

# Sport and Active Leisure Diploma Guide



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## Introduction

The AQA-City & Guilds Sport and Active Leisure Diploma introduces learners to the world of sport and active leisure. The sport and active leisure industry has five recognised sub-sectors – sport and recreation, health and fitness, the outdoors, playwork and caravans. These sub sectors provide a range of voluntary, seasonal, part-time and full-time employment opportunities in both national and local organisations that in-turn provide opportunities for individuals, groups and communities to participate in a range of formal and informal activities.

Learners will gain the skills, knowledge and attributes which relate to both the current and anticipated future needs of the sport and active leisure industry, sub-sectors, organisations, employees and customers.

### **Why choose AQA-City & Guilds Sport and Active Leisure Principal Learning?**

- industry focused framework developed in close consultation with SkillsActive, ConstructionSkills, Lantra, Skills for Security, Children's Workforce Network, Children's Workforce Development Council and People 1st to ensure content is relevant to the current industry, and prepares learners for entry into the workplace
- free teaching materials, resources and training on course planning and moderation to support you with Diploma delivery
- fully embedded Personal, Learning and Thinking Skills (PLTS) within the assessment criteria for you to easily assess when the learners develop these six skills
- clearly signposted Functional Skills to help you assist learners to develop these key employability skills
- opportunities for applied learning, giving you ideas for employer engagement and providing learners with opportunities to gain experience in a work environment
- larger provision for internal assessment to allow for integration into practical assignments, reducing the examination burden



## Diploma Structure

Diploma Level	Principal Learning	Generic Learning			Additional and Specialist Learning
	Main Subject (eg SAL)	Project	Functional Skills	Work Experience	May include: - GCSEs, AS/A Levels - Vocational Quals
<b>Foundation Diploma</b> (600 GLH)	Practical Assessments + 1 Exam <b>(240 GLH)</b>	Foundation Project <b>(60 GLH)</b>	L1 - English / Maths / ICT <b>(120 GLH)</b>	Minimum 10 days	Qualifications chosen by the learner <b>(120 GLH)</b>
<b>Higher Diploma</b> (800 GLH)	Practical Assessments + 1 Exam <b>(420 GLH)</b>	Higher Project <b>(60 GLH)</b>	L2 -English/ Maths/ICT <b>(80 GLH)</b>	Minimum 10 days	Qualifications chosen by the learner <b>(180 GLH)</b>
<b>Advanced Diploma</b> (1080 GLH)	Practical Assessments + 2-3 Exam <b>(540 GLH)</b>	Extended Project <b>(120 GLH)</b>	L2 - English/ Maths/ICT	Minimum 10 days	Qualifications chosen by the learner <b>(360 GLH)</b>
<b>Progression Diploma</b> (720 GLH)	Practical Assessments + 2-3 Exam <b>(540 GLH)</b>	Extended Project <b>(120 GLH)</b>	L2 - English/ Maths/ICT	Minimum 10 days	Not included

## Principal Learning

All Principal Learning units are compulsory for Diploma learners. Principal Learning includes at least 50% applied learning which consists of knowledge, understanding, skills and attitudes to support progress through a work-related context. Opportunities to develop and apply generic skills are also integrated into Principal Learning.

### Level 1

#### Level 1 Principal Learning covers the following:

Unit	GLH	Assessment Method
1 The importance of an active and healthy lifestyle	30	Internal
2 The importance of participation in sport and active leisure	60	Internal
3 Introducing science in sport and exercise	30	Internal
4 Introducing the sport and active leisure industry	60	Internal
5 Working with customers in the sport and active leisure industry	30	Internal
6 Working with specific populations in sport and active leisure	30	External

For example, in unit 1 the learner will:

- know the importance of active and healthy lifestyles
- know the impact of human behaviour and choice
- be able to recommend improvements for day-to-day health

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## Level 2

### Level 2 Principal Learning covers the following:

Unit	GLH	Assessment Method
1 Active and healthy lifestyle choices	30	Internal
2 Encouraging participation in sport and active leisure	60	Internal
3 Science in sport and leisure	60	Internal
4 Working in sport or active leisure in your locality	60	Internal
5 Businesses in the sport and active leisure industry	60	Internal
6 Media in sport and active leisure	60	Internal
7 The sport and active leisure customer experience	30	Internal
8 Access for all in sport and leisure	60	External

For example, in unit 1 the learner will:

- understand the benefits of positive lifestyle choices
- understand how taking-part in sport and active leisure impacts on lifestyle choices
- understand the importance of behaviours and choices on lifestyle
- be able to devise plans to improve lifestyle choices and wellbeing

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## Level 3

### Level 3 Principal Learning covers the following:

Unit	GLH	Assessment Method
1 The impact of an active and healthy lifestyle	60	External
2 Effective management and leadership in sport and active leisure	60	Internal
3 Applying science to sport and active leisure	90	Internal
4 Applying scientific principles to enhance performance in sport and active leisure	60	Internal
5 The sport and active leisure workforce and the economy	30	Internal
6 Globalisation and the sport and active leisure industry	60	External
7 Politics and policies in sport and active leisure	60	External
8 Promoting opportunities for all in the sport and active leisure industry	60	Internal
9 Developing community cohesion through sport and active leisure	60	Internal

For example, in unit 1 the learner will:

- understand why individuals make particular lifestyle choices
- understand the implications of lifestyle choices
- know how key indicators are used to measure the impact of lifestyle choices on society
- be able to plan for changes to individuals' lifestyle choices

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## Generic Learning

Generic Learning provides skills relevant to learning, training and working in all lines of learning across all sectors. It includes Functional Skills and Personal, Learning and Thinking Skills (PLTS) which are embedded in and assessed through the Principal Learning component.

