

Qualification Factsheet

Qualification overview

Qualification title	NCFE Active IQ Level 2 Certificate in Sport NCFE Active IQ Level 2 Diploma in Sport		
Qualification number (QN)	Certificate: 601/3037/4 Diploma: 601/3038/6		
Total qualification time (TQT):	Certificate: 240 Diploma: 420	Guided learning hours (GL)	Certificate: 180 Diploma: 290
Entry requirements:	These qualifications are designed for learners aged pre-16 and above. There are no specific recommended prior learning requirements for these qualifications. However, learners may find it helpful if they've already achieved a Level 1 qualification.		

About these qualifications

These qualifications will give learners the introductory skills to either start a career in sport or progress within employment in the sector. These qualifications can also prepare learners for further education and give a good introduction to the sport vocation.

Qualification structure

To be awarded the Level 2 Certificate or Diploma in Sport, learners are required to successfully complete a number of mandatory units and a number of optional units. Learners must choose a pathway from the following 4 options:

- Pathway 1: Sport, Exercise and Fitness
- Pathway 2: Outdoors
- Pathway 3: Working in Sport
- Pathway 4: Sports Coaching.

Pathway 1: Sport, Exercise and Fitness

To be awarded the Level 2 Certificate in Sport (Sport, Exercise and Fitness), learners are required to successfully complete **3 mandatory units and 1 optional unit**.

To be awarded the Level 2 Diploma in Sport (Sport, Exercise and Fitness), learners are required to successfully complete **3 mandatory units and 4 optional units**.

Pathway 2: Outdoors

To be awarded the Level 2 Certificate in Sport (Outdoors), learners are required to successfully complete **3 mandatory units and 1 optional unit**.

To be awarded the Level 2 Diploma in Sport (Outdoors), learners are required to successfully complete **3 mandatory units and 4 optional units**.

Pathway 3: Working in Sport

To be awarded the Level 2 Certificate in Sport (Working in Sport), learners are required to successfully complete **3 mandatory units and 1 optional unit**.

To be awarded the Level 2 Diploma in Sport (Working in Sport), learners are required to successfully complete **3 mandatory units and 4 optional units**.

Pathway 4: Sports Coaching

To be awarded the Level 2 Certificate in Sport (Sports Coaching), learners are required to successfully complete **3 mandatory units and 1 optional unit**.

To be awarded the Level 2 Diploma in Sport (Sports Coaching), learners are required to successfully complete **3 mandatory units and 4 optional units**.

Mandatory units for Pathway 1: Sport, Exercise and Fitness

Unit 01 Participating in sport (M/505/9936)
Unit 02 Anatomy and physiology for exercise (R/505/9959)
Unit 03 Introduction to healthy exercise and nutrition (M/505/9970)

Optional units for Pathway 1: Sport, Exercise and Fitness

Unit 08 Sports coaching (T/505/9937)
Unit 10 Physical fitness and injuries in sport
Unit 09 Developing sporting skills and tactical awareness (D/505/9981)
Unit 11 Performance analysis for sport (H/505/8105)
Unit 12 Psychology for sports performance (F/505/9939)
Unit 04 Outdoor and adventurous activities (T/505/9940)
Unit 13 Planning and running a sports event (D/505/9947)
Unit 06 Understanding business in sport (H/505/9948)
Unit 14 Lifestyle and the sports performer (K/505/9949)
Unit 15 Sports volunteering (D/505/9950)
Unit 16 Work experience in the sports industry (J/505/9974)
Unit 17 Plan and set up an enterprising sport business (J/505/9957)
Unit 18 Strength and conditioning training (T/505/9968)
Unit 19 Development of personal fitness through training (T/505/9971)
Unit 20 Introduction to sports massage (A/505/9972)
Unit 21 Factors affecting participation in sport and physical activity (F/505/9973)
Unit 22 Sport and society (H/505/8153)
Unit 07 Preparing to work in the sport and leisure industry (Y/505/9977)
Unit 23 Plan, deliver and evaluate an activity session (Y/505/9980)

Mandatory units for Pathway 2: Outdoors

Unit 01 Participating in sport (M/505/9936)
Unit 04 Outdoor and adventurous activities (T/505/9940)
Unit 05 Leading an outdoor activity session (R/505/9945)

