NCFE Certificate In Sport

**Things you need to know Certificate Level 2 ( Equivalent to GCSE Grade 4 and above)**

**Sport, Exercise and Fitness**

**Aims and objectives of these qualifications**

These qualifications aim to:

* + give learners the introductory skills and knowledge to start a career in sport
	+ prepare learners for higher or further education, through full-time or part-time study.

The objectives of these qualifications are to help learners to:

* + •  choose a pathway and units that reflect their career or academic aspirations
	+ •  enter employment in the sport and active leisure sector or to progress to higher or further education or onto the Level 3 Sport qualifications
	+ •  gain and develop essential skills that are valued by employers and higher and further education institutions
	+ •  develop knowledge and understanding of the vocational sector

These qualifications consist of 3 **graded** mandatory units:

1. **Participating in sport**

This unit enables learners to develop their practical skills in sport through organising and participating in sports activities. Learners will work with others to plan a sports activity, participate in a sports activity and evaluate their own performance and the performance of others following the activity. The unit is underpinned by learners gaining the required knowledge and understanding of sport rules and regulations.

1. **Anatomy and physiology for exercise**

This unit will provide learners with an understanding of anatomy and physiology in the context of exercise. Learners will develop their knowledge of the structure and function of the body and how exercise impacts it. A range of learning outcomes cover the skeletal, muscular, respiratory, cardiovascular, nervous and energy systems.

1. **Introduction to healthy exercise and nutrition**

This unit provides learners with an introduction to exercise and nutrition. Learners will explore the effects of exercise in the body, the components of fitness and different types of training and how specific populations (such as people aged 50+) should adhere to key safety guidelines. In addition, learners will consider the impact and importance of good nutrition and the health benefits related to this.

+ 1 extra unit from…

* Performance analysis for sport
* Planning and running a sports event
* Development of personal fitness through training
* Factors affecting participation in sport and physical activity
* Sport and Society
* Preparing to work in the sport and leisure industry
* Plan, deliver and evaluate and activity session