



## The Course

### In brief...

To provide learners with the essential knowledge and skills required by those who wish to pursue a career as a Sports Coach, Fitness Instructor and/or Personal Trainer. This qualification gives learners the opportunity to gain a nationally accredited qualification which provides the essential knowledge, skills and personal qualities required for an occupation in the Sport and Fitness sector.

### Who is it for?

Learners aged 16+.

Students who would like a career in the sports industry or to progress onto a L3 course in Sport.

- Those considering a career as a Sports Coach, Fitness Instructor and/or Personal Trainer.
- Please note that 16-18 year olds may need to be supervised in the workplace, once they have achieved the qualification.

This qualification provides progression to the Level 3 Extended Diploma in Sport, Fitness and Personal Training.

### What the Course Leads to

### What courses can I do after this?

Progress to the full time Level 3 BTEC Diploma in Sport at The College.

### What jobs can I get?

Successful completion may lead to roles in Sports Coaching, Fitness Instruction and Personal training.

### What do I need to apply

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

You will require a minimum of 4 GCSEs at grades 9-3 (formerly A\*- D) including English and maths. Alternatively successful completion of a relevant Level 1 qualification and have achieved a Level 1 Functional Skill in English and maths.

### What about work experience?

## Key Information

### Duration

1 Year

### Attendance

Full-time

### Level

Level 2

### Qualification Name

Level 2 Diploma

### Awarding Body

BTEC

### Curriculum Area

Business, Service Industries and ESOL - Sport

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)
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BP02401	02/09/2024	£250.00	£250.00	£250.00
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\* Please note fees are subject to change.

#### Costs

16 - 18 £250.00

19+ £1870

#### Course Content

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Mandatory units to complete the qualification: Practical Sports Performance, Fitness for Sport and Exercise, The Sports Performer in Action, Training for Personal Fitness, Leading Sports Activities, Anatomy and Physiology for Sports Performance, Lifestyle and Well-being, Injury and the Sports Performer

Alongside your vocational study you will also need to attend GCSE Maths and English as required.

#### 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

