



Community Sport and Health Officer Level 3

Overview



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This programme is for people entering or working in the Active Leisure Industry who are passionate about bringing health and wellbeing to their local community. Developing skills such as excellent interpersonal communication combined with development of planning and organisational skills, this supports learners to perform tasks independently and build on networking with local partners.

On completion, learners will have the ability to work in partnership with other organisations to create and deliver meaningful and effective community sport and health activities. Their role will also enable them to use skills to manage and challenge behaviours when delivering sessions in grass-roots communities.

Key responsibilities may include:

- Providing opportunities to increase levels of physical activity within their community working in areas such as leisure, sport, youth work, youth justice and outdoor education
- Work with local and national employers/stakeholders to deliver core activities in the field
- Report and evaluate and reflect on all sessions to support key, current initiatives to support 'The Health of a Nation'
- Support local residents throughout their well-being journey by using behaviour change strategies

Benefits



Widens the scope of practice for a coach



Allows independence when planning and delivering sessions



Enables them to work with a more diverse range of participant



Creates sustained engagement with local organisations/ stakeholders to support longevity of any program



Improves career opportunities in a range of areas such as management and supervisory roles within Active Leisure

Suitable for:

- May already be working as a Coach
- Have access to develop skills such as group delivery
- Have prior qualifications in fitness or nutrition
- Are already supporting community groups
- Looking to progress into a role with more responsibility within Active Leisure.

Programme delivery

Programme length

14 months (on average) plus End-point Assessment (EPA).

Delivery method

Programme delivered through Lifetime's blended learning.

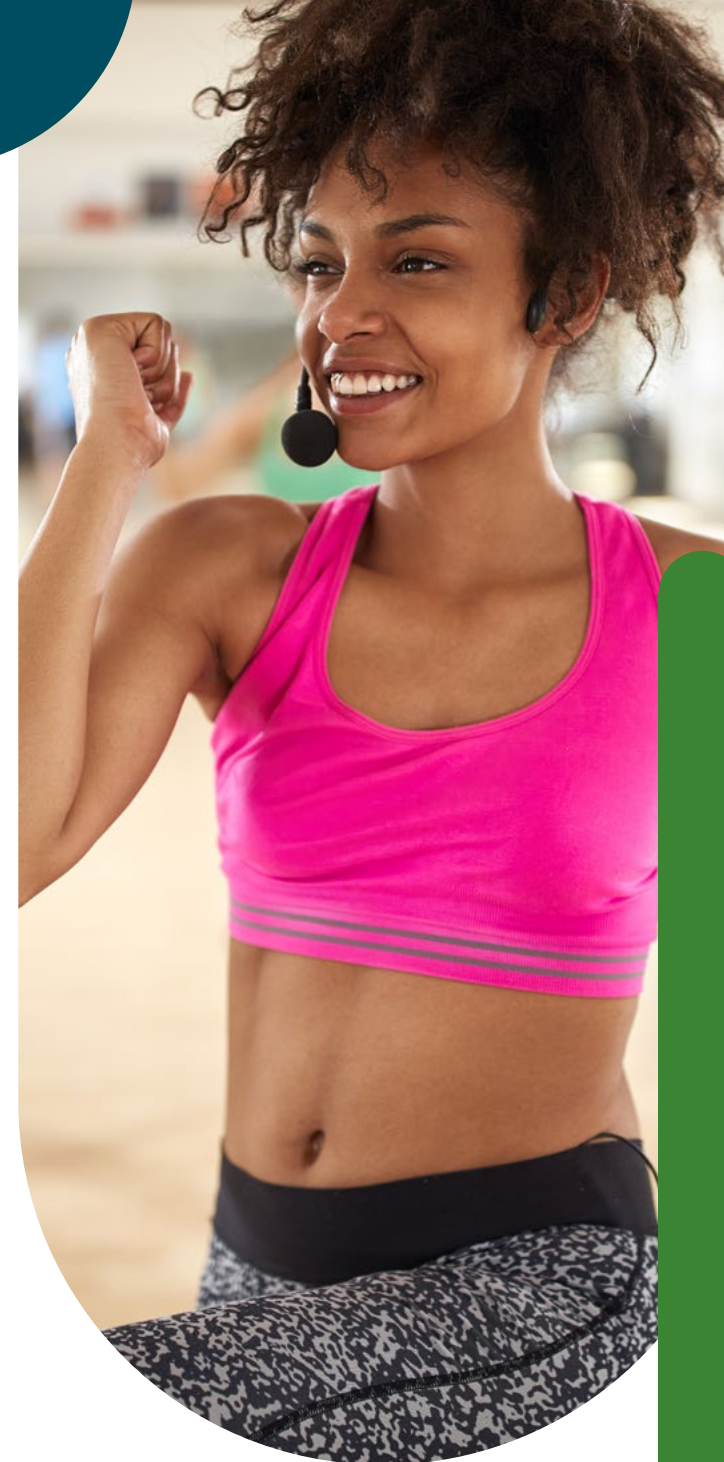
Blended learning

Facilitated learning: Learner's complete learning sessions with their Lifetime coach every 4-6 weeks.

