

Sport and Recreation

VOCATIONAL

Level 2 & 3
VRQ

Entry requirements

- You will need to be fit and active
- The ability to develop excellent communication skills
- Being good at one sport in particular will be helpful
- You will need to be patient and have the ability to get on with all sorts of people

Why choose this course?

Sport and recreation is now a big industry. People work hard and want to enjoy their leisure time to the full. They want to keep fit, live long and look good. They want opportunities to watch and take part in sport and fitness activities and a huge industry has been developed to meet these needs. They create employment opportunities for sports leaders, coaches, fitness instructors, sports technicians, physiotherapists and administrators.

Further information?

For more information talk to your VRQ Co-ordinator or call our Sixth Form on 01752 720031

What will you study?

What does the course involve?

Level 2

Units include:

- Fitness for sport and exercise
- Practical Sports Performance
- Leading sports activities
- Injury in sports
- Planning and running a sports event

Level 3

Units include:

- Principles of anatomy and physiology in sport
- Sports coaching
- Psychology in sport
- Sports development
- Fitness testing for Sport & Exercise
- Sports Nutrition
- Sports injuries
- Assessing risks in Sport

Possible career pathway

Most students will progress on to an apprenticeship in the sport and leisure industry but some use it as a means to get fit and gain a sports qualification prior to joining the forces or public services. Many of those completing Level 3 courses continue onto Higher Education and become sports teachers or managers.

Note: This is our current offer which is subject to change
