Qualification Purpose Statement: 1st4sport Level 2 Certificate in Active Leisure, Sport and Physical Activities

### Regulation Details

<table>
<thead>
<tr>
<th>Qualification details</th>
<th>Qualification title</th>
<th>Qualification No.</th>
<th>Level</th>
<th>GLHs</th>
<th>TQT</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1st4sport Level 2 Certificate in Active Leisure, Sport and Physical Activities</td>
<td>601/7678/7</td>
<td>2</td>
<td>126</td>
<td>166</td>
</tr>
<tr>
<td>Operational start date</td>
<td>01 September 2016</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Review date</td>
<td>30 September 2019</td>
<td></td>
<td></td>
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<tr>
<td>Registration Period</td>
<td>3 Years</td>
<td></td>
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### Overview

**Introduction**

This qualification is solely awarded by 1st4sport Qualifications as the recognised awarding organisation regulated by Ofqual in England and Northern Ireland and by Qualifications Wales in Wales. It has been approved by the Department for Education as a Technical Award for inclusion in the Performance Tables for Key Stage 4. The qualification and its components are listed on the Register of Regulated Qualifications; component details are contained within Appendix A of this specification.

**Objective**

This qualification is designed to provide a benefit for learners by introducing them to the scope of the active leisure industry and the skills required for employment within the sport and physical activity sector. Learners will have the opportunity to participate in sports and physical activities, developing an understanding of the rules and safety considerations. They will then apply this knowledge by developing the ability to lead sport and physical activity sessions.

Successful learners will develop a series of key transferable skills which include:

- researching an employment sector to establish development pathways (academic and vocational)
- exploring how to manage and maintain professional relationships within the industry
- participating in a range of physical activities; recognising rules, safety considerations and resource requirements
- planning, leading and evaluating safe and inclusive sport and physical activities and sessions.

The learner will be required to explore the active leisure, sport and physical activity industry in order to identify various professional and academic opportunities available to them, a skill which can be applied across all employment industries. Successful learners will be able to make informed decisions.

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1. This qualification is equivalent to Level 3 on the European Qualifications Framework (EQF). Further information about the EQF can be found at: [http://ec.europa.eu/eqf/home_en.htm](http://ec.europa.eu/eqf/home_en.htm)
2. Guided Learning Hours. GLHs for a specific qualification are defined as the number of hours of largely face-to-face tuition and assessment on-course.
3. Total Qualification Time. TQT for a specific qualification is defined as the total number of notional hours required to achieve the qualification.

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decisions relating to their future should they wish to enter this industry.

Attendance on the qualification supports active and healthy lifestyles, in line with the Sport England Participation Agenda and other health and active lifestyle initiatives.

**Structure**

This qualification consists of four mandatory components. Learners must successfully complete all four mandatory components to achieve the qualification.

<table>
<thead>
<tr>
<th>Component title</th>
<th>Component aim</th>
<th>Unit Ref. Nu</th>
<th>Assessment Type</th>
<th>Level</th>
<th>GLH</th>
<th>TQT</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Year one delivery:</strong></td>
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<tr>
<td>Career Pathways in Active Leisure</td>
<td>This aim of this unit is to provide an introduction to the active leisure industry, the related sub sectors roles and career pathways.</td>
<td>A/507/8134</td>
<td>Externally Assessed</td>
<td>2</td>
<td>36</td>
<td>46</td>
</tr>
<tr>
<td>Participating in Sport and Physical Activity</td>
<td>This aim of this unit is to develop and improve a learner’s knowledge of a range of sports and physical activities, including rules, safety considerations and resource requirements. Learners will participate in a range of sports and physical activities.</td>
<td>J/507/8136</td>
<td>Externally assessed</td>
<td>2</td>
<td>30</td>
<td>40</td>
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<td><strong>Year two delivery:</strong></td>
<td></td>
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<td>Creating and Maintaining Professional Relationships in Active Leisure</td>
<td>The aim of this unit is to enable learners to understand the range of personal and professional skills required to successfully create and maintain professional working relationships in the active leisure industry.</td>
<td>F/507/8135</td>
<td>Internal Assessment</td>
<td>2</td>
<td>30</td>
<td>40</td>
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<tr>
<td>Leading Sport and Physical Activities</td>
<td>The aim of this unit is enable learners to apply the knowledge gained through Participating in Sport and Physical Activities in the context of planning, leading and evaluating a sport or physical activity session. Learners will be required to constructively evaluate activities delivered by others to further demonstrate understanding.</td>
<td>L/507/8137</td>
<td>Internal Synoptic assessment</td>
<td>2</td>
<td>30</td>
<td>40</td>
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**Training and assessment**

Achievement of the qualification is normally through attendance on a programme of learning and assessment. This qualification can be delivered over two academic years. The suggested timetable is designed for a recognised centre (e.g. school) which delivers teaching for 36 weeks in Year 1 and 30
weeks in Year 2. Each constitutes a typical academic year in Year 10 and Year 11 (Key Stage 4). The assessment specification requires learners to:

- complete a written examination covering the learning outcomes and assessment criteria of *Career Pathways in Active Leisure* and *Participating in Sport and Physical Activity*
- complete a series of written tasks in order to demonstrate a robust and thorough understanding of *Creating and Maintaining Professional Relationships in Active Leisure*
- complete a portfolio of evidence consisting of written tasks and practical demonstration for *Leading Sport and Physical Activities*

Learners will be awarded a grade of Pass, Merit or Distinction, assuming they successfully complete all assessments. Grades are calculated using a matrix system.

