

Sport

Level 2 Extended Certificate/Diploma

Entry Qualifications

A minimum of five GCSEs at Grade D/3 including English Language, from a mixture of GCSEs and equivalents.

What will I study?

The Level 2 in Sport is a vocational, specific qualification which offers students an opportunity to study sport in the context of the exercise and fitness industry. The course includes a variety of sport-related modules and the chance to gain a range of additional qualifications such as sports coaching and first aid as well as literacy and numeracy. The course is equivalent to 2/4 GCSEs (A* - C or 4 - 9 level) and prepares students for employment in the sports sector or progression onto higher level courses.

Core units include:

- Practical sport
- Anatomy and Physiology for sport

Specialist units include:

- Fitness testing and training
- Development of personal fitness
- Lifestyle and the sports performer
- Effects of exercise on the body systems
- Injury in sport
- Planning and Leading sports activities

How will I study?

Learning takes place through a variety of teaching methods, practical and theory-based and utilising analysis software, sports technologies and video analysis. You will have the opportunity to work with younger students in the leading and delivering of sports sessions, gain a first aid qualification and trial for the college sports team. There are a range of trips and team building activities included throughout the course.

How is the course examined?

Units will be assessed in a variety of ways such as: Video Analysis, PowerPoint presentations, group discussions, posters, leaflets, reports, essays, media interviews, video tutorials, podcasts, practical demonstrations, coaching and leading sessions.

Students must complete work related assignments in all the units to complete the course.

Where next?

BTEC level 3 in Sport (requiring a minimum of a Merit grade or above in level 2 Sport) or employment in the sport and fitness sector.

What does the course combine well with?

Students are able to retake GCSE English or Maths whilst on the course or undertake the Entry 3, Level 1 or Level 2 Functional skills course.

Equivalents

The Extended Certificate is equivalent to 1 GCSE at Grade C/4 and the Diploma is equivalent to 3 GCSEs.

College Entry Requirements

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