



**SCHOOL OF
SPORT SCIENCE
& EXERCISE**
LEEDS CITY COLLEGE

Course Information

Level 2 Certificate in Gym Instructing

WELCOME TO LEEDS CITY COLLEGE

This Level 2 industry recognised course is designed to provide learners with the necessary skills and knowledge to plan, deliver and evaluate safe and effective exercise sessions for clients. This will be specifically focused around gym-based exercise and over the duration of the course, learners will develop a wide range of skills that will be extremely beneficial in the health and fitness industry.

Successful completion of this course could lead to progression onto a Level 3 study programme in Personal Training at Leeds City College.

EXAMPLE MODULES

- Anatomy & Physiology for Exercise
- Principles of Exercise, Fitness & Health
- Planning Gym-Based Exercise

ENTRY REQUIREMENTS

The entry requirements for this course are:

Four Grade 3's at GCSE (including Maths or English)

OPPORTUNITIES

As part of this programme of study, you will undertake work experience to further enhance knowledge, skills and understanding around the sector. This could include working with a range of clients in the gym environment.

ENGLISH & MATHS

Your study programme includes the provision of English and Maths. This will be embedded into your timetable and you will have dedicated tutors who will support you in improving your grades in these areas.



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Course Information

Level 2 Certificate in Activity Leadership

WELCOME TO LEEDS CITY COLLEGE

This Level 2 course is designed to provide opportunity for learners to develop and improve their coaching and leadership skills within sport. Learning will enhance the knowledge and understanding of this environment, including disability sport.

This course will provide opportunities to gain experiences working with children and young people in varying communities and could lead to further study in the sports coaching and leadership field.

Successful completion of this course could lead to progression onto a Level 3 study programme at Leeds City College.

EXAMPLE MODULES

- Leading activity sessions
- Enable disabled people to take part in activities
- Support the work of your team and organisation

ENTRY REQUIREMENTS

The entry requirements for this course are:

Four Grade 3's at GCSE (including Maths or English)

OPPORTUNITIES

As part of this programme of study, you will undertake work experience to further enhance knowledge, skills and understanding around the sector. This could include supporting with local sporting events.

ENGLISH & MATHS

Your study programme includes the provision of English and Maths. This will be embedded into your timetable and you will have dedicated tutors who will support you in improving your grades in these areas.



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Course Information

BTEC Level 3 Extended Certificate in Sport & Fitness / National Diploma in Sport, Fitness & Personal Training

WELCOME TO LEEDS CITY COLLEGE

Designed as a one-year, full-time course of study initially, with the option to continue studying for a second year. Completing the two year programme will lead to completion of the full National Diploma in Sport, Fitness & Personal Training and is equivalent in size to 2 A-Levels with the added bonus of achieving a CIMSPA endorsed Gym Instructing qualification in Year 1 and if continuing into Year 2, a Personal Training qualification too. There are 3 units in total in Year 1 with a further 4 units completed in Year 2.

YEAR 1 MODULES

- Health & Wellbeing in Sport
- Careers in Sport & Active Leisure
- Fitness Skills Development

YEAR 2 MODULES

- Business & Technology in Personal Training
- Self Employment in Sport
- Nutrition for Physical Performance
- Personal Trainer Skill Development

OPPORTUNITIES

As part of this programme of study, you will undertake work experience to further enhance knowledge, skills and understanding around the sector. This will include experiences within the health and fitness sector.

ENTRY REQUIREMENTS

The entry requirements for this course are:
Four Grade 4's at GCSE (including English OR Maths) .

UCAS

The maximum UCAS points you can achieve in Year 1 is 56. If completing the Extended Diploma, the maximum UCAS points at the end of Year 2 is 112.

ENGLISH & MATHS

Your study programme includes the provision of English OR Maths (where applicable). This will be embedded into your timetable and you will have dedicated tutors who will support you in improving your grades in these areas.



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Course Information

Level 3 Foundation Diploma in Sports Coaching / Extended Diploma in Sports Coaching & Development

WELCOME TO LEEDS CITY COLLEGE

Designed as a one-year, full-time course of study initially, with the option to continue studying for a second year. Completing the two year programme will lead to completion of the full National Extended Diploma in Sports Coaching & Development and is equivalent in size to 3 A-Levels with the added bonus of achieving a CIMSPA endorsed Assistant Coach qualification in Year 1 and if continuing into Year 2, a full Coach qualification too. There are 6 units in total in Year 1 with a further 6 units completed in Year 2.

