



NCFE Introduction to Sport, Health and Fitness - K056

This qualification has been specifically designed for the 16-18 age group and will provide an introduction to the sport, exercise, health and fitness industry. The content covers a broad base of sport, exercise, health and fitness related topics and will enable progression to further learning at Level 2 or an apprenticeship.

COURSE DETAILS

You will develop the knowledge and skills needed to plan fitness regimes, to plan and assist in the leading of activity sessions and will be encouraged to take part in regular exercise. Students will also be introduced to how the body works, lifestyle management, healthy eating, working in sport and active leisure and the variety of job opportunities available. In addition students will have opportunity to work with customers and gain insight into their work rights and responsibilities.

The qualification consists of 3 **graded** mandatory units and optional units including:

- Participation in sport
- Understanding business in sport
- Preparing to work in the sport and leisure industry

- Sports coaching
- Physical fitness and injuries in sport
- Performance analysis for sport
- Anatomy and physiology for sport
- Psychology for sports performance
- Outdoor and adventurous sport
- Planning and leading sports activities
- Sports volunteering
- Work experience in the sports industry
- Plan and set up an enterprising sport business
- Business skills in sport
- Anatomy and physiology for exercise
- Injuries in sport

ENTRY GUIDELINES

Priority will be given to those aged 16-18 years old with a genuine interest in pursuing a career in sport, fitness and coaching development.

A relevant entry level qualification or 3 GCSE's at grade 2/E or above.

Satisfactory interview, assessment and school report or reference.

If English is not your first language, you may need an assessment before enrolling on this course. To discuss further, please contact the ESOL department on 0151 551 7144.

ASSESSMENT METHOD

This course is assessed using a variety of methods including tutor-observations of practical activities, worksheets, presentations etc.

ADDITIONAL INFORMATION

Appropriate uniform will be required. You may be able to get help with these costs which will be in the region of £100. Details of these will be given at interview.

Are you aged 16-18?

Study programmes are full-time courses for 16-18 year olds which include:

- A qualification such as BTEC Extended Diploma
- Meaningful work experience or preparation for work
- English and maths, if you don't already have GCSE grade A* - C (or grade 4 or above) in English and maths
- Non-study activities such as tutorials, voluntary work, fund-raising/charity work, sport or trips

WHERE CAN I PROGRESS TO?

There are various possible progressions routes available on successful completion of this course including VTCT Level 2 Fitness Instructor, VTCT Level 2 Sports Studies, NCFE Military Preparation, L2 NVQ Football Studies.

Explore potential careers via [Career Coach](#), it provides current local data on wages and employment prospects.

You could progress to these Wirral Met courses:

- [K065 - NCFE Sports Diploma \(Sports Coaching\) Development](#)
- [K065 - NCFE Sports Diploma \(Sports Coaching\) Development](#)

WHEN DOES THIS COURSE RUN?

CAMPUS	STARTS	ATTENDANCE	COURSE CODE	PLANNED TIME TABLE
	31st Aug 2020	Full Time	K056M001	

If you are aged 16-18:

This study programme will be FREE for most students who are aged 16-18 on 31 August, or students aged 19-24 with an Education, Health & Care Plan.

If you are aged 19 or over:

Fee : £575.00

The fee quoted is for the academic year 2020-21.

For advice and guidance, please contact Student Services on 0151 551 7777 or call into our Conway Park Campus. Open Monday, Tuesday, Thursday, Friday 11 to 4pm and Wednesdays 4 to 6.30pm (term time only).

This information was current on 17th February, 2020 and may be subject to change.