

Sports - Level 1 Diploma

This introductory course will provide you with opportunities to develop a range of skills and techniques essential for successful performance in the sports and leisure industry.

You will study units specific to sport, fitness and health in our state-of-the-art facilities, alongside employability units that will prepare you for work in the sport and leisure sector.

The course combines theory and practical lessons, giving you the opportunity to apply your knowledge to real-life situations. Practical sessions will take place in our gym and sports hall, with work placements in the sports and leisure industry.

WHAT WILL I STUDY?

Topics covered can include:

- Taking part in fitness and exercise
- Working in the sport and leisure industry
- Planning and delivering coaching activities
- The human body
- Exercise and health
- Diet and nutrition
- Interview skills
- Working in a team

WHAT WILL I NEED?

You do not need to have any previous qualifications.

All applicants must have an initial assessment and interview to confirm that the course is suitable for them.

HOW WILL I BE ASSESSED?

You will be assessed via a combination of observations during practical tasks and written coursework. Assessments throughout the course vary from assignment to assignment, giving you a chance to showcase your development through a variety of methods.

Start Date: 1 September 2025

Duration: 1 Year

Attendance: Full Time

Center: Enfield Centre

<https://www.capitalccg.ac.uk/course/pdf/42177/>

WHAT WILL IT COST?

AGED 16-18

If you will be aged 16, 17 or 18 on 31st August prior to the start date of your course and you have the legal right to remain in the UK for the duration of your programme then your study with us will be free. Please see [here](#) for the documents you will need to show us.

Some courses will have other associated costs, such as for specialist materials and trips. Many of our students are eligible for financial support, see [here](#) for details.

You will be required to wear sports-related clothing and footwear.

WHAT CAN I DO AFTER?

You could progress to employment in the sports and active leisure sector or progress to Level 2 sports or fitness courses.

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