



Steps to Professional Courses - Sports, Fitness and Leisure (Level 1)

Location	Cheadle College
Course Type	College 16-18
Department	Foundation Learning
Start Date	Tuesday 1st September 2026
Course Code	CFP-TF1C-1400

Course Overview

This Level 1 course is designed for students who are interested in developing skills in sport, fitness, and active leisure. It combines practical, hands-on learning with real-life experiences to help build confidence, resilience, and employability skills.

Students will work towards an Open Awards Level 1 qualification in Skills for Further Learning and Employment, following a Sport, Fitness and Leisure pathway. This may include units such as Taking Part in Sport, Taking Part in Exercise and Fitness, Planning a Healthy Diet, Nutrition, Performance and Healthy Eating, Planning a Fitness Programme, Risks and Hazards in Sport and Active Leisure, and Working with Customers in Sport and Leisure Settings.

Course Requirements

4 GCSE's at Grade 2 or above including English and Maths

What You Will Learn

Learning takes place in a range of settings, including sports facilities, fitness suites, classrooms, and within the local community. Lessons are active and engaging, allowing learners to develop their skills and knowledge at Level 1. Students will take part in a variety of sports and fitness activities while developing their understanding of health, exercise, and wellbeing.

Alongside practical learning, students will develop communication, teamwork, and leadership skills through group activities, team sports, and event-based projects. Learners may also plan and support the delivery of sports or leisure activities, helping them gain insight into roles within the industry.

Trips and visits are an important part of the course, including opportunities to attend sporting events, visit leisure centres and training facilities, and take part in careers talks to gain insight into the sport and fitness industry and a range of job roles.

The course is designed to support progression for all learners, with activities that build both practical and theoretical knowledge over time. Learners will complete a portfolio of evidence through practical tasks, observations, and projects to demonstrate their knowledge, understanding, and achievements.

Throughout the course, learners will also develop important life skills such as confidence, motivation, time management, and the ability to work as part of a team-key qualities needed for further study, employment, and everyday life.

On successful completion of the course, learners can progress onto higher-level Sport and Fitness programmes, apprenticeships, or pathways into employment within the sport, health, and leisure industries.

Assessment

Continual independent project-based learning is evidenced through practical application of vocational specific presentations, portfolios of evidence, speaking and listening and group discussion. Vocational learning within the industry area provides evidence of independent research, critical evaluation and development of transferrable skills, such as teamwork, communication, resilience and problem solving.

Progression

On successful completion of the course, learners can progress onto higher-level study programmes, supported internships, or pathways into employment and independent living.

Career Options

Sports and fitness leisure settings
Gym management
Sport team leadership
Uniformed services
Personal trainer

Mandatory Units

Developing Own Interpersonal Skills

Contact Details

For further information please contact T: 0161 886 7070 or E: info@trafford.ac.uk

Disclaimer

Although every care has been taken to ensure that the information contained within this document is accurate, there may be changes to this programme and provision. We will endeavour to keep prospective and current students updated where appropriate and when the information becomes available.