



CITY AND ISLINGTON
COLLEGE



Westminster
Kingsway College

The College of
Haringey, Enfield
and North East London



Capital
City
College
Training

Sports Science - Level 2 Diploma

This course provides an ideal introduction to sports science for those considering studying sports or exercise at a higher level and is a great first step to a career in the growing sports and leisure industry. You will be taught in our state-of-the-art sports science laboratory, gym (designed specifically for sports science classes), sports hall and outdoor pitch.

The Level 2 Diploma in Sport, Fitness and Active Leisure is a qualification designed to provide learners with the knowledge, understanding and skills required for a career in the sport, fitness and active leisure industry. The qualification is recognised by the UK government and is equivalent to a GCSE at grade A*-C.

This diploma covers a wide range of subjects related to the sport and fitness industry, including anatomy and physiology, principles of fitness, healthy eating, sports coaching, and the organisation of sports and leisure activities. It also includes practical units in which learners will develop their skills in a range of activities, such as fitness training, team sports, and individual sports.

The Level 2 Diploma in Sport, Fitness and Active Leisure is suitable for learners who are interested in pursuing a career in the sport and fitness industry, or for those who wish to progress to higher education in this field. It is also suitable for those who wish to develop their skills for personal interest or to improve their employment prospects in other fields.

WHAT WILL I STUDY?

Topics covered can include:

- Anatomy
- Sports Psychology
- Nutrition Fitness Testing
- Practical Sport, Sports Injuries and Sports Coaching

WHAT WILL I NEED?

You will need:

- Four GCSEs at grade 3 or above, including English Language, Maths and Science/PE or a Level 1 Diploma in Science, with Functional Skills in Maths and English at Level 1.

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

Start Date: 2 September 2024

Duration: 1 Year

Attendance: Full Time

Location: Angel (K Block)

<https://www.capitalccg.ac.uk/candi/course/course-detail/pdf/10868/>



Capital City
College Group

www.capitalccg.ac.uk

HOW WILL I BE ASSESSED?

Assessment is continuous throughout the year, this will consist of the completion of written assignments, and projects and performing practical work that is assessed internally within the college. There will also be some written examinations, assessed internally by staff.

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.

WHAT CAN I DO AFTER?

On completion of this course, progression to our two-year Sports Science Level 3 Extended Diploma will provide you with a broader knowledge of the industry. This course can lead to the following careers:

Personal Trainer/Fitness Instructor: These professionals work with individuals to help them achieve their fitness goals, develop exercise plans, and monitor their progress. A degree or certification in exercise science, kinesiology, or a related field is usually required.

Physical Therapist: Physical therapists help patients recover from injuries or illnesses that affect their ability to move and function. They may develop exercise plans, provide massage therapy, and use other techniques to help patients regain mobility. A doctoral degree in physical therapy is required.

Exercise Physiologist: Exercise physiologists study how the body responds to exercise and develop exercise programs to improve health and fitness. They may work in research, clinical, or fitness settings. A degree in exercise science or a related field is typically required.

Strength and Conditioning Coach: Strength and conditioning coaches work with athletes to improve their strength, power, and endurance. They may also develop training programs for non-athletes looking to improve their fitness. A degree or certification in exercise science, kinesiology, or a related field is typically required.

Sports Medicine Physician: Sports medicine physicians diagnose and treat injuries related to sports and exercise. They may also provide advice on injury prevention and rehabilitation. A medical degree and specialized training in sports medicine is required.

Start Date: 2 September 2024

Duration: 1 Year

Attendance: Full Time

Location: Angel (K Block)

<https://www.capitalccg.ac.uk/candi/course/course-detail/pdf/10868/>



Fitness Director/Manager: Fitness directors/managers oversee fitness facilities, gyms and programs, manage staff, and ensure equipment is maintained and safe. A degree in exercise science, business, or a related field is typically required.

These are just a few examples of the many careers available in sports and exercise science. They involve education, qualifications, and work settings that can vary widely, so it's important to research and explore different options to find the right career path for you.

Start Date: 2 September 2024

Duration: 1 Year

Attendance: Full Time

Location: Angel (K Block)

<https://www.capitalccg.ac.uk/candi/course/course-detail/pdf/10868/>

