

## Activity Leadership (Exercise & Fitness) Level 2 Intermediate Apprenticeship

Duration: 12 months

### Who is the apprenticeship for?

The programme is designed to develop both the knowledge and skills to effectively plan, deliver and evaluate a series of activities. The qualification can be attained by staff working within organisations such as schools, swimming pools, leisure centres, local authorities, private gyms or community sport facilities.

The Exercise and Fitness Pathway will enable successful learners to seek employment as a strength and conditioning coach in a number of settings such as a sports club, or with an athlete or team in an educational/youth environment.

### Entry requirements

Applicants must be aged 16 and over with four GCSEs A\*-D including Maths and English. GCSEs will be considered along with the results of an initial assessment.

### What qualifications are delivered?

- ◆ Certificate in Coaching Strength and Conditioning for Sport (Level 2)
- ◆ GCSEs or Functional Skills in English, Maths and ICT at Level 1 (if not already achieved)
- ◆ Award in Employment Awareness in Active Leisure and Learning (Level 2)
- ◆ Personal Learning and Thinking Skills
- ◆ First Aid

### What does the apprenticeship cover?

The programme covers the knowledge and skills needed to effectively plan, deliver and evaluate a series of activities either related to exercise and fitness.

The **Certificate in Coaching Strength & Conditioning for Sport (Level 2)** includes the following components:

#### Mandatory Units (examples):

- ◆ Understanding the fundamentals of coaching sport
- ◆ Understanding how to develop participants through coaching sport
- ◆ Supporting participants' lifestyle through coaching sport
- ◆ Understanding the principles of safe and equitable coaching practice
- ◆ Plan a series of strength and conditioning for sport coaching sessions
- ◆ Prepare the strength and conditioning for sport coaching environment
- ◆ Deliver a series of strength and conditioning for sport coaching sessions
- ◆ Monitor and evaluate strength and conditioning for sport coaching sessions

### Training Programme

This training programme is delivered at College and in the workplace. The apprentice attends a monthly 1-day workshop at the College and the Assessor visits the apprentice once a month for approximately 2 hours for assessment and training. In addition quarterly review meetings will be scheduled to track progress, involving the line manager, assessor and apprentice. If the apprentice needs to gain their Maths, English or IT qualifications they will attend the College to achieve these.

For more information contact Training Solutions at:  
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