

I could be a...

Community Sport Development Officer
Leisure Centre Manager
Lifeguard
National Park Communications Officer
Nutritionist
Mountaineer
Physiotherapist
Personal Trainer
PE Instructor
Tennis Coach

The Edexcel Sport and Active Leisure Diploma

Wouldn't it be great to be paid to do a job you love? Over 4.8 million people work in the sport and active leisure industries, in jobs ranging from yoga teaching to adventure playground design and football scouting to professional athletics.

This qualification will give you a good understanding of an industry sector that is predicted to buck the recessionary trend – in part due to the UK-wide investment in sport triggered by the 2012 Olympics.

You'll learn about:

- How fitness levels and lifestyle choices affect health, wellbeing and life expectancy.
- The importance of participation; including activity planning, inclusion policies, risk assessment and delivery on the day.
- How the body works, including how to test the short-term benefits of regular physical activity.
- Employment, including preparation for work and your suitability for specific jobs in sport and active leisure.

This Diploma is supported by:



Level 1 1st term snapshot

- Ordered maps online for team's orienteering trip – need to plan the route in advance.
- Looked at structure and function of the four main body systems, cardiovascular, respiratory, skeletal and muscular.
- Researched George Best's diet and alcohol intake in 1968. Suggested major lifestyle changes.



Level 2 1st term snapshot

- Talked through the 7-page!!! job description for a Communications Manager promoting the Norfolk Broads – not just writing press releases!
- Found stats for three case studies on the Sport England North West website demonstrating effective promotion of local sport.
- Choreographed a 20-minute street dance after school "taster" glass for Year 5 and 6.



Level 3 1st term snapshot

- Learnt the biomechanics of movement including acceleration, drag, friction, locomotion and speed.
- Presented PowerPoint on how local Racquets Club can increase off-peak revenue. Tutor liked my idea for 'courts free – reserve now' membership texts plus half price energy drink promotion.
- Reviewed Susan Halden-Brown's sports psychology book 'Mistakes Worth Making'.



Random week at a glance...

Mon: Filming week 4 of Kate's 'Flab-zapping' video diary. She's sticking to her gym routine - BMI down, mood up!

Tues: Visiting speaker Mo Farah, 3000m gold medal holder (European Indoor) v. interesting.

Wed: Shadowed David Lloyd Club's General Manager today – it was a real eye-opener.

Thurs: Finished my 'Peak Performance' project on jobs in sport and active leisure.

Fri: 'I couldn't believe the calm on the faces of the inmates coming out of the yoga and meditation workshop.' Watched prison officer's podcast on positive effects of yoga – amazing!