rules and regulations
- How to setup, take down, maintain equipment whilst ensuring the safety of those participating in Sport
- Understanding the key aspects that make up the active leisure and learning sector
- How to lead a healthy lifestyle and why it is important for those participating in sport and active leisure
- The key functions of the human body during physical activity
- How to assist in the planning, delivery and evaluation of sporting activities
- How to improve and the exercise carried out and its impact on fitness

awarding excellence



- The key aspects of safeguarding regulations and why they are important
- How important people skills and customer service is in sport and active leisure and how to maximise opportunities to increase participation

What could this qualification lead to?

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

- leisure centre assistant
- sports development officer
- sports coach
- holiday centre manager
- personal trainer
- gym instructor
- sports development officer
- community sports leader/manager.

This qualification can lead to the following further education:

- YMCA Level 2 NVQ Certificate in Active Leisure, Learning and Well-being Operational Services
- YMCA Level 2 NVQ Certificate in Activity Leadership
- YMCA Level 2 Award, Certificate & Diploma in Sport
- YMCA Level 2 Award, Certificate & Diploma in Increasing Participation in Sport and Active Leisure in Community Settings

Who supports this qualification?

The YMCA Level 1 Award & Certificate in Sport has a support from a number of centres and employers within the sector as well as Skills Active – the Sector Skills Council for this area.