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## Functional Skills

We offer Functional Skills qualifications built around developing practical skills in English, Mathematics and Information and Communication Technology (ICT). Functional Skills has been identified as being vital for building confidence and gaining the most out of work, education and everyday life.

Both AQA and City & Guilds are offering Functional Skills independently and are both suitable for Diplomas.

For further information visit:  
[www.aqa.co.uk/qual/gcse/functional\\_skills.php](http://www.aqa.co.uk/qual/gcse/functional_skills.php)  
[www.cityandguilds.com/19824.html](http://www.cityandguilds.com/19824.html)  
[www.qcda.gov.uk/6062.aspx](http://www.qcda.gov.uk/6062.aspx)

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## Personal, Learning and Thinking Skills

As a learner progresses they will acquire skills through activities they undertake. They are integrated into the Principal Learning components of our specifications. These work-relevant skills include:

- Team workers
- Independent enquirers
- Creative thinkers
- Self managers
- Effective participators
- Reflective learners

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## Work Experience

This component is usually linked to the Diploma subject that is being studied but does not always have to be the case. This element is usually taken over 10 days to help learners gain insight into practical skills, values and attitudes needed in the workplace.



## Additional and Specialist Learning

Additional and Specialist Learning (ASL) provides learners with greater breadth (Additional Learning) and depth (Specialist Learning) of study and enables them to tailor their personal programmes to their own interests and ambitions.

ASL can be taken at the chosen Diploma level through learners selecting a single qualification or a combination of qualifications to meet the required Guided Learning Hours. Learners will select from qualifications at the same level as the Diploma that they are taking, or one higher eg the Foundation Diploma can have ASL at Level 1 or 2. ASL forms part of the Diploma and fits into the overall structure as follows:

	Guided Learning Hours (GLH) Foundation	Guided Learning Hours (GLH) Higher	Guided Learning Hours (GLH) Advanced
Principal Learning	240	420	540
Generic Learning	240	200	180
Additional and Specialist Learning*	120	180	360
10 days work experience			
<b>Total</b>	<b>600</b>	<b>800</b>	<b>1080</b>

\*For ASL the GLH indicated is a minimum requirement for each level.

The National Database of Accredited Qualifications (NDAQ) has a Diploma catalogue that lists all the ASL qualifications for each line of learning.

Visit [www.accreditedqualifications.org.uk](http://www.accreditedqualifications.org.uk)

QCDA Diploma Validator is a useful tool to help curriculum planners check that every Diploma is following a valid programme of study.

Visit <http://diplomavalidator.qcda.gov.uk>



## Level 1

Below are 6 examples of potential routes a learner might take and what qualification/s they could choose as part of their Additional and Specialist Learning.

Option 1	Option 2	Option 3	Option 4	Option 5	Option 6
Sport and Disability pathway	PE pathway	Fitness Instructor pathway	Science pathway	Business pathway	Language pathway (any language course could be taken)



### Qualification

<b>City &amp; Guilds</b> Level 2 Award in Working with Participants with Disabilities in Sport and Active Leisure (S) <b>60 GLH</b> <i>and</i> <b>AQA</b> Level 1 Award in Personal, Social and Health Education (A) <b>80 GLH</b>	<b>AQA</b> GCSE (Short Course) in PE (A) <b>60 GLH</b> <i>and</i> <b>AQA</b> GCSE (Short Course) in Psychology (A) <b>60 GLH</b>	<b>City &amp; Guilds</b> Level 2 Certificate in Fitness Instructing (S) <b>120 GLH</b> <i>and</i> <b>City &amp; Guilds</b> Level 2 Award in Healthier Foods and Special Diets (A) <b>10 GLH</b>	<b>AQA</b> GCSE in Biology (A) <b>120 GLH</b>	<b>AQA</b> GCSE (Short Course) in Business Studies (A) <b>60 GLH</b> <i>and</i> <b>AQA</b> GCSE (Short Course) in Information Technology (A) <b>60 GLH</b>	<b>AQA</b> GCSE (Short Course) in French (A) <b>60 GLH</b> <i>and</i> <b>AQA</b> GCSE (Short Course) in Spanish (A) <b>60 GLH</b>
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### GLH requirement for Diploma Level 1

120	120	120	120	120
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(A)- Additional  
(S) - Specialist

## Level 2

Below are 6 examples of potential routes a learner might take and what qualification/s they could choose as part of their Additional and Specialist Learning.

