

Level 2 Sport



Course Overview

Thinking of a career in sport and fitness? Our sports courses teach you a wide range of skills and knowledge required for progression within the sports industry. They provide both practical and academic challenges which will prepare you for employment and further education opportunities. These qualifications will allow you to develop your knowledge, skills and behaviours in preparation for working in the Sport and Leisure Industry or progression onto further study such as university.

Please Note: Work placement opportunities will be available.

On a Sports programme, you will learn through classroom teaching and activities incorporating IT access.

The College has a designated strength and conditioning suite, fitness studio and massage suite. The learning is supplemented with engagement with industry specialists as you will complete a work placement as part of the Level 2 Sport programme.

The Sports team have many years teaching experience across a range of subjects in both Further and Higher Education. Our staff also have vast industry experience in Sports Coaching, Strength & Conditioning, Sports Therapy, Personal Training and Fitness Instructing.

What You Will Study

Within this study programme you will develop your knowledge of the importance of health and well-being in sport and exercise. You will also learn how to plan and deliver a sports coaching session for a wide variety of sports along with planning and delivering gym based and fitness activities linked to job roles such as Personal Training. While on the programme you will develop many key skills needed in the workplace along with creating a CV, letter of application and personal statement for career opportunities on completion of the course. The Level 2 sport offers a great mixture of both practical and theory-based modules aimed at developing learners' knowledge of the key areas within sport and helping them to decide which pathway would be best suited to them if they choose to progress to one of our Level 3 courses and potentially university.

Some of the topics/units studied are:

- Participating in Sport
- Organising a Sports Event
- Introduction to Healthy Exercise and Nutrition
- Plan, Deliver and Evaluate
- Sports Coaching
- Developing Sporting Skills and Tactical Awareness

START DATE

September

LEVEL

Level 2

STUDY MODE

Full-time

DURATION

1 year

AWARDING BODY

Northern Council For
Further Education

LOCATION

Selby College



For further information
about this course, including
Entry Requirements,
Assessments and Further
Study, scan the QR code.

Need More Information?

For additional course information please contact the Course Information Team on **01924 789111** or email courseinfo@heartofyorkshire.ac.uk.

To learn more about Selby College, our facilities and how we can support you please visit our website www.heartofyorkshire.ac.uk.

Quick Links



**How to
Apply**



**Student
Support**



**Virtual
Tours**

- Development of Personal Fitness

How You Will Be Assessed

All study programme assessment is continuous throughout the academic year. Theory subjects are assessed through assignments, group work and presentations. Practical assessments are also continuous through the year, based on practical skills in team and individual sports and the delivery of leadership and sports coaching sessions.

Entry Requirements

5 GCSEs at Grade 9-3, including English or Maths.

OR

Successful completion of Level 1 Sport.

Further Study

On completion of the Level 2 programme students can progress within the College based on their grading portfolio and attendance record.