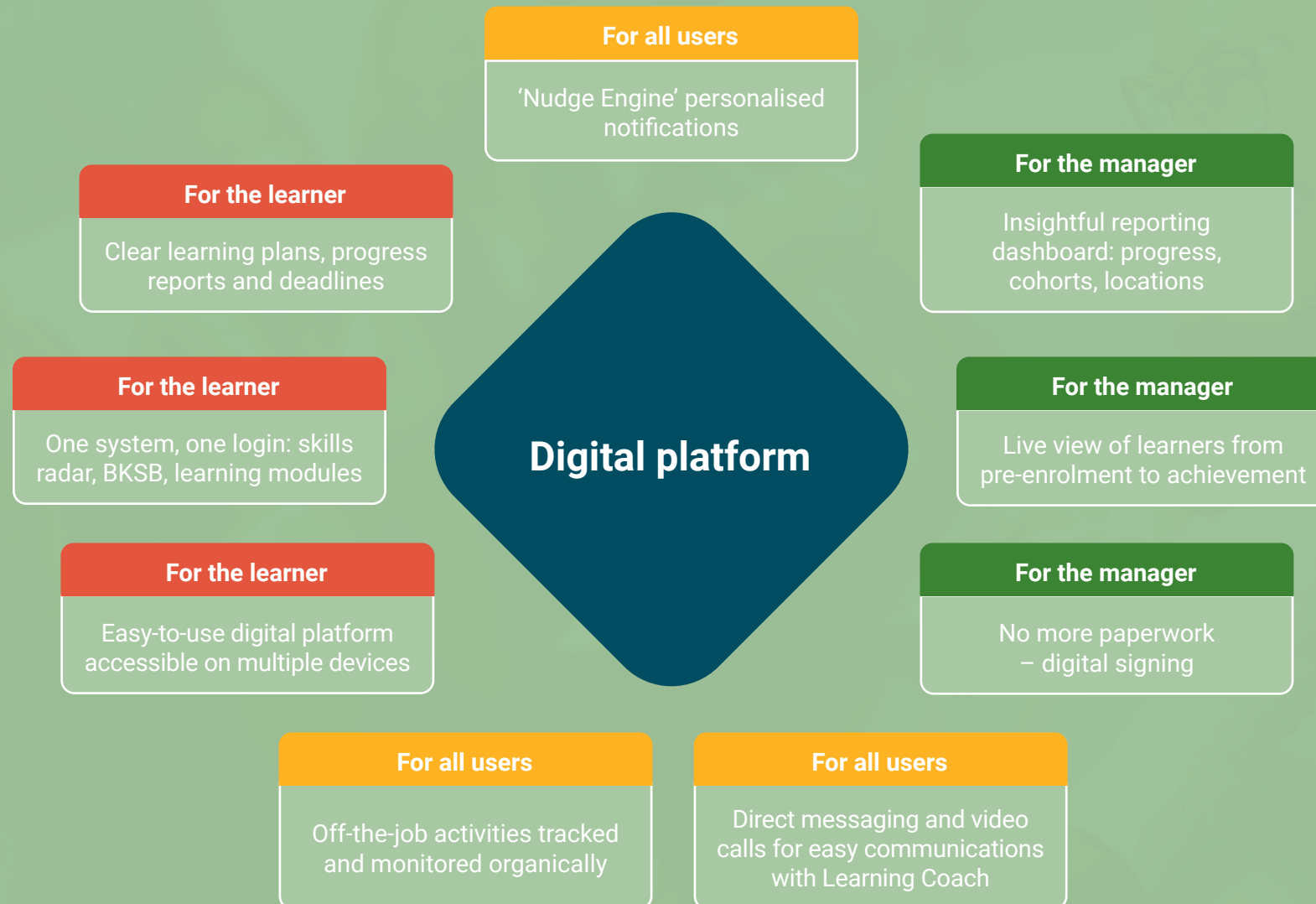
Self-study: Learners are expected to carry out self-study using Lifetime's online learning Platform.

