



Level 2 Diploma in Sport (Sport, Exercise & Fitness)

Study Type

Full Time

Course Area

Sport & Sport Science

Course Duration

1 year.

Entry Requirements

Five GCSEs at grade 9-3 including English and Maths, or a full Level 1 qualification with a 'stepping stone' English and Maths qualification. Completion of a successful interview.

Course Information

This qualification covers both the theoretical and practical skills required to work in the sport industry, particularly in areas related to fitness and coaching. We give you the opportunity to learn new skills and put them into action. It is about learning in a fun and enjoyable environment, experiencing lessons not only in the classroom but in Gym 141, the exercise science laboratory, the sports hall and MUGA.

During your course, you will study a number of specific units including:

- Introduction to healthy exercise and nutrition
- Participating in sport
- Anatomy and physiology for exercise
- Planning and running a sports event
- Physical fitness and injury in sport.

Optional units of study include:

- Strength and conditioning
- Sports coaching
- Volunteering in sport and fitness
- Development of sporting skills and tactical awareness
- Performance analysis for sport.

Learners will be given the opportunity to undertake optional study units and additional professional qualifications as well as industry-related work experience to boost employability.

Coaching awards and a Sports Leadership Certificate will be delivered alongside your study programme.

In addition to this, those who aspire to be personal trainers will have the opportunity to complete a Level 2 Fitness

Instructor qualification, enabling you to work in a leisure/gym environment.

Learners who are interested in working in the leisure industry will be guided towards other professional qualifications such as lifeguarding.

Progression

Completing the Level 2 programme will enable you to work in the sport industry. You can progress on to a Level 3 Sport course, which will enable you to apply for higher level training or university.