

Sport, Fitness and Active Leisure Qualifications

Summary of Changes

Gateway Qualifications has updated the following qualifications to provide centres with enhanced support for planning and delivery:

Qualification Number	Qualification Title
603/6512/2	Gateway Qualifications Entry Level Award in Sport, Fitness and Active Leisure (Entry 3)
603/6513/4	Gateway Qualifications Entry Level Certificate in Sport, Fitness and Active Leisure (Entry 3)
603/6514/6	Gateway Qualifications Level 1 Award in Sport, Fitness and Active Leisure
603/6518/3	Gateway Qualifications Level 1 Certificate in Sport, Fitness and Active Leisure
603/6520/1	Gateway Qualifications Level 1 Diploma in Sport, Fitness and Active Leisure

Indicative content has been added to the units listed below. This additional guidance is intended to support centres in interpreting unit requirements and in designing effective teaching, learning and assessment activities:

Unit Number	Unit Title
A/504/7661	Working in Sport and Active Leisure
M/501/7248	Taking Part in Exercise and Fitness
T/504/7660	Working in Sport and Active Leisure

No other changes have been made to the structure, assessment requirements or learning outcomes of these units or qualifications.

The information below details what changes have been made for teaching from 1st August 2026 onwards.

Working in Sport and Active Leisure

Unit reference:	A/504/7661
Unit level:	1
GLH:	30
Credit value:	3
Grading method:	Pass/Fail

LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
1. Know about the sport and active leisure sector.	<p>1.1 Identify different types of organisations within the sport and active leisure sector.</p> <p>1.2 Describe the core functions of the main types of organisations within the sector.</p>
2. Know about job opportunities in sport and active leisure.	<p>2.1 Identify key job roles in the sport and active leisure sector, including opportunities for self-employed people.</p> <p>2.2 Describe the nature of the work related to a chosen job role in sport and active leisure, including:</p> <ul style="list-style-type: none"> • likely working patterns • responsibilities • activities undertaken
3. Know about the skills and qualifications needed to work in the sport and active leisure sector.	<p>3.1 Describe the skills needed to work effectively in the sport and active leisure sector.</p> <p>3.2 Identify the qualifications needed to work in the sport and active leisure sector.</p>
4. Be able to plan own learning and development in order to prepare for a career within sport and active leisure.	<p>4.1 Identify own existing, relevant skills and areas for development.</p> <p>4.2 Identify further learning, including qualifications, where relevant, needed to progress towards a career in the sport and active leisure sector.</p>

Indicative content:

AC1.1: Types of organisations, for example:

- public sector organisations (for example, local authority leisure centres, public swimming pools)
- private sector organisations (for example, gyms, fitness clubs)
- voluntary sector organisations (for example, community sports clubs, charities promoting physical activity)
- professional sports organisations (for example, professional football clubs, national governing bodies like the FA)

AC1.2: Core functions, for example:

- promoting health and fitness access for all
- providing paid services
- encouraging participation in sports and physical activities

AC2.1: Key job roles, for example:

- gym instructor
- lifeguard
- sports coach
- personal trainer
- physiotherapist

AC3.1: Skills, for example:

- communication
- teamwork
- customer service
- organisational
- health and safety awareness

Taking Part in Exercise and Fitness

Unit reference:	M/501/7248
Unit level:	1
GLH:	30
Credit value:	4
Grading method:	Pass/Fail

LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
1. Know about different exercise and fitness activities and facilities.	1.1 Describe different exercise and fitness activities . 1.2 Identify different exercise and fitness facilities .
2. Know how to take part in exercise and fitness safely.	2.1 Describe an induction process for an exercise and fitness activity. 2.2 Describe warm up and cool down activities .
3. Be able to demonstrate work skills through participation in exercise and fitness activities.	3.3 Actively participate in exercise and fitness activities and demonstrate: <ul style="list-style-type: none"> • time management skills • appropriate dress for the activity • following instructions provided by the activity leader • following health and safety guidelines before, during and after activities.
4. Be able to review own performance.	4.1 Identify own strengths and areas for improvement in exercise and fitness activities.
	4.2 Suggest ways of improving own performance in one activity.

Indicative content:

AC1.1: Different exercise and fitness activities, for example:

- aerobic exercises (for example, running, cycling, swimming, dance classes)
- strength training (for example, weightlifting, resistance band exercises)
- flexibility and balance activities (for example, yoga, Pilates, stretching)

- team-based fitness activities (for example, circuit training, boot camps)

AC1.2: Different exercise and fitness facilities, for example:

- gyms and fitness centres
- community sports halls and leisure centres
- outdoor facilities (for example, parks, running tracks, outdoor gyms)
- specialist facilities (for example, swimming pools, climbing walls)

AC2.2: Warm-up and cool-down activities, for example:

- warm-ups: gradual activities to prepare the body for exercise
- cool-downs: gentle activities to lower heart rate and prevent stiffness

Working in Sport and Active Leisure

Unit reference:	T/504/7660
Unit level:	Entry 3
GLH:	30
Credit value:	3
Grading method:	Pass/Fail

LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
5. Know about the sport and active leisure sector.	1.1 List different types of organisations within the sport and active leisure sector.
6. Know about jobs in sport and active leisure.	2.1 Give examples of jobs in different organisations within the sport and active leisure sector.
	2.2 Identify some entry-level jobs , suitable for someone starting out in the sport and active leisure sector.
	2.3 Outline the key responsibilities of a selected entry-level job role.
7. Know about the skills needed to work in the sport and active leisure sector.	3.1 Outline some of the key skills needed to work in the sport and active leisure sector.
8. Be able to develop own skills for work within sport and active leisure.	4.1 State some of the skills, important to workers in the sport and active leisure sector that they already have.
	4.2 Contribute to planning how to develop some of the skills they will need if they are to be successful in the sport and active leisure sector.

Indicative content:

AC1.1: Types of organisations, for example:

- public sector organisations (for example, local authority leisure centres, public swimming pools)
- private sector organisations (for example, gyms, fitness clubs)
- voluntary sector organisations (for example, community sports clubs, charities promoting physical activity)

- professional sports organisations (for example, professional football clubs, national governing bodies like the FA)

AC2.1: Jobs in different organisations, for example:

- gym instructor
- lifeguard
- sports coach
- personal trainer
- physiotherapist

AC2.2: Entry-level jobs, for example:

- receptionist
- assistant coach
- trainee sports coach
- pool attendant
- equipment assistant

AC3.1: Key skills, for example:

- communication
- teamwork
- customer service
- organisational
- health and safety awareness