

Qualification Factsheet

Qualification overview

Qualification title	NCFE Level 1 Certificate in Sport		
Qualification number (QN)	601/2623/1		
Total qualification time (TQT)	200	Guided learning hours (GLH)	158
Entry requirements	There are no specific prior skills/knowledge a learner must have for this qualification. However, learners may find it helpful if they have already achieved an entry level qualification.		

About this qualification

This qualification is designed to help support the learner's personal development through acquiring skills and knowledge in sport, exercise and fitness. The qualification also allows learners to gain personal transferable skills that can be applied to the workplace or further study.

Qualification structure

To be awarded the NCFE Level 1 Certificate in Sport (601/2623/1), learners must achieve a minimum of 20 credits (5 units) to be selected from the 11 optional units.

Optional units

Unit 01 Taking part in sport (M/505/8530)
Unit 02 Sports coaching (Y/505/8991)
Unit 03 Leading others (T/505/9713)
Unit 04 Personal exercise and fitness (H/505/9741)
Unit 05 Effect of exercise on human body systems (H/505/9710)
Unit 06 Strength and conditioning (K/505/9742)
Unit 07 Health and nutrition (M/505/9712)
Unit 08 Developing sports volunteering skills (M/505/9709)
Unit 09 Assist at a sports event (K/505/9708)
Unit 10 Understanding the sport and active leisure sector (M/505/9743)
Unit 11 Exploring employment in the outdoor industry (K/505/9711)

Assessment

Internally assessed and externally quality assured portfolio of evidence.

Progression opportunities



Learners who achieve this qualification could progress to the following:

- employment
 - leisure assistant
 - recreation assistant
 - receptionist
 - administrator
 - assistant coach
- further education:
 - level 2 qualifications in the sport sector.



Contact us

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