EXAMPLE YEAR 1 MODULES

- Health & Wellbeing in Sport
- Careers in Sport & Active Leisure
- Coaching Skills Development
- Sport Development
- Self-Employment in Sport & Physical Activity

EXAMPLE YEAR 2 MODULES

- Research Project
- Nutrition for Physical Performance
- Applied Coaching Skills
- Rules, Regulations & Officiating in Sport
- Sports Injuries

ENTRY REQUIREMENTS

The entry requirements for this course are:

Five Grade 4's at GCSE (including English AND Maths).

Please note, where learners do not meet these entry requirements, they will be offered an alternative course.

OPPORTUNITIES

As part of this programme of study, you will undertake work experience to further enhance knowledge, skills and understanding around the sector. This will include experiences within the coaching sector.

UCAS

The maximum UCAS points you can achieve in Year 1 is 84. If completing the Extended Diploma, the maximum UCAS points at the end of Year 2 is 168.



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Course Information

BTEC Level 3 National Foundation Diploma in Sport / National Extended Diploma in Sport

WELCOME TO LEEDS CITY COLLEGE

Designed as a one-year, full-time course of study initially, with the option to continue studying for a second year. Completing the two year programme will lead to completion of the full Extended Diploma in Sport and is equivalent in size to 3 A-Levels. This course is assessed by exams and coursework. There are 7 units in total in Year 1 with two of these being externally assessed exams. There are 6 further units in Year 2, with two of these being externally assessed exams too.

YEAR 1 MODULES

- Anatomy & Physiology (Exam)
- Fitness Training and Programming (Exam)
- Sports Leadership
- Professional Development
- Coaching for Performance
- Research Methods in Sport
- Practical Sports Performance

YEAR 2 MODULES

- Development of Sports Provision (Exam)
- Business in Sport (Exam)
- Sports Massage
- Sports Injuries
- Skill Acquisition in Sport
- Rules & Regulations in Sport
- Sports Psychology

ENTRY REQUIREMENTS

The entry requirements for this course are:

Five Grade 4's at GCSE (including English AND Maths.

Please note, where learners do not meet these entry requirements, they will be offered an alternative course.

UCAS

The maximum UCAS points you can achieve in Year 1 is 84. If completing the Extended Diploma, the maximum UCAS points at the end of Year 2 is 168.

OPPORTUNITIES

As part of this programme of study, you will undertake work experience to further enhance knowledge, skills and understanding around the sector. This will include experiences within the coaching sector.



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Course Information

BTEC Level 3 National Foundation Diploma / National Extended Diploma in Sport & Exercise Science

WELCOME TO LEEDS CITY COLLEGE

Designed as a one-year, full-time course of study initially, with the option to continue studying for a second year. Completing the two year programme will lead to completion of the full Extended Diploma in Sport & Exercise Science and is equivalent in size to 3 A-Levels. This course is assessed by exams and coursework. There are 6 units in total in Year 1 with two of these being externally assessed exams.

YEAR 1 MODULES

- Functional Anatomy (Exam)
- Applied Psychology (Exam)
- Biomechanics in Sport
- Coaching for Performance
- Research Methods in Sport
- Instructing Physical Activity

YEAR 2 MODULES

- Sport & Exercise Physiology (Exam)
- Sports Nutrition (Exam)
- Sports Massage
- Sports Injuries
- Research Project in Sport
- Field & Lab Based Testing
- Specialised Fitness Training

ENTRY REQUIREMENTS

The entry requirements for this course are:

Five Grade 4's at GCSE (including English AND Maths.

Please note, where learners do not meet these entry requirements, they will be offered an alternative course.

UCAS

The maximum UCAS points you can achieve in Year 1 is 84. If completing the Extended Diploma, the maximum UCAS points at the end of Year 2 is 168.

Students typically go on to University and study a range of sports related degrees e.g. sports science, teaching, nutrition, physiotherapy, sports therapy, rehabilitation, journalism etc.

OPPORTUNITIES

As part of this programme of study, you will undertake work experience to further enhance knowledge, skills and understanding around the sector. This will include experiences within the coaching sector.



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