

Sport and Active Leisure

Diploma Level 1

STUDY MODE
Full time

LOCATION
Moulton

LEVEL
Level 1

START DATE
Sept 2024

DURATION
1 year



The Level 1 Diploma in Sport has been developed to give learners their first real insight into what life is like the sport industry.

A large part of the programme will be developing wider skills and attributes required in employment and at further levels of study, including the development of English, Maths and ICT skills.

What you'll learn

Students will develop their English, Maths and ICT skills as part of their sport course, and will learn about the basics of anatomy and physiology and how the human body works when performing sport and exercise movements. Students will have the opportunity to take part and learn about a wide range of sports, while also developing their coaching and communication skills.

A typical week

This is a full time course taking place on three days per week from 9am - 4:30pm. There will be a mix of practical and theoretical work which is split into 1 hour lessons. You will have regular breaks, including lunch.

How will I be assessed?

- Practical assessments
- Externally assessed Exams
- Written coursework and workbooks
- Presentations

Where can it lead to?

You could move onto another Level 2 course, or explore employment opportunities in the sports industry.

Entry requirements

No formal entry requirements are required, but you will need to attend an interview to identify interests and support requirements.

Visit this course on our website: <https://www.moulton.ac.uk/courses/pidsl/sport-and-active-leisure-diploma-level-1>

For further information please contact the college: <https://www.moulton.ac.uk/contact>