

Sport Level 1

The BTEC Level 1 Introductory Certificate in Sport is designed to develop skills for progression to further learning and, ultimately, to employment in the Football or Sports Industry.

Learners will gain an understanding of this industry in general and an insight into the various career options available.

It is aimed at young people who wish to study the Sports and Leisure Industry in a professional sports setting based at Leyton Orient Football Club and the Score Sports Complex. Learners will need to have a passion for sport and an interest in exploring the different areas of this industry including health, fitness, performance, coaching, sports science and events.

As well as the football club, Leyton Orient Trust have strong links to sports organisations, charities and local schools.

The course is scheduled for 3-4 days per week and will be a mixture of theory and practical lessons.

This one-year course is the first steppingstone for learners interested in sports studies who want to combine education on a non-traditional site with training and playing sport to the highest level they are capable.

- [Sector Overview](#)

The Sports Industry is very diverse with a range of job roles available outside of being an athlete or competitor. Employment in sport, leisure and recreation roles are up 10% since 2020.

With the varied roles within the sector, you could have the flexibility of part-time work, your own business or a full-time role, so salaries vary from around £15,000 to anything from £35,000-£100,000 in a managerial role. Whether you're interested in sports management, a career in personal training, sports coaching, PE teaching or see yourself working in health and wellbeing as a physiotherapist or nutritionist, our Sports courses will open you to a world of possibilities.

- [Entry Requirements](#)

The entry requirements for this course are:

- 4 GCSEs at Grade 1-2 (E-G) or above including English and maths
- Interview and assessment

If required, you will study GCSE or Functional Skills maths and/or English alongside your course so you can progress to the next level.

- [What will I study?](#)

This course consists of the following modules:

- Being organised
- Developing a personal progression plan
- Working with others
- Researching a topic
- How exercise affects the body

Disclaimer:

Every effort has been made to ensure 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.

- Training for fitness
- Playing sport
- Coaching skills in sport
- Assisting in a sports activity
- Contributing to running a sports event
- Getting people active
- Keeping active and healthy
- [How will I be assessed?](#)
You will be assessed via:
 - Written tasks
 - Practical activities
 - Study visits
 - Team building activities
- [Enrichment](#)
Football learners will receive up to six hours coaching a week from Leyton Orient Trust coaches as part of their enrichment programme.
There will also be opportunities to gain additional coaching qualifications and to play football for our Leyton Orient College Teams in regional and London based leagues.
Learners will get to take part in FA Coaching Days with experienced A or B Licence coaches learning what it takes to coach at this level.
There will be guest speakers from varied departments of the football club, including players, coaches, fitness staff and club management, trips to the training ground and visits to other football stadia, and sports and fitness facilities in the local area.
- [Work Experience](#)
You must complete 36 hours (1 week) of external work placement which is an essential part of the programme. Some of the opportunities will include placements with employers such as:
 - Leyton Orient Trust
 - Born4Sport
 - Tapscott Trust
 - Essex Cricket Club
 - Wale Coaching
 - Leyton Orient Football ClubStudents can be employed by their coaching placement as casual coaches.
Other Employers offering placements include:
 - YMCA
 - GLL Leisure

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- London Youth
- Sports Interactive (creator of Football Manager)

- [Progression opportunities](#)

The completion of this course will allow you to progress onto:

- Sport Level 2
- Part-time employment

- [Alumni](#)

Uriam gained a Merit and progressed directly onto Level 3 Sport Extended Certificate in her second year. Waltham Forest College is a vibrant and aspirational college and will support you to reach your career aspirations. Last year 96% of learners progressed onto a positive destination either to higher levels of study, employment, or an Apprenticeship.

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