Remote Visits: Carried out between the learner and their Lifetime coach.

Contact: Learners have access to their Lifetime coach via email, telephone and Lifetime's online learning Platform.



Blended delivery through Lifetime's online learning platform



Programme modules

The delivery model is broken down over 11 topics:

1. Physical activity and healthy living in the community

2. Behaviour change

3. Safeguarding and safety within the community

4. Whole community activation and engagement

5. Initiating community partnerships

6. National and local funding opportunities

7. Plan and implement activity programmes

8. Delivering community sport and health activities

9. Evaluation of community sport and physical activity programmes

10. Workplace project

11. Reviewing projects



Physical Activity and Healthy Living in the Community

Covered:

- Role of the Community Sports and Health Officer
- Personal development
- Plan engaging sport and physical programmes
- Benefits of healthy lifestyles



Behaviour Change

Covered:

- Behaviour change using an asset-based approach
- Approaches to change in target-based communities
- Effective communication when dealing with behaviour
- Changing behaviours



Safeguarding and Safety Within the Community

Covered:

- Mental wellbeing
- Principles of safeguarding
- Manage disruptive and challenging behaviour
- Principles of first aid



Whole Community Activation and Engagement

Covered:

- Barriers and motivations
- Participant insight to increase opportunities



Initiating Community Partnerships

Covered:

- Effective communication techniques
- Building working relationships with stakeholders



National and Local Funding Opportunities

Covered:

- The funding landscape for sport and physical activity
- Funding bids



Plan and Implement Activity Programmes

Covered:

- Plan engaging innovative activities and involve others
- Problem solving and decision making



Delivering Community Sport and Health Activities

Covered:

- Engaging & empowering activities
- Deliver engaging and empowering activities
- Adapting and modifying your coaching behaviour



Evaluation of Community Sport and Physical Activity Programmes

Covered:

- Client satisfaction of physical activity programmes
- Using I.T to monitor and evaluate in your organisation
- Monitoring and evaluation in your organisation



Workplace Project

Covered:

- Implementing a project



Reviewing Projects

Covered:

- Review



Learn, share and apply – example resources

Interactive activities



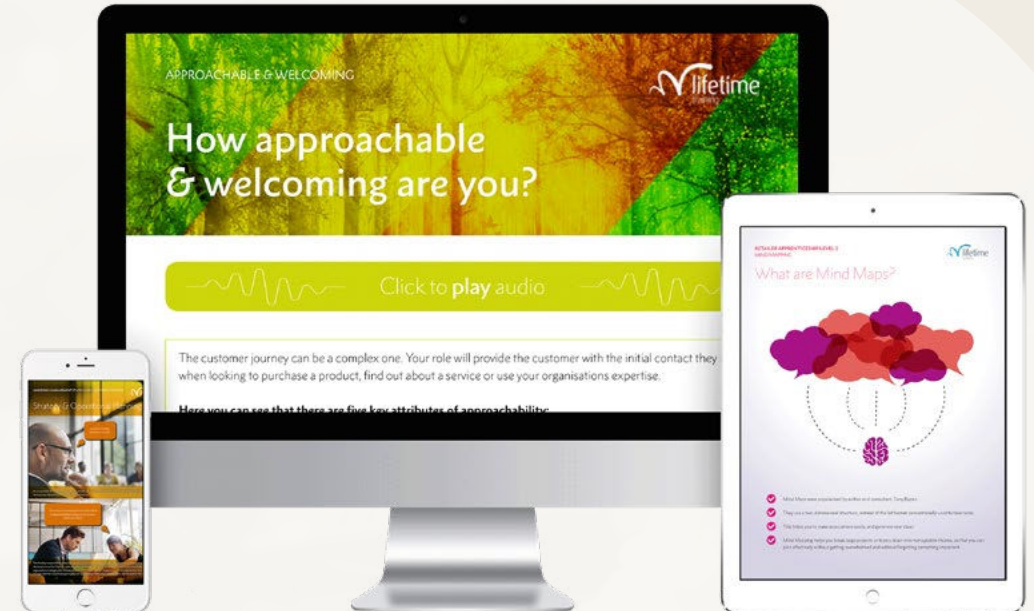
Audio



Interactive worksheets



Video



End-point Assessment (EPA)



End-point Assessment journey





Thanks for your time.



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www.lifetimetraining.co.uk/contact-us

