

ACTIVITY COACH - COMMUNITY SPORT AND PHYSICAL 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

Activity coaches in the community sport and physical sector may work in community sport and physical activity, support people to become more active and improve their health and wellbeing, deliver or support activity sessions, be interested in supporting health, wellbeing and inclusion, be motivated by working with people and making a positive community impact.

Whilst completing this apprenticeship, learners develop the skills to plan, deliver and adapt inclusive activity sessions, working with a range of participants across different community settings such as sports clubs, schools, local authorities and community organisations.

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 Sports Activator
- Activity Leader
- Sports Coach
- Sports Development Assistant
- Physical Activity Coach
- Fitness Assistant
- Leisure Assistant

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 planning
- 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

