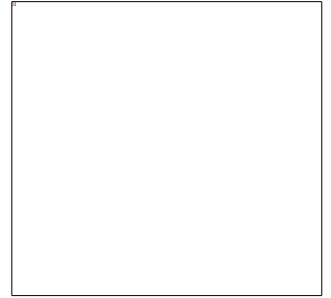


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# 2305 Welsh Apprenticeship Pathway

in

## Sporting Excellence

The content of this pathway has been agreed by SkillsActive. This is the only apprenticeship pathway in the Travel, Tourism and Leisure sector approved for use in Wales that is eligible for Welsh Government funding.

More Information can be obtained from:

FEAD DfES • Ty Afon  
Bedwas Rd • Bedwas  
Cf838WT

DfES-ApprenticeshipUnit@gov.wales  
Gwefan • website: [www.llyw.cymru](http://www.llyw.cymru)  
[www.gov.wales](http://www.gov.wales)

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## LEARNING PROGRAMME CONTENT

The Learning Programme provision shall comprise of three mandatory elements:

- Qualifications,
- Essential Skills
- On/off the job training

The total minimum credit value required for the Level 3 Pathway Sporting Excellence is 89 credits

## ENTRY REQUIREMENTS

*The Apprenticeship in Sport, Active Leisure and Well-being is designed for those who already work in the active leisure industry and wish to continue their professional development and specialise within a specific area of the sector.*

*Employers/training providers will devise appropriate recruitment systems and processes to determine whether candidates have or show the necessary attributes required to work within this sector. Apprentices may also need to undergo police checks for example when working with vulnerable adults and children.*

*Due to the wide range of courses available across the Sport, Active Leisure and Well-being sector, it is the responsibility of the Employer/Training Provider to review any qualifications that the apprentice may have previously achieved. Prior achievement at a higher level does not automatically indicate that it is a proxy qualification for any part of the framework. It is recommended that great care be taken at the initial assessment stage, to ensure the full apprenticeship framework is delivered, as required by the needs of the industry.*

## APPRENTICESHIP PATHWAY LEARNING PROGRAMME(S)

### Level 3: Sporting Excellence

#### Qualifications

Participants must achieve one of the following combined qualifications below:

| C1 - Level 3 National Diploma in Sporting Excellence and Performance |                   |              |                          |                                   |                                      |
|--|-------------------|--------------|--------------------------|-----------------------------------|--------------------------------------|
| Awarding Body  | Qualification No. | Credit Value | Total Qualification Time | Competence / Knowledge / Combined | Qualification Assessment Language(s) |
| Pearson  | 603/4923/2        | 89           | 890                      | Combined                          | English - Welsh                      |

| C2 - Level 3 National Extended Diploma in Sporting Excellence and Performance |                   |              |                          |                                   |                                      |
|---|-------------------|--------------|--------------------------|-----------------------------------|--------------------------------------|
| Awarding Body   | Qualification No. | Credit Value | Total Qualification Time | Competence / Knowledge / Combined | Qualification Assessment Language(s) |
| Pearson   | 603/4924/4        | 146          | 1455                     | Combined                          | English - Welsh                      |

Please see [Annex 1](#) for the relationship between the competence and knowledge units within the combined qualification.

### Essential Skills Wales (ESW)

Digital Literacy is not a compulsory part of the framework. However, it is recommended that all apprentices new to digital skills, should undertake suitable learning. This could be in the form of a recognised qualification such as Essential Digital Literacy Skills.

| Level 3: Pathway 3 Sporting Excellence | Level | Minimum Credit Value |
|--|-------|----------------------|
| Communication                          | 2     | 6                    |
| Application of Number                  | 2     | 6                    |

### On/Off the Job Training

| Pathway                                | Minimum On the Job Training Hours | Minimum Off the Job Training Hours |
|--|-----------------------------------|------------------------------------|
| Level 3: <i>(insert Pathway title)</i> | 558                               | 332                                |

#### On/Off the Job Qualification details (Minimum Credit & Hours)

On/Off the Job Qualification details are based on the smallest qualification available within the pathway at Level 3 and should be used as minimum hours.

Combined qualification – 89 credits

The total amount of training hours - which includes both on and off-the-job learning for this Pathway is 890 training hours.

#### On/Off the Job Essential Skills details (Minimum Credit & Hours)

- 6 credits / 60 GLH Level 2 Essential Skills Wales Communication
- 6 credits / 60 GLH Level 2 Essential Skills Wales Application of Number

### OTHER ADDITIONAL REQUIREMENTS

Learners may be asked to declare any criminal convictions if working with young children or vulnerable adults.

### JOB ROLES

Professional Athlete  
Semi-professional Athlete  
Athlete

## PROGRESSION

Learners can also progress into this apprenticeship if they are already employed in the sector and wish to develop their knowledge and skills to progress their careers. As well as those progressing into this programme from employment in a different sector as a career change.

### **Progression from: Level 3 Sporting Excellence**

On completion of this programme, apprentices can progress into employment in a variety of roles, ranging from Personal Trainer, Management, Coaching or Elite Sports Performance depending on the pathway selected. They can also progress onto a variety of vocational and higher education qualifications allowing them to further specialise.

## EQUALITY & DIVERSITY

It is important that apprenticeship Pathways are inclusive and can demonstrate an active approach to identifying and removing barriers to entry and progression. Pathways should advance equality of opportunity between persons who share protected characteristics and those persons who do not as identified in the Equality Act 2010.