Optional units for Pathway 2: Outdoors

Unit 10 Physical fitness and injuries in sport(A/505/9938)
Unit 12 Psychology for sports performance (F/505/9939)
Unit 24 Expedition experience (A/505/9941)
Unit 25 Promote outdoor activities (Y/505/9946)
Unit 13 Planning and running a sports event (D/505/9947)
Unit 06 Understanding business in sport (H/505/9948)
Unit 15 Sports volunteering (D/505/9950)
Unit 16 Work experience in the sports industry (J/505/9974)
Unit 02 Anatomy and physiology for exercise (R/505/9959)
Unit 03 Introduction to healthy exercise and nutrition (M/505/9970)
Unit 19 Development of personal fitness through training (T/505/9971)
Unit 20 Introduction to sports massage (A/505/9972)
Unit 21 Factors affecting participation in sport and physical activity (F/505/9973)
Unit 23 Plan, deliver and evaluate an activity session (Y/505/9980)

Mandatory units for Pathway 3: Working in Sport

Unit 01 Participating in sport (M/505/9936)
Unit 06 Understanding business in sport (H/505/9948)
Unit 07 Preparing to work in the sport and leisure industry (Y/505/9977)

Optional units for Pathway 3: Working in Sport

Unit 08 Sports coaching (T/505/9937)
Unit 10 Physical fitness and injuries in sport(A/505/9938)
Unit 11 Performance analysis for sport (H/505/8105)
Unit 12 Psychology for sports performance (F/505/9939)
Unit 04 Outdoor and adventurous activities (T/505/9940)
Unit 13 Planning and running a sports event (D/505/9947)
Unit 15 Sports volunteering (D/505/9950)
Unit 16 Work experience in the sports industry (J/505/9974)
Unit 17 Plan and set up an enterprising sport business (J/505/9957)
Unit 02 Anatomy and physiology for exercise (R/505/9959)
Unit 03 Introduction to healthy exercise and nutrition (M/505/9970)
Unit 20 Introduction to sports massage (A/505/9972)
Unit 21 Factors affecting participation in sport and physical activity (F/505/9973)
Unit 22 Sport and society (H/505/8153)
Unit 23 Plan, deliver and evaluate an activity session (Y/505/9980)

Mandatory units for Pathway 4: Sports Coaching

Unit 01 Participating in sport (M/505/9936)
Unit 08 Sports coaching (T/505/9937)
Unit 09 Developing sporting skills and tactical awareness (D/505/9981)

Optional units for Pathway 4: Sports Coaching

Unit 10 Physical fitness and injuries in sport(A/505/9938)
Unit 11 Performance analysis for sport (H/505/8105)
Unit 12 Psychology for sports performance (F/505/9939)
Unit 13 Planning and running a sports event (D/505/9947)
Unit 06 Understanding business in sport (H/505/9948)
Unit 14 Lifestyle and the sports performer (K/505/9949)
Unit 15 Sports volunteering (D/505/9950)
Unit 16 Work experience in the sports industry (J/505/9974)
Unit 17 Plan and set up an enterprising sport business (J/505/9957)
Unit 02 Anatomy and physiology for exercise (R/505/9959)
Unit 18 Strength and conditioning training (T/505/9968)
Unit 03 Introduction to healthy exercise and nutrition (M/505/9970)
Unit 19 Development of personal fitness through training (T/505/9971)
Unit 20 Introduction to sports massage (A/505/9972)
Unit 21 Factors affecting participation in sport and physical activity (F/505/9973)
Unit 07 Preparing to work in the sport and leisure industry (Y/505/9977)
Unit 23 Plan, deliver and evaluate an activity session (Y/505/9980)

Assessment

These qualifications include an internally assessed portfolio of evidence which is assessed by centre staff and externally quality assured by NCFE.

Progression opportunities

Learners who achieve these qualifications could progress to:

- Level 3 qualifications in Exercise and Fitness
- Level 3 qualifications in Activity Leadership
- Level 3 Certificate, Diploma or Extended Diploma in Sport.



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Version 1.0 November 2026

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