

2019 Sport Qualification - Unit mapping across all qualifications



Unit number and title	GLH	Coaching				Fitness and Personal training				Performance and Excellence			Sport and Outdoor		
		360	540	720	1080	360	540	720	1080	360	720	1080	540	720	1080
A Careers in the Sport and Active Leisure Industry	90														
B Health, Wellbeing and Sport	90														
C1 Developing Coaching Skills	180														
C2 Fitness Skills Development*	180														
C3 Professional Sports Performer	180														
C4 Personal Skills Development in Outdoor Activities	180														
D1 Applied Coaching Skills	180														
D2 Personal Trainer Skills Development*	180														
D3 Applied Anatomy and Physiology for Professional Performance	180														
D4 Applied Leadership and Instructing in Outdoor Activity	180														
E Research Project in Sport	120														
1 Sport Development	60														
2 Self-employment in Sport and Physical Activity	60														
3 Sports Psychology	60														
4 Nutrition for Physical Performance	60														
5 Anatomy and Physiology in Sport	60														
6 Sporting Injuries	60														
7 Functional Sports Massage	60														
8 Fitness Testing	60														
9 Fitness Training	60														
10 Technical and Tactical Skills in Sport	60														

	Mandatory units
	Optional units

* To be taken in the second year of the course

** Specialist staffing requirements

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		360	540	720	1080	360	540	720	1080	360	720	1080	540	720	1080
11 Rules, Regulations and Officiating in Sport	60														
12 Practical Sports Application	60														
13 Influence of Technology in Sport and Physical Activity	60														
14 Organising Events in Sport and Physical Activities	60														
15 Ethical and Current Issues in Sport	60														
16 Marketing Communications	60														
17 Corporate Social Responsibility in Sport	60														
18 Sport and Leisure Facility Operations	60														
19 Sports Tourism	60														
20 School Sport Delivery	60														
21 Business and Technology in Personal Training	60														
22 Sports Law and Legislation	60														
23 Psychology for Professional Sports Performance	60														
24 Health and Safety Factors in Outdoor Learning	60														
25 Outdoor Activity Provision	60														
26 Impacts and Sustainability of Outdoor Activities	60														
10 Technical and Tactical Skills in Sport	60														

	Mandatory units
	Optional units

* To be taken in the second year of the course

** Specialist staffing requirements