

SPORTS LEADERSHIP QUALIFICATIONS



These are great courses for any student wishing to develop their teamwork and leadership skills and support the growing numbers of sports leaders who make sport such a vibrant part of the community life today.



Students will learn how to plan and lead activity sessions and run sports events, working with children of different ages and abilities and support community sport activities. The course is a mixture of theory and practical activity involving work in the college, local schools and community.

This course links perfectly to voluntary work and participation in sport outside of college. It can also be completed alongside the Duke of Edinburgh or the International Baccalaureate to support your progress in these qualifications.



DUKE OF EDINBURGH



The DofE Awards are fun, adventure and challenge based with three progressive levels (Bronze, Silver and Gold). Students undertake a wide range of activities which push personal boundaries, gain new skills and enhance their CVs and university applications. Students applying for this course should have taken their bronze or silver award at school and are aiming to progress this to the next level at college.





FITNESS INSTRUCTING & PERSONAL TRAINING

Level 2 Certificate in Fitness Instructing Level 3 Diploma in Personal Training

These qualifications are awarded by Active IQ and professionally recognised by the register for exercise professionals (REPS) and endorsed by the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA). They are the first step into a career in the fitness industry.

Students will undertake the theoretical study on the human body in action, training and fitness sessions and programming & working in the fitness industry. You will learn how to instruct fitness session in the gym environment, teaching different techniques and training methods to clients.

This is an excellent course for those who are thinking about entering the health and fitness sector, a huge industry with an array of career opportunities including personal training and strength and conditioning.



Level 2 Certificate in Fitness Instructing

The aim of this Level 2 Certificate in Fitness Instructing is to train learners to a professionally competent level, enabling them to prescribe, plan and deliver safe and effective exercise programmes within a gym or health club environment as a Level 2 Fitness Instructor.

PROGRESSION

This qualification provides progression to Level 3 qualifications in Personal Training for learners who wish to further their knowledge/skills and become personal trainers.

Level 3 Diploma in Personal Training

The aim of the Level 3 Diploma in Fitness Instructing and Personal Training is to train learners to a professionally competent level, enabling them to prescribe, plan and deliver safe and effective exercise programmes developing their skills and knowledge to pursue a career in personal training.

PROGRESSION

This qualification provides progression to:

- Active IQ Level 3 Diploma in Exercise Referral
- Active IQ Level 3 Award in Supporting Pre/Postnatal Clients with Exercise and Nutrition/Older Adults/Disabled Clients
- Active IQ Level 3 Award in Designing Exercise Programmes
- Active IQ Level 3 Diploma in Instructing Pilates Matwork/Teaching Yoga
- Active IQ Level 4 Certificate in Strength and Conditioning

ENTRY REQUIREMENTS

On top of standard entry requirements, the following is required:

- Some experience of gym-based exercises, including free weights is highly recommended
- The course requires physical exertion and individual participation, therefore a degree of physical fitness is essential
- There is also an element of communication (discussing, presenting, reading and writing) and learners should therefore have basic skills in communication.

ASSESSMENT

- Coursework/Project, Multiple Choice Examination, Portfolio of Evidence