Option 1	Option 2	Option 3	Option 4	Option 5	Option 6
Fitness Instructor pathway	Dietitian pathway	Physiology pathway	Sports Journalism pathway	PE pathway	Leisure pathway



### Qualification

<b>City &amp; Guilds</b> Level 2 Certificate in Fitness Instructing (S) <b>157-162 GLH</b>  <i>and</i>  <b>AQA</b> GCSE (Short Course) in PE (A) <b>60 GLH</b>	<b>City &amp; Guilds</b> Level 2 Certificate in the Introduction to Healthy Eating (A) <b>220 GLH</b>	<b>AQA</b> GCSE in Human Health and Physiology (S) <b>120 GLH</b>  <i>and</i>  <b>AQA</b> GCSE in Biology (A) <b>120 GLH</b>	<b>AQA</b> GCSE in Media Studies (Double Award) <b>180 GLH</b>	<b>AQA</b> GCSE in PE (A) <b>120 GLH</b>  <i>and</i>  <b>AQA</b> GCSE (Short Course) in Economics (A) <b>60 GLH</b>	<b>AQA</b> GCSE in Leisure and Tourism (Double Award) (A) <b>180 GLH</b>
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### GLH requirement for Diploma Level 2

180	180	180	180	180	180
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(A) - Additional  
(S) - Specialist



### Level 3

Below are 5 examples of potential routes a learner might take and what qualification/s they could choose as part of their Additional and Specialist Learning.

Option 1	Option 2	Option 3	Option 4	Option 5
Personal Trainer pathway	Leisure work pathway	Science pathway	Business pathway	Sports Journalist pathway



#### Qualification

<b>City &amp; Guilds</b> Level 3 Certificate in Personal Training (S) <b>245 GLH</b>  <i>and</i>  <b>City &amp; Guilds</b> Level 3 Certificate in Massage, Anatomy and Physiology (A) <b>120 GLH</b>	<b>AQA</b> A Level in Leisure Studies (A) <b>360 GLH</b>	<b>AQA</b> A Level in Human Biology (A) <b>360 GLH</b>	<b>AQA</b> A Level in Business Studies (A) <b>360 GLH</b>	<b>City &amp; Guilds</b> Level 3 Diploma in Media Techniques (A) <b>360 GLH</b>
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#### GLH requirement for Diploma Level 3

360	360	360	360	360
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(A)- Additional  
(S) - Specialist



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## Project

A Project chosen by each individual learner is taught at each level, requiring them to show their ability to plan, deliver and present a piece of work. It offers learners an opportunity to produce an extended piece of work, either in an area that they are studying, or in which they have a particular interest.

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## Teaching Resource Pack

Benefit from our free of charge Diploma Teaching Resource Pack. These resources will support you on your journey through teaching, planning and delivery. Take advantage of specially developed teaching materials, a dedicated Diploma website and benefit from specifically assigned personal support to help you along your way. You can get:

### Teaching Materials

- Easy to follow **Principal Learning Specifications** written by practicing teachers and lecturers which include fully embedded Personal, Learning and Thinking Skills within the assessments and clearly signposted Functional Skills
- **Sample External Assessment Materials** for externally assessed units
- **Sample Internal Assessment Materials** examples at all levels
- **Schemes of Work** giving you examples for teaching delivery that can be used at any level
- **Resource Lists** with references and links to a wide range of helpful teaching resources
- **Level 2 Student Handbook** an innovative way for your students to track their achievements and plan their progress while studying the Principal Learning component

### Online

- Visit [www.diplomainfo.org.uk](http://www.diplomainfo.org.uk) our dedicated Diploma website
- **Enhanced Results Analysis (ERA)** an online tool giving you at-a-glance analysis of exam results by candidate and giving cohort to cohort comparisons for your own and peer centres
- **Links to other Diploma components** including Functional Skills, Project, Additional and Specialist Learning
- Additional and Specialist Learning and **career pathway information**
- **Diploma Talk Online Forums** provide tutors with a 24/7 online discussion facility to interact with fellow tutors or subject experts
- **Past question papers** and **mark schemes** are available at a small cost (free through eAQA)

### Dedicated personal support and events

- Minimum two free **moderator visits** per consortium in your first year
- Direct access to **Subject Support Staff** for advice and guidance
- **Regional Teacher Support Events** led by Subject Experts, Examiners or Moderators
- **Bespoke practitioner workshops** held at a centre within your consortium to address the delivery requirements specific to your needs

Visit [www.diplomainfo.org.uk/SAL-Teaching-Resource-Zone.asp](http://www.diplomainfo.org.uk/SAL-Teaching-Resource-Zone.asp)

# Require further information?

AQA-City & Guilds will do our best to help answer any questions that you may have about the Diplomas. We have a dedicated **Diploma Support team** who are here to support you. If you would like to speak to a member of the team or secure a visit please email: **[diplomadvisors@cityandguilds.com](mailto:diplomadvisors@cityandguilds.com)**

Visit:  
**[www.diplomainfo.org.uk](http://www.diplomainfo.org.uk)**

Telephone:  
**08700 242466**