

The Diploma in Sports and Active Leisure

A brand new 14–19 qualification.

Have a passion for sport? Inspired by the 2012 Games to be involved in a sporting career? Interested in how the body works, and why an active lifestyle is so important? If so the Diploma in Sports and Active Leisure might be for you!

A HEATHY OPTION IN MORE WAYS THAN ONE!



The sport and active leisure industry is relatively new, but is quickly gaining a high profile with an increasing importance placed on good health. The sector employs over 634,000 people and 2 million volunteers and is one of the fastest growing employment sectors, contributing £8.6 billion to the UK economy. Its workforce has a significant role to play in encouraging the population to lead active and healthy lives.

You don't need to be an athlete to work in this profession, but you should have an empathy with the importance of leading an active and healthy lifestyle. The industry is very popular amongst young people and is often seen as a gateway to the development of sports/leisure careers in a range of fields such as journalism, teaching or business management.

Tessa's Newham Sports Academy

Tessa Sanderson's Newham Sports Academy was launched in October 2006. Since then, the team has continued Newham Council's success in targeting sport at a grassroots level and engaging young people. To date nearly 60 talented young athletes have been recruited.

The Academy aims to give local young people the opportunity to reach their full sporting potential in time to compete – and hopefully win medals – at the 2012 Games.

www.newham.com/2012Games



WHERE CAN I PROGRESS TO?

A Diploma in Sports and Active Leisure will give you the skills you need for work and university, and it's the first step towards a career in the sector. Examples of university courses you could go on to include: Nutrition and Sports Science BA, Tourism and Sports Management

BA, Sports Psychology BA, Sports Journalism HND, Events Management MA.

Or you could go straight into work after completing your Diploma, beginning a career in the Sports and Active Leisure sector, or even starting up your own business.

WHAT DO EMPLOYERS THINK OF THE SAL DIPLOMA?

'The new Sport and Active Leisure Diploma will offer young people an opportunity to improve their knowledge and learn new skills both in a academic and practical way which will lead to better prepared employees for employers to recruit and will create a better workforce. The Diploma is accessible to all levels of capability and allows young people to progress into their career of choice.'

Steven Hadfield, Premier Sport

Additional info:

www.skillsactive.com/saldiploma

www.skillsactive.com

The Sports and Active Leisure industry is one of the fastest growing sectors in the economy, with a wide variety of job opportunities:

Football Coach

Choreographer

Sponsorship Sales

Sports Scientist

Personal Trainer

Stock controller

Activity Centre Manager

Nutritionist

And many more...

Events Manager



BUILD ESSENTIAL SKILLS AND EXPERIENCE

The Diploma in Sports and Active Leisure (SAL) will give you a broad base of knowledge and skills that are transferable across a wide range of sports and leisure roles. You will have the opportunity to visit, learn from and work with SAL professionals, so that you can develop your knowledge of the industry, its scope and opportunities. Lifestyle choices have a major impact on health and wellbeing. You will learn the importance for people to lead an active and healthy lifestyle, from how the body works to the role nutrition plays. The Diploma will help you develop the essential skills needed for the industry such as communication, teamwork, customer service and people skills.

The qualification has been developed by Sports and Active Leisure (SAL) professionals and academics from universities.

Therefore the SAL Diploma will equip you with the skills employers are looking for, including the essential personal and professional skills, and it will also enable you to go on and study at university.

The Diploma in Sports and Active Leisure focuses on three main themes:

The Individual: Looks at the importance of an active and healthy lifestyle, the science of sport and exercise and how the body works.

The Economy: Introduces the Sport and Active Leisure industry, its relation to other sectors and its contribution to the economy as a whole.

The Community: Focuses on working with customers and the different requirements of specific populations or groups of people.

Career pathway examples:

■ Sports Journalist

- ▲ BA (Hons) Degree in Sports Journalism
- ▲ Advanced Diploma in Sports and Active Leisure with A-level English Literature
- ▲ Higher Diploma in Sports and Active Leisure with GCSE Media

■ Health and Fitness/Personal Trainer

- ▲ Fitness First (or other gym) trainee programme
- ▲ Higher Diploma in Sports and Active Leisure with NVQ L3 Fitness Instruction
- ▲ Foundation Diploma in Sports and Active Leisure with GCSE Food Tech