

YMCA Awards Level 1 Diploma in Sport and Active Leisure 600/9170/8

Purpose Statement

Overview

This qualification introduces learners to the sport and active leisure sector, catering for differences in ability by allowing them to select some units at Entry Level (3) or Level 2, as well as Level 1. Learners will find out about their own fitness and how the body works through participation in a variety of fitness activities by planning and using their own fitness programme. Learners will have the chance to explore job opportunities in sport and active leisure and to choose units relating to taking part in sport, assisting an activity leader, preparing physical activities for children and preparing for a work placement.

This qualification differs from the Level 1 Diploma in Introduction to the Active Leisure Sector in that this qualification prepares the learner for further learning in preparation for gaining employment in the sport and leisure industry e.g. activity leadership, coaching, sports development, exercise and Fitness. The Level 1 Diploma in Introduction to the Active Leisure Sector offers a variety of unit options in order to prepare the learner for further learning in preparation for gaining employment in different aspects of the Active Leisure Sector e.g. hospitality, customer service, child care, exercise and fitness and beauty therapy.

Who is this qualification for?

- Those wishing to develop their knowledge and skills in preparation for working in the Sport and Active Leisure Industry

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

No prior qualifications are needed to take this qualification

There are no age restrictions; learners may be pre-16.

What does this qualification cover?

The YMCA Awards Level 1 Diploma in Sport and Active Leisure Sector is regulated by Ofqual and comprises of a total of 38 credits. 15 credits are achieved through completion of the following mandatory units:

- How the body works/improving own fitness
- Improving own fitness
- Taking part in exercise and fitness
- Planning own fitness programme

Learners must achieve 1 credits from the following optional units:

- Safe learning in the workplace (EL3) (1credit)
- Safe learning in the workplace (L1) (1 credit)

Learners must achieve 1 credits from the following optional units:

- Investigating rights and responsibilities at work (EL3) (1 credit)
- Investigating rights and responsibilities at work (L1) (1 credit)

Learners must achieve 1 credits from the following optional units:

- Managing your health at work (EL3) (1 credit)
- Managing your health at work (L1) (1 credit)

Learners must achieve 20 credits from the following optional units:

- Taking part in sport (3 credits)
- Working in sport and active leisure (4 credits)
- Job opportunities in sport and active leisure (4 credits)
- Assisting a leader of sports or activate leisure activities to plan and deliver an activity (4 credits)
- Risks and hazards in sport and active leisure (4 credits)
- Sport and active leisure project (4 credits)
- Physical activities for children (4 credits)
- Preparing for work placement (1 credit)
- Learning from work placement (2 credits)
- Understanding the active leisure and learning sector (2 credits)

Key topics/skills/knowledge covered:

- functions of the skeletal, muscular and cardio-respiratory systems
- requirements of a healthy diet
- different exercise and fitness activities and facilities
- the workplace: risks and hazards, employee rights and responsibilities
- physical activities for children and the role of the adult
- how to support a leader of a sports or active leisure activity
- review own performance when taking part in sport
- plan and prepare physical activities for children
- plan, use and review own fitness programme
- assist in planning and delivering a sports activity
- set goals for a work placement

What could this qualification lead to?

Future employment possibilities

This qualification is ideal as entry into the Sports and Active Leisure Industry. On completion of this qualification learners could typically progress onto a number of work based qualifications in areas such as:

- Activity leadership
- Coaching
- Sports Development
- Exercise and Fitness

Progression to further/higher level learning

This qualification provides progression to other qualifications at the same and higher levels, for example:

- Level 2 Award in Community Activation
- Level 2 Award in Emergency First Aid at Work
- Level 2 Certificate in Fitness Instructing
- Level 2 Certificate in Fitness Walking
- Level 2 Certificate in Introductory Work in the Outdoors
- Level 2 Diploma in Health, Fitness and Exercise Instruction
- Level 2 NVQ Certificate in Activity Leadership

Who supports this qualification?

This qualification is supported by:

Tresham College of Further and Higher Education

Windmill Avenue

Kettering

Northants

NN15 6ER

www.tresham.ac.uk

Tresham College values this qualification because they have stated it is a solid pre requisite for the Level 2 Fitness Instructor Qualification

Health and Fitness Education (Training Provider)

7&8 Roundhouse Court

Barnes Wallis Way

Buckshaw Business Centre

Chorley

Lancashire

PR7 7JN

www.hfe.co.uk

Health and Fitness Education values this qualification because they feel it provides learners with a comprehensive overview of the Sport and Active leisure industry, they feel it serves as an essential taster to the sector so that learners can see what opportunities are available to them.

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