

ACTIVITY COACH - NHS & WELLBEING SECTOR LEVEL 2



Blended learning



Course duration

15 months (18 months with apprenticeship assessment)



EPA Organisation

Elite Awarding



Training time

Approx. 33 sessions



Funded learning

Funded via the Apprenticeship Levy



Apprenticeship level 2

OVERVIEW

This apprenticeship is designed for individuals who want to work in health, wellbeing and community-based activity roles, using practical activity to support healthier lifestyles.

Aligned to wider health priorities around prevention, wellbeing and improving lives, this programme focuses on using physical activity to support long-term behaviour change and healthier communities.

Learner's work across a range of settings including care environments, community organisations, local authorities and health related services, supporting individuals to become more active and engaged.

Once achieved, learners can become member of the Chartered Institute for the Management of Sport and Physical Activity Affiliate Member. This provides resources, webinars, discounts and networking opportunities.

WHAT TO EXPECT

- As an apprentice, you will have approximately 33 educator sessions throughout the duration of your apprenticeship.
- You will see your educator every 2 weeks for your online sessions. These appointments will be used to discuss your progress, assign you tasks and prepare you for your apprenticeship assessment. You will also have access to virtual learning modules, knowledge masterclasses, and our AI Smart videos.

ENTRY REQUIREMENTS

Individual employers may set their own entry requirements. The apprentice must already be employed for over 16 hours per week.

- If a candidate is 16-18 they must have achieved maths and English at Level 2 prior to completion of the course, this is something that can be completed with us if needed.
- If a candidate is 19-24 and hasn't achieved in Maths and English GCSE before enrolling, it is up to the employer to decide whether these qualifications should be attempted.
- The candidate must be employed in a suitable role.

TYPICAL JOB ROLES

- Community Activator
- Activity Coach
- Wellbeing Coach
- Community Health Assistant
- Physical Activity Assistant
- Health Support Worker
- Patient Activity Coordinator

COURSE CONTENT

Planning and Delivering

Plan and deliver safe, inclusive physical activity sessions to support wellbeing whilst considering feedback.

Decision-Making & Adapting

Adapt sessions to support different health needs and abilities and assist with the resolution of challenges and problems.

Promoting Lifestyles

Promote the benefits of a lifelong activity habit and the benefits of a healthy lifestyle and physical activity for individuals and communities.

Supporting Individuals

Support participants to overcome personal or societal barriers, as well as support the mental health and wellbeing of self and participants

Quality, Performance & Professional Behaviours

Develop ways of managing individuals' behaviours within a group setting and learn ways of managing individuals' behaviours within a group setting.

Communication Skills

Adapt communication methods to meet the needs of participants and groups and understand techniques to build rapport with participants.

EMPLOYER & LEARNER SATISFACTION

97%

of Apprentices would recommend us*

99%

of Employers would recommend us*

APPRENTICESHIP ASSESSMENT

The apprenticeship assessment includes:

- Observation with session plan
- Professional discussion underpinned by portfolio of evidence

ADDED VALUE - AI SMART

Heart of England Training is helping learners and employers stay ahead with artificial intelligence. Through our AI Smart approach, part of the HOET Knowledge Boost, every apprentice develops practical AI skills that can be applied directly in the workplace. Learners are trained to use AI tools effectively and responsibly, helping them solve real business challenges, drive innovation, and add measurable value to your organisation.

We also offer AI-led videos aimed at employers to help explain elements of the apprenticeship and guide people through the process seamlessly.

What are the benefits?

- Flexible, adaptive learning to meet learner and workplace needs
- Confidence using AI to work smarter and more efficiently
- Digital capability that keeps your workforce ahead
- Gain knowledge through online resources that can be applied to real-life situations

