

Intermediate Apprenticeship in Activity Leadership with Fitness



Programme Details

The Activity Leadership Apprenticeship is ideal for those looking to work in leisure events and activities. This can include roles such as fitness instructors or recreation assistants. The Apprenticeship covers fitness and exercise, the base entry level to work in a gym setting while placing great emphasis on practical ability, backed up with an understanding of the principles involved.

This covers areas such as gym-based exercise, exercise for children, principles of health and fitness, designing, preparing and leading activity sessions. Overall demonstrating the skills needed to work within an activity leading role. Whilst at work, students will receive comprehensive practical training designed to develop competence in carrying out relevant tasks that the employer will value.



Qualification and Skills

The Level 2 programme can take up to 15 months to complete and on completion the learner will achieve:

- Level 2 Certificate in Activity Leadership
- Level 2 Fitness and Exercise Technical Certificate
- Level 2 Functional Skills in Maths and English (depending of eligibility)

Course content will be tailored to the needs of the individual and could include;

- Leading activity sessions
- Promoting health, safety and welfare in active leisure and recreation
- Supporting the development of the sport or activity
- Contributing to the participants' personal and social development
- Employability skills – this may be an optional unit included in your NVQ, an individual accredited qualification or a workbook.

Contact enquiries@creativesportandleisure.co.uk for clarification or any further guidance.

What is an Apprenticeship?

An Apprenticeship is a package of training that is delivered while you are working. Apprenticeships allow you to gain qualifications which will enhance your skills and develop you professionally whilst you are earning and working in a relevant working environment. The apprenticeship training programme is a fantastic way of putting theory into practice, as you gain real experience in the workplace and if you are already employed in a relevant industry you will benefit from the knowledge gained to increasing career prospects.

The training includes the NVQ Diploma, technical certificate and Functional Skills in Maths and English. You may be exempt but this is dependent upon the GCSE (or equivalent) grade achieved (evidence of qualification will be required). You will be asked to complete an initial assessment in literacy and numeracy skills as part of your enrolment onto the programme.

Why should I choose to do an Apprenticeship?

Apprenticeships are available to anyone who is over the age of 16 and not in full time education. The Government have recognised the importance of apprenticeship training and how it is a vital instrument in their objective of up skilling the countries workforce. The apprenticeship reform introduced in May 2017, will actively encourage employers to invest in Apprenticeship training, through the Government Levy. All employers whether they are levy or non-levy paying are recognising the benefits of investing in Apprenticeship training for both existing and new staff. Employers are required to commit to their staff's apprenticeship training by supporting with at least 20% off the job training.

Progression Routes

Successful completion of the course could lead to employment opportunities as a Personal Trainer, Sports coach, Assistant in a holiday or leisure centre, Recreation Assistant or responsible positions in allied industries.