The Protected characteristics identified in the Equality Act are age, disability, gender re-assignment, race, religion or belief, sex, sexual orientation, pregnancy and maternity. Marriage and civil partnership is also included although only in respect of the requirement to eliminate discrimination in employment.

Training providers and employers MUST also comply with the other duty under the Equality Act 2010 to ensure that applicants are not discriminated against in terms of entry to the industry based upon those nine protected characteristics.

Apprenticeships in our sector aim to promote diversity, equal opportunity and inclusion by offering a high-quality learning experience. The delivery of this programme must be in a setting free from prejudice and discrimination where all learners can contribute fully and freely and feel valued.

Information to help disabled students to understand the Equality Act has been produced by Disability Rights UK and can be found here:

<https://www.disabilityrightsuk.org/understanding-equality-act-information-disabledstudents>

All partners involved in the delivery of the apprenticeship - providers, assessment centres and employers must be committed to a policy of equal opportunities and must have a stated equal opportunities policy and procedure.

Apprenticeships should have flexible entry and progression routes into the profession which can support mid-career, career interchange and career returner opportunities. This will help talent, regardless of background or qualifications to have the opportunity to develop and thrive. This pathway therefore aims to tackle these issues.

ISSUES, BARRIERS AND ACTIONS

The UK sport and recreation sector has a slightly higher proportion of males (53%) than females (47%), and a younger than average profile. Age is a particular issue for the sector where traditionally roles in the sector are occupied by those aged 16-24 with 32% in sport and recreation.

Overall, the sector is mainly white as seen across all industries in the UK economy (94 per cent of Skills Active industries compared to 91 per cent across all UK industries). Black, Asian and Minority Ethnic representation is low within the sector, and the promotion of apprenticeships through engagement with appropriate partners and relevant initiatives will help to encourage redress.

By having an open access, prejudice and discrimination free recruitment process to our apprenticeship programmes, we are encouraging anyone interested from any race, religion and ethnicity to enter the sector, and in this way, we can make a small contribution to trying to ensure the underrepresented groups balance will improve over a period of time.

## **EMPLOYMENT RESPONSIBILITIES AND RIGHTS (ERR)**

Employment Rights and Responsibilities (ERR) are no longer a compulsory part of the framework. However, it is recommended that all apprentices (in particular, the 16 years -18-year age group) receive a full company induction programme which clearly outlines the rights and responsibilities of both employers and apprentices.

It is also recommended that Apprentices (Level 3) should undertake a Level 3 Award in Employment Awareness in Active Leisure and Learning.

## **RESPONSIBILITIES**

It is the responsibility of the Training Provider / Employer to ensure that the requirements of this pathway are delivered in accordance with the Welsh Government Apprenticeships Guidance.

### **Further information may be obtained from:**

Welsh Government  
[DfES-ApprenticeshipUnit@gov.wales](mailto:DfES-ApprenticeshipUnit@gov.wales)

## **Annex 1**

- Examine concepts of nutrition, hydration, diet and digestion
- Explore energy intake and expenditure for sports and physical activity
- Investigate legislation, guidance and procedures associated with anti-doping
- Produce a diet and hydration plan to support a selected sport or physical activity

## **Level 3: (National Diploma in Sporting Excellence and Performance)**

### **Relationship between competence and knowledge qualifications (mandatory units)**

Unit A: Career in the Sport and Active Leisure Industry (90 GLH)

Aim – Learners will develop an understanding of careers in the sport and active leisure industry. They will gain the skills, knowledge and behaviours needed for employment in the industry.

Main capabilities:

- Examine the organisation of the sport and active leisure industry and its provision in the UK
- Investigate careers in the sport and active leisure industry
- Explore recruitment processes for a job role in the sport and active leisure industry
- Reflect on own performance in the recruitment process to prepare for a career in the sport and active leisure industry.

### Unit B: Health, Wellbeing and Sport (90 GLH)

Aim - Learners will explore the importance of physical activity and wellbeing for different types of participants and suggest ways to improve their physical and mental health status.

Main capabilities:

- *Examine the importance of physical activity and sport*
- *Investigate the importance of physical health*
- *Explore mental health and social wellbeing*
- *Undertake health and wellbeing screening and provide feedback to improve health status.*

### Unit C3: Professional Sports Performer (180 GLH)

Aim - Learners develop an understanding of the technical, tactical, physical and psychological requirements of a professional sports performer in a selected sport.

Main capabilities:

- Understand the technical, tactical, physical and psychological requirements of a professional sports performer in a selected sport
- Investigate the methods and technology used to assess the technical and tactical requirements in a selected sport during training and competitive situations
- Undertake a performance analysis of professional sports performers while training and competing in a selected sport
- Examine the lifestyle and personal development requirements of a professional sports performer
- Explore behaviours and values expected of a professional sports performer in different situations.

### Unit D3: Applied Anatomy and Physiology for Professional Performance (180 GLH)

Aim - Learners explore anatomy and physiology, and apply it to sporting movements, fitness and training programming, injuries, prevention and rehabilitation common in a chosen sport.

Main capabilities:

- Explore the application of anatomy and physiology principles in different sporting movements

- Examine the short- and long-term physiological effects of exercise on the body during professional sports performance
- Investigate fitness data to inform and develop a professional sports performance programme
- Examine common types of sports injuries relevant to professional sports performance
- Develop physiological and psychological strategies as a response to professional sports performance injuries.

#### Unit 4: Nutrition for Physical Performance (60 GLH)

Aim - Learners will explore the importance of nutrition and hydration within a sport context

Main capabilities: