

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

Location	Altrincham Campus
Course Type	College 16-18
Department	Foundation Learning
Start Date	Tuesday 1st September 2026
Course Code	AFP-FL1C-1100

### Course Overview

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This qualification will focus on developing essential skills, personal qualities and values that enable you to thrive in any workplace. Our programme has been developed to provide learners with a range of knowledge, understanding, personal skills and attributes essential for successful performance in work. This course has been designed to support you to successfully gain employment within a chosen sector, or prepare you for further study.

### Course Requirements

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

### What You Will Learn

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The qualification provides a pathway into many sectors giving learners the opportunity to develop knowledge and skills about wider employment and career progression opportunities. Learners will develop self-confidence and interpersonal skills, develop effective communication and promote personal effectiveness.

Learners will study GCSE maths and English alongside their qualification.

Learners will be expected to undertake work experience as part of their study programme.

### Assessment

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The qualification will be assessed by your Tutor using a range of methods to include written assignments, tasks such as designing charts and leaflets, course work or methods such as oral questioning and presentations.

## Progression

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Successful completion of this qualification will equip learners with the knowledge, skills and behaviours required to succeed in employment or further study.

## Career Options

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Progression to Level 2 or higher- level qualifications

Apprenticeship programmes

Employment

## Mandatory Units

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On this course you will study Developing own interpersonal skills, Presentation Skills, Enterprise and digital skills

## Contact Details

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For further information please contact T: 0161 886 7070 or E: [info@trafford.ac.uk](mailto:info@trafford.ac.uk)

## Disclaimer

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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.