

# **NCFE LEVEL 1 CERTIFICATE IN SPORT**

## **OVERVIEW**

This qualification is for learners aged pre-16 and above and is suitable for use within a Study Programme. This qualification aims to help support the learner's personal development through acquiring skills and knowledge in sport, exercise and fitness. The qualification also allows learners to gain personal transferable skills that can be applied to the workplace or further study.

### **Unit Breakdown**

- Taking Part in Sport
- Sports Coaching
- Leading Others
- Personal Exercise and Fitness
- Effect of Exercise on Human Body Systems
- Strength and Conditioning
- Health and Nutrition
- Developing Sports Volunteering Skills
- Assist at a Sports Event
- Understanding the Sport and Active Leisure Sector
- Exploring Employment in the Outdoor Industry

### **Additional Qualification**

- Sports Leaders Level 1

## **ENTRY REQUIREMENTS**

There are no specific recommended prior learning requirements for these qualifications. However, learners may find it helpful if they've already achieved an Entry Level qualification.

## **ASSESSMENT**

Each candidate is required to create a portfolio of evidence which demonstrates achievement of 100% of the learning outcomes and assessment criteria associated with each unit. Learning outcomes and assessment criteria specify what each candidate has to achieve.

## **PROFESSIONAL OPPORTUNITIES**

Opportunities to progress onto NCFE Level 2 NVQ Activity Leadership programme in which you will further develop your employment skills and qualification database.

## **DATES & FEES**

Contact us for current course dates and fees.

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