

Community & Social Action

Award in Sport, Fitness and Active Leisure

This course provides an introduction to health and wellbeing, exercise and activity. Whether you're looking to start your journey into working in the fitness and active leisure sector, or just want to improve your own lifestyle, then this is the course for you.

On completion of this course you will achieve an:

Entry 3 Award in Sport, Fitness and Active Leisure qualification.

When does this start and end?	What are the entry requirements?	Need more information?
<ul style="list-style-type: none">• 10 November 2025 - 26 November 2025	No formal qualifications are required to study this course. Learners will be required to take part in physical activity and should be prepared to partake fully.	You can find out more about Northern College and the courses on offer by calling us on 01226 776000 or emailing us courses@northern.ac.uk

What can this course lead to?

Learners can progress on to higher level courses to continue their fitness and active leisure journey.

Want to learn more?

You can find out more about Northern College and the courses on offer at one of our Open Events [<https://www.northern.ac.uk/open-events/>]

Course session dates

Session dates for 10 November 2025 - 26 November 2025

- Monday 10 Nov 2025 to Wednesday 12 Nov 2025
- Monday 17 Nov 2025 to Wednesday 19 Nov 2025
- Monday 24 Nov 2025 to Wednesday 26 Nov 2025

Last updated: 8th October 2025