

First Diploma in Sport
Course Information Summary Sheet.

Type of Qualification	BTEC
What makes up the framework? (if applicable)	N/A
Name of Course / Qualification	First Diploma in Sport
Level of Qualification	Level 2
Guided Learning Hours	360
Expected Completion Time	1 academic year
Points Allocated to Course	40/80/120
Course Accredited by?	Edexcel

Example of Units (The unit number and name)

Mandatory	Optional
1. Fitness Testing and Training	4. Anatomy and Physiology for Sport
2. Practical Sport	5. Injury in Sport
	9. Psychology for Sports Performance
	10. Nutrition for Sports Performance
	12. Lifestyle and the Sports Performer

How many Mandatory and how many Optional units are required?

Mandatory	2	Optional	5
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Brief Summary of Course and who it is appropriate for.

This is a sport qualification designed to provide a specialist work-related qualification in the sport sector. It give learners the knowledge, understanding and skills that they need to prepare for employment. The qualifications also provide career development opportunities for those in a work placement.

What type of Programmes are available? (e.g. Apprenticeship / Schools)

Schools Programme open to years 10 & 11