

Sport Introductory Certificate level 1

Course Overview

If you are interested in starting your journey in the sport and leisure industry in a role such as sports coaching or a leisure assistant, this course will put you on the path to your chosen career. You will learn about and develop skills that are needed to continue your education or take the first step in employment or an apprenticeship.

What you will learn

Throughout the programme, you will be challenged to learn about different sports and leisure industry aspects. You will learn about taking part in sports activities, coaching skills, how exercise affects the body, English and maths all within your study programme. You will also take part in exciting group projects such as Dragons Den, allowing you to work closely with others and present information to employers and senior staff members of the college. If you are aged 16-18, you will be enrolled on a study programme, which will include retaking GCSEs or undertaking Functional Skills in English and maths if you haven't already achieved a grade 4 or above. You will also be required to complete a work-based study project as this will strengthen your employment and progression skills.

Entry Requirements

Standard entry to this course requires one reference with a desirable attendance record of 90% or above. A GCSE in both English and maths at grade 1/2 (E/F/G) or above is required, or ESOL entry 3.

Course Fees

You will be required to purchase uniform at an additional cost.

Course Progression

This course is excellent preparation for learners who wish to progress on to our Level 2 Diploma in Sport, Fitness and Exercise, where learners will continue to develop their knowledge and understanding of various sport and fitness related topics. Alongside this, learners can volunteer at local community sports groups and centres to further enhance their CV and job career prospects.

What Happens Next

Apply online via the College website, or if your school uses the Positive Steps @ 16 (PS16) application system please apply through this and speak to your careers advisor if you are unsure. You will need details of your qualifications and employment history, a reference, and a personal statement to complete your application. Once your application has been successfully processed, you will be sent a conditional offer and be invited to a Welcome Event at the College to meet your tutors, learn more about your chosen course of study and tour the facilities. You will then need to confirm your acceptance of the course offered to you.

Course Details

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| Course Code | P00206 |
| Start Date | 07/09/2026 |
| Study Hours | Full Time |
| Duration | 1 year |
| Campus | Abbey Park Campus |
| Level | 1 |

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