<table>
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<tr>
<th>Progression</th>
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<tr>
<td>Entry routes for learners</td>
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<tr>
<td>Prior to registration for the qualification learners are required to:</td>
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<tr>
<td>- be accurately identified</td>
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<td>- be at least 14 years of age</td>
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<td>- be able to communicate effectively in English(^4) (this includes listening, speaking, reading and writing).</td>
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This qualification sits within a progressive suite of technical and applied general qualifications offered by 1st4sport. The 1st4sport Level 2 Certificate in Active Leisure, Sport and Physical Activities has been designed for the pre-16 learner, to be studied alongside GCSE and/or other technical awards. Learners who have already completed GCSEs may look to complete the either 1st4sport Level 2 Diploma in Coaching Sport and Instructing Physical Activities, the 1st4sport Level 3 Diploma in Sport and Physical Activities or the 1st4sport Level 3 Diploma in Sports Performance and Excellence, depending on their GCSE performance and their areas of interest.

\(^4\) Learners must be able to understand the requirements of the qualification and the information within the qualification materials in English without assistance. Where there is demand, this qualification may also be available in Welsh or Irish.
### Exit routes for learners: education

**General Exit Routes:** On completion, learners may progress to an intermediate, or potentially an advanced, apprenticeship in a range of sport and active leisure sector areas, or to Level 2 and Level 3 qualifications, such as A-levels, Technical Certificates, Technical Levels and Applied Generals.

**1st4sport-specific Exit Routes:** Learners who complete this qualification successfully may progress onto the following technical and applied general qualifications offered by 1st4sport (depending on overall academic performance):

- 1st4sport Level 2 Diploma in Coaching Sport and Instructing Physical Activities (16 – 19 Performance Tables, technical certificate category)
- 1st4sport Level 3 Diploma in Sport and Physical Activities (16 – 19 Performance Tables, applied general category)
- 1st4sport Level 3 Diploma in Sports Performance and Excellence (16 – 19 Performance Tables, applied general category)

Alternatively, learners may progress onto a range of 1st4sport Level 2 and Level 3 vocational qualifications including:

- 1st4sport Level 2 Certificate in Supporting Learning in Physical Education and School Sport
- 1st4sport Level 2 NVQ Certificate in Activity Leadership
- 1st4sport Level 3 Certificate in Leisure Management
- 1st4sport Level 3 Award in the Principles for Coaching Sport

### Exit routes for learners: employment

This qualification may lead to paid employment or unpaid voluntary roles in leading sports activities, working as part of a coaching team as an assistant or support role. This could include supporting the delivery of activities within primary schools or securing a part-time role within a leisure facility, holiday club or a community based participation programme. It is essential to note that learners are not able to lead activities autonomously until they are 18 years old. The qualification will support an application for an intermediate apprenticeship in activity leadership, coaching, exercise and fitness or leisure operations for learners seeking to progress to a paid in-training role rather than opting for traditional post-16 educational routes.

### Market and Support
Target Audience: Learners

The qualification is designed for learners who are looking to undertake a vocational qualification focussing on the active leisure, sport and physical activity industry. It provides an introduction to the breadth of the sector and allows learners to develop some of the key skills required to work in this area. It is directed at learners who have an interest in sport and physical activity.

This qualification sits within a progressive suite of technical and applied general qualifications. The 1st4sport Level 2 Certificate in Active Leisure, Sport and Physical Activities has been written for the pre-16 learner to be studied alongside GCSE and/or other technical awards. The following subject areas will complement this qualification: biology, physical education, health, fitness and/or dance.

Learners who have already completed GCSEs may look to complete the either 1st4sport Level 2 Diploma in Coaching Sport and Instructing Physical Activities, the 1st4sport Level 3 Diploma in Sport and Physical Activities or the 1st4sport Level 3 Diploma in Sports Performance and Excellence, depending on their GCSE performance and their areas of interest.

Target audience: centres

The qualification is designed to be delivered through a range of centres which include (but is not limited to) schools, colleges and training providers. The qualification has been approved by The Department for Education and has been included within the 2018 Key Stage 4 Performance Tables: Technical Award Category.

Target Audience: employers

The qualification is designed to support progression into employment in the active leisure, sport and physical activity industry; supporting development pathways of employees and volunteers. Employers who offer apprenticeship and trainee opportunities may use this qualification as part of the recruitment criteria.

Alternatives:

This qualification exists within a progressive suite of technical and applied general qualifications offered by 1st4sport. The 1st4sport Level 2 Certificate in Active Leisure, Sport and Physical Activities has been written for the pre-16 learner to be studied alongside GCSE and/or other technical awards. Learners who have already completed GCSEs may look to complete the either 1st4sport Level 2 Diploma in Coaching Sport and Instructing Physical Activities, the 1st4sport Level 3 Diploma in Sport and Physical Activities or the 1st4sport Level 3 Diploma in Sports Performance and Excellence, depending on their GCSE performance and their areas of interest. A list of our available qualifications can be found at www.1st4sportqualifications.com/our_qualifications

Support: Educational Institutions

A list of schools and colleges who recognise the value of this qualification, and who will recognise this qualification when considering entry applications can be viewed here. This list is regularly updated as additional support is received.
<table>
<thead>
<tr>
<th>Support: Professional Bodies</th>
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<tbody>
<tr>
<td>The qualification is endorsed by the Association for Physical Education (AfPE) and supported by sports coach UK (scUK). AfPE is the sole physical education subject association in the UK. AfPE are committed to being the representative organisation of choice for people and organisations delivering or supporting the delivery of physical education in schools and in the wider community. AfPE objectives focus on the up skilling of the PE and sport workforce, advocacy work with government agencies and supporting the needs of the members. scUK is the UK's technical agency for coaching, established as a charity more than 30 years ago to promote for the public benefit the education of sports coaches, youth and community sports leaders, physical education teachers and other people engaged in the teaching and encouragement of sporting skills.</td>
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</tbody>
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