

Sport

Certificate in Sport

Campus: North Notts College - Worksop Campus

Code: W14SP08

Level: 1

About This Course

This course is ideal for individuals who are interested in developing their skills and knowledge in sports, fitness, and coaching. It provides a foundation in various aspects of sport, including exercise, health, and leadership, preparing students for further education or entry-level roles in the sports industry.

What Will I Study?

You will study a range of topics which may include:

- Taking Part in Sport
- Sports Coaching
- Leading Others
- Personal Exercise and Fitness
- Effect of Exercise on Human Body Systems
- Strength and Conditioning
- Health and Nutrition
- Developing Sports Volunteering Skills
- Assist at a Sports Events
- Understanding the Sport and Active Leisure Sector
- Exploring Employment in the Outdoor Industry

Why Study Here?

- Experienced instructors with real-world expertise in sports and coaching
- Hands-on learning through practical activities and sports events
- A supportive and engaging learning environment
- Opportunities to develop leadership, teamwork, and coaching skills

Entry Requirements

No formal entry requirements. A willingness to learn, participate in practical activities, and engage in teamwork is essential.

How To Apply

You can apply using our online application form and clicking the **Apply Now** button at the top of this page.

For more information support with your enquiry or application please contact Student Services by emailing contact@nnc.ac.uk [mailto:contact@nnc.ac.uk] or by calling **01909 504500**.

What Courses Can I Progress Onto?

- Level 2 Certificate in Sport and Fitness
- Level 2 Certificate in Coaching and Leadership
- Level 2 Certificate in Health and Fitness
- Other vocational or academic pathways in sports and fitness

Tuition Fees

- 16-18 year olds do not need to pay course fees.
- Those aged 19 or over may not need to pay fees depending on their circumstances. Find out if you qualify for help with your fees. [<https://www.nnc.ac.uk/information/student-support/finance/course-fees/>]

If you need further advice or guidance please contact the Enquiries Team on **01909 504500**.

Additional Information

- A notepad and pen for theory sessions
- A willingness to engage in group and independent activities
- Basic sportswear for practical sessions

PLEASE NOTE

We make every effort to ensure information within our online course directory is accurate and a true representation of the courses we are offering in 2025-26. However, we do reserve the right to make changes if necessary.

Last updated: 14th March 2025