

## **Level 1** Award/Certificate/Diploma in **Sport and Active Leisure (QCF)**

### **Entry Requirements:**

- An Entry Certificate in Skills for Life or Life Skills or other Entry level qualification
- An appropriate standard of literacy and numeracy
- Related interests and experiences

### **Programme Outline:**

Enrolling on the Level 1 in Sport and Active Leisure gives learners the opportunity to achieve a nationally-recognised Level 1 vocationally-specific qualification.

Examples of units you would study include 'Risks and Hazards in Sport and Active Leisure'; 'Taking Part in Exercise and Fitness'; 'How the Body Works'; 'Planning Own Fitness Programme'; 'Assisting a Leader of Sports or Active Leisure' and 'Working in Sport and Active Leisure'. There are three pathways to the Level 1 in Sport and Active Leisure dependent on entry qualifications and experiences:

### **Level 1 Award in Sport and Active Leisure (QCF)**

This is a 7-credit programme where you will be provided with an introduction to the skills, qualities and knowledge that may be required for employment in the Sport sector.

### **Level 1 Certificate in Sport and Active Leisure (QCF)**

This is a 13-credit programme, which extends the work-related focus from the Level 1 Award (QCF) programme and covers some of the knowledge and practical skills required for employment in the Sport sector.

The Level 1 Certificate offers an engaging programme for those who are clear about the vocational area that they wish to learn more about.

### **Level 1 Diploma in Sport and Active Leisure (QCF)**

This is a 37-credit programme, which extends the work-related focus from the Level 1 Certificate (QCF). There is potential for the qualification to prepare learners for employment in a particular vocational sector and it is suitable for those who have decided that they wish to enter a specific area of work.

### **Duration:**

Start dates for these programmes are flexible, with completion usually achieved within two years.

### **Progression:**

On successful completion of the Level 1 in Sport and Active Leisure you may consider progressing to a Level 2 programme or vocationally relevant qualification.



For further information on courses contact us on  
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**[www.qac.ac.uk](http://www.qac.ac.uk)**