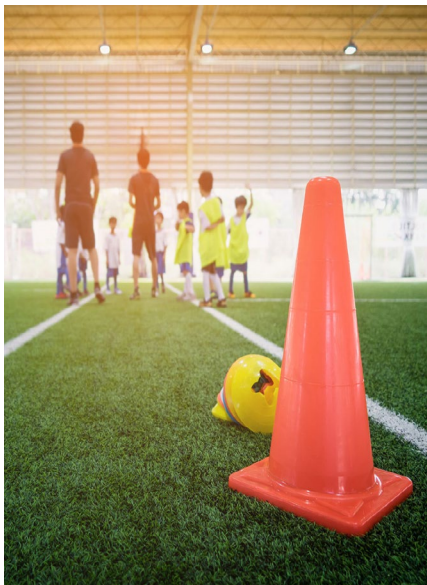


# NCFE Level 2 Diploma in Sport and Exercise

Course Leader and Tutor Laura Summers



# Course Summary

- This nationally recognised qualification is a practical, work-related one year course.
- Qualification is made up of seven units.
- Assessment for the course is by course work, assignments are based on realistic workplace situations, activities and demands
- Entry Requirements are 4 GCSEs at grade 3 or D to include English and Maths or a BTEC Foundation Certificate in a related subject.
- You will develop a range of skills, techniques, personal qualities and attitudes essential for a career in sport-specific employment.
- You will benefit from being taught by a well-qualified team of lecturers with substantial teaching and practical experience

# Programme of study

Anatomy and Physiology for Exercise

Development of personal fitness through training

Introduction to healthy exercise and nutrition

Participating in sport

Plan, deliver and evaluate an activity session

Planning and running a sports event

Developing Sporting Skills and Tactical Awareness



# Industry Experience

- Experience the workplace is important for any course. During the Level 2 course, we will include a variety of industry based activities to allow you to review your options for career paths or employments.
- Industry based activities include;
  - National Citizen Service 3 day residential and Community project.
  - Local visitors trip and industry speakers
  - Planning and delivering a full sport event for a local school.



# Activities & Trips

- Dorset Water Park
- Weekly practical sport and team activities
- Weekly Enrichment activities led by high quality coaches
- College Football Academy



*IMPORTANT: All trips & activities will be subject to student financial contribution & availability*



# Additional Activities/ Qualifications

- Practical sports – tasters, fitness sessions, competitions & tournaments such as:
  - Ultimate Frisbee / basketball/ football/ circuit training / dodgeball / badminton/fitness tests / volleyball & more!
- Leadership & coaching Qualifications
- GCSE Mathematics & English retakes
- Functional Skills Qualifications



# Where do I progress?

<b>Extended Diploma Sport</b>	<b>Extended Diploma Sport &amp; Exercise Science</b>	<b>Extended Diploma Sport Outdoor Adventure (pathway)</b>
<p>The course uses practical application and performance to support and reinforce knowledge and understanding required to study aspects of;</p> <ul style="list-style-type: none"> <li>•Instructing</li> <li>•Coaching</li> <li>•Leadership</li> <li>•Fitness &amp; training</li> <li>•Physiology</li> <li>•Health &amp; Safety</li> </ul> <p>This course provides an dynamic relevant and challenging contribution to the study of sport at this level.</p>	<p>Develop knowledge and understanding of scientific principles through study of sport, exercise and health.</p> <ul style="list-style-type: none"> <li>•Nutrition for Sport &amp; Exercise</li> <li>•Sport Injuries</li> <li>•Sports Psychology</li> <li>•Sport &amp; Exercise Physiology</li> <li>•Fitness Testing</li> </ul>	<p>The aim of the course is to introduce outdoor and adventures activities to the learner, give them a taste of the range of activities available and develop you own ability in these activities.</p> <ul style="list-style-type: none"> <li>•Outdoor and Adventures activities</li> <li>•Skills for land based activities</li> <li>•Skills for water based outdoor and adventurous</li> </ul>

# Frequently Asked Questions

- How many days a week will I be at college?
  - Approximately 3 days a week in college and one independent study day.
- Will I have to purchase a college sports kit?
  - Yes, this is approximately £40 and will be discussed at enrolment.
- Will I have the opportunity to resit my GCSEs?
  - Yes, unless you already have English and Maths at Grade 4, GCSE retakes will be built into your timetable.
- What is college life like?
  - College is an adult learning environment. We will support you in all aspects of your learning, however as an adult learner we want you take responsibility for your learning. You will have to ensure you are organised and adhere to all assessment deadlines.
- Will my attendance and punctuality be monitored?
  - Yes the sport department instil the highest regards for attendance and punctuality as this is required in the workplace. Your tutor will monitor your attendance weekly.
- Can I access extra help at college?
  - Yes, speak with your tutor at enrolment, induction or throughout any part of your course to gain extra help.