

# Sport and Active Leisure

## Diploma Level 1

STUDY MODE  
Full time

LOCATION  
Moulton

LEVEL  
Level 1

START DATE  
Sept 2025

DURATION  
1 year



The Level 1 Diploma in Sport and Active Leisure has been developed to give learners their first real insight into what life is like the sport industry.

A large part of the programme will be developing wider skills and attributes required in employment and at further levels of study, including the development of English, Maths and ICT skills.

## What will I learn on the course?

Students will develop their English, Maths and ICT skills as part of their sport course, and will learn about the basics of anatomy and physiology and how the human body works when performing sport and exercise movements.

Students will have the opportunity to take part and learn about a wide range of sports, while also developing their coaching and communication skills.

## What will this course cost me?

You will be required to buy sports clothing and shoes for this course. Moulton branded kit can also be brought.

[Click here](#) to find out more about the required sports kit.

## What does a typical week look like?

This is a full time course taking place on three days per week from 9am - 4:30pm. There will be a mix of practical and theoretical work which is split into 1 hour lessons. You will have regular breaks, including lunch.

## How will I be assessed?

- Practical assessments
- Externally assessed Exams
- Written coursework and workbooks
- Presentations

## Where can it lead to?

You could move onto Level 2 course, or explore employment opportunities in the sports industry.

## What are the entry requirements for this course?

No formal entry requirements are required, but you will need to attend an interview to identify interests and support requirements.

Visit this course on our website: <https://www.moulton.ac.uk/courses/pidsl/sport-and-active-leisure-diploma-level-1>

For further information please contact the college: <https://www.moulton.ac.uk/contact>