



The Course

In brief...

The purpose of this qualification is to provide learners with an understanding of the active leisure and Uniformed Public Services sector and to explain the links between activity and better health, demonstrating the opportunities within daily life to become more active. Learners are provided with the opportunity to experience working in the active leisure sector and developing their employability skills which is critical to aiding their chances of gaining and sustaining employment in the short, medium and long term. Learners are also provided with the knowledge and skills to be able to assist with the planning, preparation and delivery of safe and effective sport and physical activity sessions. This course serves as a progression onto the Sport & Fitness or Uniformed Public Services Level 2 pathways.

**Who is it for?**

Learners considering a career in the active leisure or Uniformed Public Services sector or wishing to improve their knowledge of sport and physical activity and wanting to adopt a healthier lifestyle for themselves.

What the Course Leads to

**What courses can I do after this?**

.... progress at The College to a Level 2 First Certificate in Sport or Level 2 Uniformed Public Services.

**What jobs can I get?**

Leisure Industry, Uniformed Public Services

What do I need to apply

**To do this course you should have...**

You will need to achieve GCSEs grades D-G including English and maths grades 3-1 (formerly D-G). Alternatively successful completion of a Foundation Entry Level 3 qualification and have achieved an Entry Level 3 Functional Skill in English and maths.

**What about work experience?**

You will need to undertake a minimum of 5 days work experience with a local employer in order to pass the course.

Course costs

Course Code	Start Date	Costs 16-18	Costs 19-23 (with concessions)	Costs 19+ (no concessions)
FAL1FD001C	06/09/2021	£250.00	£250.00	£1850.00

\* Please note fees are subject to change.

**Costs**

16-18 £250.00

## Key Information

**Duration**

1 Year

**Attendance**

Full-time

**Level**

Level 1

**Qualification Name**

Level 1

**Awarding Body**

Ascentis

**Curriculum Area**

Service Industries and

Humanities - Public Services

## Course Content

### Course Content

Introduction to study, Developing personal confidence and self awareness, improving fitness, taking part in sport, personal budgeting and money management, how the body works, participating in leisure activities and the Duke of Edinburgh Award.

You will also need to study Maths and English if you havent already passed them.

#### Next Steps ...

Email: [enquiries@thecollege.co.uk](mailto:enquiries@thecollege.co.uk)

Telephone: 01202 205205

Web: [www.thecollege.co.uk](http://www.thecollege.co.uk)

Live chat available on the website

