QUEEN ALEXANDRA COLLEGE BIRMINGHAM

Queen Alexandra College
STUDENT COURSES

Entry Level 3/Level 1 Laser LEAP qualification with Sport and Leisure

Programme Outline:

Our LEAP Hub Sport & Leisure programme provides students with opportunities to develop practical sports and leisure skills while building the confidence, independence and knowledge needed for employment, further learning and adult life. The course promotes a positive approach to physical and mental wellbeing and supports students to become active, healthy and engaged members of their communities.

Students develop knowledge and practical skills across a range of sport and leisure topics including personal fitness, health and wellbeing, leadership, teamwork, risk assessment, safety awareness and participation in physical activities. Learners also explore how the body works, careers within the sport and leisure sector, and the importance of maintaining a healthy lifestyle. Throughout the programme, students build essential employability skills such as communication, organisation, problem-solving and working effectively with others.

Learning is delivered through a combination of practical activities, classroom-based sessions and project work designed to provide engaging and varied learning experiences. Students participate in thematic units such as planning personal fitness programmes, understanding risks and hazards in sport, exploring leisure activities and investigating careers within the industry. Sessions encourage active participation, reflection and the development of transferable skills that can be applied both within and beyond the workplace.

Qualifications range from Entry Level 3 to Level 1.

Areas covered within this programme include:

- Positive approach to physical and mental wellbeing
- Personal wellbeing
- Health and wellbeing
- Leadership
- Risk assessment
- Safety awareness
- Participation in physical activities
- Coaching



For further information on courses contact us on
Tel: 0121 428 5050 or Email: info@qac.ac.uk
www.qac.ac.uk

- Planning fitness programmes
- Employability skills
- Independent living skills (ILS)
- Confidence-building
- Teamwork
- Citizenship
- Rights and responsibilities

In addition, students will have access to a wide range of ongoing wellbeing and mindfulness initiatives.

Work Experience:

The programme includes a range of work-related learning opportunities both on and off campus. Students may gain experience supporting activities within the college gym, leading sports sessions, participating in community projects and completing work experience placements within local leisure and sports settings. Opportunities to work with visiting schools and external organisations help students develop leadership skills, professional behaviours and confidence in real-world environments.

English and Maths:

Discrete sessions in English and maths including a qualification route, where applicable. Functional English and maths embedded via the curriculum.

Progression:

Students work towards LASER qualifications at Entry Level 3 or Level 1 and are supported to achieve their individual aspirations and EHCP outcomes. Students are also afforded the opportunity to carry out FA coaching badges as part of the course up to level 1. Learners compile a portfolio of evidence showcasing their achievements and skill development throughout the programme. Progression opportunities may include Level 2 vocational sport courses, supported internships, volunteering, employment or further education within the sport, fitness and active leisure sectors. The course also supports the development of confidence, resilience and independence, helping students prepare successfully for their future lives and careers.

