

Sport and Active Leisure
Principal Learning Structure

Level 1			
All units are compulsory.			
Unit number	Title	GLH	Assessment
1	Sport and Active Leisure as Part of a Healthy Lifestyle	30	External
2	The Importance of Participation in Sport and Active Leisure	60	Internal
3	How the Active Body Works	30	Internal
4	Introducing the Sport and Active Leisure Industry	60	Internal
5	Working with Different Types of Customers in Sport and Active Leisure	60	Internal

Level 2			
All units are compulsory.			
Unit number	Title	GLH	Assessment
1	Positive Lifestyle Choices and Sport and Active Leisure	60	External
2	Encouraging Participation in Sport and Active Leisure	60	Internal
3	Science in Sport and Active Leisure	60	Internal
4	Working in the Local Sport and Active Leisure Industry	60	Internal
5	Businesses in the Sport and Active Leisure Industry	60	Internal
6	Media in Sport and Active Leisure	60	Internal
7	Access for All in Sport and Active Leisure	60	Internal

Level 3			
All units are compulsory.			
Unit number	Title	GLH	Assessment
1	The Impact of an Active and Healthy Lifestyle	60	Internal
2	Being an Effective Manager and Leader in Sport and Active Leisure	60	Internal
3	Science and Technology in Sport and Active Leisure	90	External
4	Applying Science and Technology to Enhance Performance in Sport and Active Leisure	60	Internal
5	Globalisation and the Sport and Active Leisure Industry	90	External
6	Sport and Active Policy	60	Internal
7	Promoting Opportunities for All in Sport and Active Leisure	60	Internal
8	Bringing the Community Together through Sport and Active Leisure	60	Internal