

**VENUE AND DURATION OF COURSE:**

John Ruskin College, Selsdon Park Road, South Croydon, CR2 8JJ, 1 year full-time.

**ENTRY REQUIREMENTS:**

5 GCSE grade 9-3 (A\*-D) including English and Maths; or Level 1 Diploma (merit/distinction) including GCSE grade 9-3 (A\*-D) in English and Maths.

**PROFESSIONAL COMPETENCIES FOR THIS COURSE:**

- Knowledge of how the body works in relation to sport and exercise
- Ability to show respect and honesty towards others
- Responsibility for own behaviour
- Effective verbal and non-verbal communication skills during coaching and instruction sessions
- Excellent time keeping (punctuality and attendance)
- Ability to work individually and as a team
- Ability to reflect on own practice for development of their instructional and coaching skills
- Ability to demonstrate own initiative and think on your feet
- Keen interest in the subject and up to date with current practices in sport and exercise e.g. ACSM (American College of Sports Medicine), Sport England, BBC Sport
- Leadership and team working skills – the ability to work well with others

**WHAT QUALIFICATIONS WILL I GET?**

Sport – Level 2 Extended Certificate.

**COURSE DESCRIPTION:**

This course is designed to develop your skills and knowledge in the areas of coaching, fitness instruction and the effects of exercise on the body. You will learn how to plan and organise a sports event and run it efficiently. You will also improve your practical sports skills. This qualification will give you experience in a wide range of skills from teamwork and communication to being able to assess someone's level of fitness.

**UNITS/TOPICS COVERED:**

- Coaching
- How to plan and organise a sports event
- Anatomy and physiology
- Fitness for sport and exercise
- Practical sport

**TYPE OF ASSESSMENT:**

A combination of coursework and practical assessments, as well as 2 externally assessed exams.

**EQUIPMENT NEEDED:**

None required.

**WHERE CAN IT LEAD?**

- Progression on to Sport Level 3 Extended Diploma
- Apprenticeship in the industry
- You will develop important skills needed for entry to employment

**COURSE FEE:**

If you are under 19 on 31/08/2022, tuition is free. If you are 19 or over, please consult Client Services for advice and guidance on funding and eligibility.

Please be aware that there may be additional costs for equipment and educational visits. This information will be available from the curriculum staff at interview.

**WHAT TO DO NEXT:**

If you have any outstanding queries please contact our Client Services team on 020 8651 1131 or at [clientservices@johnruskin.ac.uk](mailto:clientservices@johnruskin.ac.uk).

To apply online for this course please visit [www.johnruskin.ac.uk](http://www.johnruskin.ac.uk).

**Disclaimer:**

Every effort has been made to ensure that the details contained in this leaflet are up-to-date and accurate at the time of printing. However, the College reserves the right to alter or cancel courses, their content, entry requirements, fees or other details should circumstances dictate.

Should you require this leaflet in a different format please contact Client Services on 020 8651 1131.

