



CITY AND ISLINGTON
COLLEGE

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Westminster
Kingsway College

The College of
Haringey, Enfield
and North East London



Capital
City
College
Training

Sports - Level 2 First Certificate

This course aims to inspire and motivate learners to explore potential careers in the Sports sector. It provides opportunities for acquiring extensive knowledge and developing skills within the Sports industry.

Additionally, the course facilitates progression to specialised Level 3 qualifications in Sport or entry into an Apprenticeship. Ultimately, it opens avenues for learners to enter various job roles within the field of Sports. The course will add breadth to learners' knowledge and understanding of the Sports sector as part of their career progression and development plans.

WHAT WILL I STUDY?

Core units focus on foundational aspects of the sports sector to equip students with essential knowledge and skills. You'll study components of fitness, principles of training, and various fitness training methods. We'll delve into fitness testing for assessing fitness levels and examine the rules, regulations, and scoring systems of selected sports. Practical application is key, with opportunities to demonstrate skills, techniques, and tactics in chosen sports.

Beyond the field, you'll critically review sports performance and gain a solid understanding of the musculoskeletal and cardiorespiratory systems' structure and function. The course aims to provide a comprehensive groundwork for those considering a career in the sports sector, supporting potential progression to specialized Level 3 qualifications or apprenticeships.

You will also complete 5 specialist units ranging from The Mind and Sports Performance to Training for Personal Fitness and Running a Sports Event.

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: King's Cross Centre

<https://www.capitalccg.ac.uk/wkc/course/course-detail/pdf/38483/>



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.

If you will be aged 16, 17, or 18 on 31st August before 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 specialist materials and trips. Many of our students are eligible for financial support.

WHAT CAN I DO AFTER?

On completion of this course, progression to our two-year Sports and Coaching Level 3 Extended Diploma will provide you with a broader knowledge of the industry.

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