



**YMCA Level 2 Award in Sport (603/1411/4)**  
**YMCA Level 2 Certificate in Sport (603/1412/6)**  
**YMCA Level 2 Diploma in Sport (603/1413/8)**

**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 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 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 2 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 16 credits from the optional units available, making a total of 28 credits. To achieve the Diploma, learners must achieve 12 credits from the 4 mandatory units and a minimum of 25 credits from the optional units available, making a total of 37 credits

- Health, safety and welfare in sport and active leisure (Mandatory, 3 credits)
- Participating in sport (Mandatory, 6 credits)
- Understanding the active leisure and learning sector (Mandatory, 2 credits)
- Safeguarding and protecting children and young people in sport and active leisure (Mandatory, 1 credit)
- Sport facility operations (Optional, 4 credits)
- Injuries in sport (Optional, 3 credits)
- Factors affecting participation in sport and physical activity (Optional, 3 credits)
- Sport as a business (Optional, 4 credits)
- Sport and society (Optional, 5 credits)
- Leading a healthy lifestyle (Optional, 4 credits)
- Plan, deliver and evaluate sport and leisure activities (Optional, 4 credits)
- Physical preparation for sports performance (Optional, 4 credits)
- Technical and tactical requirements for sports performance (Optional, 4 credits)
- Anatomy and physiology for exercise (Optional, 6 credits)
- Working with participants with disabilities in sport and active leisure (Optional, 7 credits)
- People skills in sport and active leisure (Optional, 3 credits)
- Event organisation in a sport and leisure environment (Optional, 3 credits)

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Key topics/skills/knowledge covered:

- Key aspects and considerations regarding health, safety and welfare in sport and active leisure
- 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
- Gaining an understanding of the active leisure and learning sector
- The role and importance of safeguarding in the sport and active leisure sector
- How sports facilities operate
- Introduction to the risk of injuries and how to recognise the common symptoms and the correct treatment
- How to lead a healthy lifestyle and why it is important for those participating in sport and active leisure
- 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
- How important people skills and customer service is in sport and active leisure and how to maximise opportunities to increase participation
- introduction to the components of fitness and principles of training and their impact on physical capabilities and sporting performance
- introduction to the principles and planning of events in a sport and leisure environment
- consider, explore and discuss the relationship between sport and society
- consider the different factors that affect participation by individuals in sport
- introduction to the business of sport
- enhance individual skills and knowledge, providing confidence to provide an inclusive environment when delivering sporting activities, and ultimately improving the performance of disabled athletes

### **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
- Community Sports Coordinator

This qualification can lead to the following further education:

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

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

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The YMCA Level 2 Award, Certificate & Diploma in Sport has a 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).

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