



# Purpose statement

**NCFE Level 1 Certificate in Sport  
QN: 601/2623/1**

### **Qualification overview**

This qualification is designed for learners to develop basic skills and knowledge in sport. It supports learners to develop the skills and knowledge they need in order to progress to further study or employment.

The flexibility of the qualification structure allows learners to tailor their programme based on existing skills and interests or future career aspirations.

They'll develop skills and knowledge in areas relevant to the sports industry, such as coaching, working in the outdoors, sport and active leisure sectors, sports volunteering, nutrition and health, and events support.

Learners will also develop the knowledge, understanding and essential skills employers value in employees, such as:

- team working and supporting others
- independent learning and problem solving
- interpersonal and communication skills
- appropriate behaviour in the workplace.

### **Who is this qualification for?**

This qualification has been designed for any learner, regardless of age or employment status, who'd like to develop their understanding, skills and knowledge relating to the sport sector. It's ideal for those already working in their first role within the sports industry, but is also particularly relevant for adult learners seeking to re-engage with learning within a sports context, for example those looking to retrain or enter a new industry. It's also useful for those previously disaffected with learning, and can provide a supportive progression route into further learning or employment within the outdoor and sport and active leisure sectors.

### **Age restrictions**

There are no specific entry requirements for this qualification; however, learners may find it helpful if they've already achieved a Level 1 qualification in a similar or related area.

### **Qualification content**

The NCFE Level 1 Certificate in Sport is a QCF qualification consisting of 11 optional units. Depending on their areas of interest learners will choose 5 units from the following:

- Unit 01 Taking part in sport  
Learners will participate in sport. They'll develop an understanding of why people participate in sport, the skills and techniques required for a range of team and individual sports, and will actively participate in sports activities. Learners will also have the opportunity to review their participation over time, identifying areas for improvement.

- **Unit 02 Sports coaching**  
Learners will understand the importance of communication skills, the qualities and responsibilities of a coach, and how to create a positive coaching environment. They'll understand the different components of an activity session, and will plan, deliver and evaluate a session.
- **Unit 03 Leading others**  
Learners will develop an understanding of leadership and decision-making skills and why they're important within certain situations. Learners demonstrate the use of effective leadership skills through a group activity, and will review the use of their skills.
- **Unit 04 Personal exercise and fitness**  
Learners will understand why people participate in exercise and fitness. Common fitness tests will be identified, participated in and results recorded. Learners will actively participate in exercise and fitness activities to improve their fitness levels.
- **Unit 05 Effects of exercise on human body systems**  
Learners will understand the structure and function of the skeletal, muscular, respiratory and cardiovascular systems, and the effects of exercise on these systems.
- **Unit 06 Strength and conditioning**  
Learners will learn about strength and conditioning exercises, equipment and facilities used. Learners will be able to plan, use and review a fitness programme in order to identify targets.
- **Unit 07 Health and nutrition**  
Learners will understand the major food groups and the importance of a balanced diet. They'll look at different diets and will be able to prepare a healthy diet plan.
- **Unit 08 Developing sports volunteering skills**  
Learners will understand the skills, qualities and values that a sports volunteer needs, and will apply these in a sports volunteering role, reviewing what went well and what could be improved.
- **Unit 09 Assist at a sports event**  
Learners will identify different types of sports events and set personal objectives. They'll prepare for and assist at an event, and review their own achievement of their objectives.
- **Unit 10 Understanding the sport and active leisure sector**  
Learners will learn about the sport and active leisure sector. They will identify job opportunities and the skills and qualifications needed to work in the sector. Learners will plan their own learning and development, identifying further learning required to enable them to progress into a career in the sport sector.
- **Unit 11 Exploring employment in the outdoor industry**  
Learners will learn about the structure and organisation of the UK outdoor industry. Learners will understand the roles and responsibilities of an outdoor industry role and identify the skills needed to work in the sector.

You will also develop generic transferable skills valued by employers, such as effective teamwork, customer service, planning, and health and safety principles. You'll also research job opportunities and assess your strengths in areas such as positive attitude, punctuality and self-motivation.

### **Progression opportunities**

The qualification will enhance employee potential in the outdoor and/or sport and active leisure sectors, and supports learners to enter entry-level roles such as:

- leisure assistant
- recreation assistant
- receptionist
- administrator
- assistant coach.

The qualification prepares learners for a career in the outdoor and/or sport and active leisure sectors, and with further learning they may ultimately hold roles such as:

- fitness instructor
- personal trainer
- specialist instructor in Sport/Outdoor Education
- gym manager
- sports development officer
- sports development manager
- sport activator
- sports coach.

### **Will the qualification support progression to further learning, if so, what to?**

Successful completion of this qualification prepares learners to progress onto Level 2 qualifications within the outdoor and/or sport and active leisure sectors, for example:

- NCFE Level 2 Certificate or Diploma in Sport
- NCFE Level 2 Certificate in Fitness Instructing (all pathways)
- NCFE Level 2 NVQ Diploma in Instructing Exercise and Fitness (all pathways)
- NCFE Level 2 Certificate in Outdoor Activity Leadership
- NCFE Level 2 NVQ Certificate in Activity Leadership
- NCFE Level 2 Certificate in Event Planning
- NCFE Level 2 Certificate in the Principles and Preparations for Coaching Sport
- NCFE Level 2 Certificate in Understanding Stewarding at Spectator Events

Learners may choose to progress onto Intermediate Level Apprenticeships within this sector, including:

- Intermediate Level Apprenticeship in Instructing Exercise and Fitness
- Intermediate Level Apprenticeship in Activity Leadership

- Intermediate Level Apprenticeship in Spectator Safety

Due to the transferable skills developed by learners, the qualification will also support and enhance learning undertaken in other related areas, such as:

- Customer Service/Business
- Early Years Care and Education
- Events and Marketing

### **Similar qualifications**

The NCFE Level 1 Certificate in Sport is the only 20-credit qualification available in this subject area.

The qualification provides the introductory skills and knowledge required to enable the learner to progress to further learning and employment within the outdoors and sport and active leisure sectors. The units provide options to progress into specific areas within the sport and active leisure sector, such as Exercise and Fitness, Outdoor Activities, Sports Coaching and Spectator Safety.

Learners will also be able to progress into areas that build on leadership and sports volunteering skills gained in this qualification.

The qualification provides a greater level of choice and flexibility than others currently available at this level. All units in this qualification are equally weighted and sized at 4 credits, which allows a greater coverage and depth of understanding at this level, when compared with other qualifications.

This practical qualification engages learners in a context that's interesting and relevant to their further learning and career aspirations. The skills and knowledge developed through this qualification are transferable to further learning within the outdoors and sport and active leisure sectors, as well as other sectors relevant to the learner.

### **Is this qualification part of an Apprenticeship?**

No, this qualification is not part of an Apprenticeship.

### **Support for this qualification**

The qualification is supported by the following providers who are on the Register of Training Organisations and who have current contracts for delivery of provision:

- Albion in the Community
- Accrington and Rossendale College
- Newcastle College.

Each of these centres has indicated that the NCFE Level 1 Certificate in Sport (601/2623/1) will support individuals into a qualification at a higher level.

For further information please contact NCFE on 0191 239 8000 or email us at [customersupport@ncfe.org.uk](mailto:customersupport@ncfe.org.uk).