

Course Code
600/8632/4

Total Course Duration
12 Months

- Full-time
- Academic term-time

Awarding Body
VTCT



Level 2 Diploma VTCT in Sports Studies

Overview

This qualification is designed as an introduction to working in the sport and active leisure sector and/or to prepare learners for further study. The course is designed to provide a broad understanding of the areas of exercise, fitness and sports development. Learners will be required to complete projects, observations and assignments which are based on realistic workplace situations.

This course is designed to provide you with the knowledge and skills related to:

- Anatomy and physiology
- Psychology
- Business skills
- Planning and leading sport activities
- Nutrition
- Tactical and technical skills
- Injuries in sport

The 12-month course with Heart of England Training will be delivered alongside a fully immersive football programme, in which coaching, training sessions and matches interweave with the individual elements of the qualification.

Course content

This course includes the following:

- Anatomy and physiology for sport
- Psychology for sport performance
- Planning and leading sport activities
- Planning and running a sport event
- Nutrition for sports performance
- Injuries in sport
- Business skills in sport
- Technical and tactical awareness for sport

On-programme development & training

Using the **OneFile** online portfolio, you will complete assignments, store theory work and monitor progress as you complete each of the units of the qualification. Your portfolio will include tutor reviews and feedback, assessments and specific tasks which relate to your individualised learning plan. We also use **OneFile** to support you with 'life lessons' and to enrich your understanding of safeguarding.

Progress will be monitored as you complete each of the units required of the qualification. Your education will comprise a blend of technical, tactical and theory sessions, work-experience, workshops and guest speakers.

As part of the course you will be working with schools to deliver sessions to students from 3-18 years of age.

These are developed over a 6-week block and will be completed during two terms over the academic year.

Students who require additional support with Maths and/or English will be given one-to-one and group tutor-led sessions and provided access to a suite of online resources, revision tools and interactive activities.

Progression and pathways

This course provides an excellent platform for progress onto the BTEC Level 3 Foundation Diploma in Sports Coaching and Development and

from there onto relevant Higher Education Courses.

Career pathways include Sports Nutrition, Sports Coaching, Personal Trainer, Leisure and/or Events Management or Fitness Instructor.

Entry Requirements

Learners are required to hold a minimum of six points at GCSE. Applicants with lower entry requirements will be considered at the discretion of the Academy.

You must be able to communicate effectively in both written and spoken English.

