

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">1 June 2026 - 17 June 2026	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 1 June 2026 - 17 June 2026

- Monday 01 Jun 2026 to Wednesday 03 Jun 2026
- Monday 08 Jun 2026 to Wednesday 10 Jun 2026
- Monday 15 Jun 2026 to Wednesday 17 Jun 2026

Last updated: 9th January 2026