Course Information

CITY OF WOLVERHAMPTON COLLEGE

Sport and Active Leisure Pearson Level 1 Diploma

Study Mode: Full Time

Is this course right for me?

With a purpose-built sports centre, amazing facilities, outstanding success rates and great links with employers, we can really help you kick start your career in sport!

Our BTEC Level 1 Diploma is designed to develop your understanding of coaching, fitness and sports development and the body in sport, exercise and fitness, giving you the practical and occupational skills required to work in the sports and recreation industry.

Progression opportunities, such as the Level 2 Activity Leadership focusing on football coaching and the Level 2 Exercise & Fitness course will allow you to progress onto an exciting career in this industry.

You will also complete 30 hours of work experience and attend lessons to improve your English and maths (or use the time for directed study if you already have Grade 4 or above).

You will be required to purchase a college-branded sports kit, costing approximately £80 – details will be provided on acceptance to the course and financial support may be available to help with these costs.

Entry Requirements

For external applicants:
To access this course, you are required to:

- Have three GCSEs at grade 1 or above, including English and maths
- Have an interest in sport and and keenness to study
- Demonstrate how you have previously had good attendance and punctuality and a good attitude to learning
- Attend an interview with a member of the college's admissions team to talk about your career aspirations and determine your suitability for the course.

For internal progression learners (already studying with us):
Learners must be able to demonstrate that they:

- Have successfully completed a relevant course that naturally progresses onto this programme, achieving a good standard
- Have improved their English and maths grades since enrolment
- Have maintained good attendance and punctuality
- Show a consistently positive attitude to learning

What will I learn?

During this course you will study:

Core Units:

- Fitness for sport and exercise
- Practical sports performance
- Carrying out a sports-related project
- The mind and sports performance
- The sports performer in action
- Training for personal fitness
- Anatomy and physiology for sports performance

Optional Units:

- Designing exercise programmes
- Facility operations for sport and leisure
- Work experience in sport

What skills will I gain?

By studying this course you will:

- Develop your understanding of key anatomical structures and functions
- Learn how to develop training programmes for specific groups
- Develop your confidence in dealing with work related issues
- Understand how to apply your skills to areas of the industry
- Improve your knowledge and understanding within key training principles
- Gain valuable team working and communication skills by taking part in events

How will I be assessed?

Throughout the course you will be assessed in the following ways:

- Individual and group presentations
- Case studies
- Role play
- Question and answer sessions,
- Production of display materials and advertising
- Time constrained assessments
- Work-based assignments
- Practical assessments
- Production of a portfolio of evidence

What can I do next?

The skills you will learn from this course will enable you to:

- Progress to a Level 2 sport qualification

Delivery

Location: Wellington Road Campus

Start Date: 07/09/2026

Day:

Time:

Course Fee:

Course Code: CP0160

Study Mode: Full Time

Apply online: **www.wolvcoll.ac.uk/apply**