

Learner overview

NCFE Level 3 Introductory Certificate in Sport and Physical Activity (601/8877/7)

Qualification content, structure and outcomes

This qualification aims to provide you with the specialist knowledge, skills and understanding relating to the sport and physical activity sector, in areas such as exercise, health and lifestyle and preparing for a career in sport, which can be applied to current or future aspirations of higher education or employment in a variety of roles. The content has been developed with employers, subject experts and tutors to ensure that it's relevant. There is the option to choose one of 4 pathways as detailed below.

This qualification would suit you if you are looking for a brief insight into the sport and physical activity sector and will provide you with an introduction to the career opportunities available.

It could be combined with other qualifications and would support progression into an Apprenticeship, employment or into higher level studies.

This qualification is a Level 3 Introductory Certificate and has 180 guided learning hours.

The qualification consists of 3 mandatory units within pathways which you choose, depending on your personal interest or career aspirations.

Mandatory

- Exercise, health and lifestyle – J/508/4583
- Preparing for a career in sport and physical activity – D/508/4637

Pathway Mandatory Units

Sport and Exercise Science

- Principles of anatomy and physiology – L/508/4584

Outdoors

- Principles and practices in outdoor adventure – R/508/4585

Working in Sport and Leisure

- Work experience in sport – Y/508/4586

Sports Coaching

- Sports coaching – D/508/4122

Similar qualifications

NCFE offers other qualifications which share the same units within the NCFE Level 3 Certificate in Sport and Physical Activity.

NCFE Level 3 Certificate in Sport and Physical Activity (601/8878/9)

This qualification is designed to be taken by those wishing to progress to a career in the sport and physical activity sector. This qualification will raise awareness of the industry by providing a broad background in the skills and experience required.

NCFE Level 3 Diploma in Sport and Physical Activity (540) (601/8881/9)

This qualification is designed as a one year, full time course covering a broader range of skills, knowledge and understanding to support progression either into employment or onto further study.

NCFE Level 3 Diploma in Sport and Physical Activity (720) (601/8882/0)

This qualification is designed as part of a 2 year programme, usually in combination with other qualifications to support your aspirations. This qualification will also support you to progress into higher education, ultimately leading you into employment.

NCFE Level 3 Extended Diploma in Sport and Physical Activity (601/8883/2)

This qualification is designed as a full 2 year programme to develop skills and knowledge of the sector. This qualification supports you if you are interested in progressing to higher education.

Other ways you could achieve the same outcome

Similar qualifications are available through other Awarding Organisations. Please check the Register of Regulated Qualifications (<http://register.ofqual.gov.uk>).

Funding will not be available so you will need to apply for a loan to support you through this qualification. This qualification is not available as part of an Apprenticeship.

How this qualification supports the identified outcome

This qualification allows you to develop and demonstrate the skills, knowledge and understanding of key subjects which will be relevant to working in a role in the sports and physical activity sector.

Typically, if you complete this qualification you can progress on to a number of further learning opportunities, such as:

- Level 2 Certificate in Fitness Instructing
- Level 3 Certificate in Personal Training
- Level 3 NVQ Diploma in Personal Training
- Level 3 NVQ Diploma in Outdoor Programmes
- NGB outdoor coaching or instructor qualifications
- NGB Coaching awards
- Apprenticeships in various occupations within Sport and Physical Activity

UCAS points

This qualification appears on the UCAS Tariff Points table.

- Distinction*: 28
- Distinction: 24
- Merit: 16
- Pass: 8

It can therefore be used to support an application to Higher Education as it would provide evidence for a personal statement to enable mature students to enter Higher Education.