



# MCAST

Malta College of Arts, Science & Technology

MQF Level 2

CS2-03-19

Foundation Certificate in Sport

Course Specification

## **Course Description**

The main aim of this course is to prepare students wishing to start a career within the sport and fitness industry. The course does not qualify the student to work in the sector but it helps the student gain the key competences so as to progress to Level 3 in sport where the student is trained for employment.

The course contributes towards an understanding of the relevant theory and allows students to develop practical skills in this field. This is a practical programme which covers all the basics of healthy and active lifestyles, community sports and fitness training methods. On completion of the course, students will be able to assist in the organisation of leisure and sport activities, and assist professionals in training clients with different health and fitness requirements. Prospective students should preferably have a background participation in sport or physical activity.

Students are given the opportunity to strengthen their key skills including English, Maltese, Mathematics, Science, Information Technology and Personal Development which are embedded in the vocational units.

## **Programme Learning Outcomes**

At the end of the programme the students are able to -

- 1. Consider and promote a healthy and active lifestyle*
- 2. Identify and manage health stressors and administer basic first aid in a sports environment*
- 3. Demonstrate safe and effective exercise techniques and become familiar with a gym environment*
- 4. Control and monitor development of fitness using appropriate testing procedures*

## **Entry Requirements**

- Finished Compulsory Education; or
- MCAST Introductory Certificate

## Other Entry Requirements

- Initial Assessment Tests
- Applicants with SEC/O-Level passes at Grades 6 or 7 in at least two subjects from Maltese, English Language and Mathematics or “Secondary School Certificate and Profile” (SSC&P) at Level 1 or 2 will be exempted from the Initial Assessment Tests and will start directly at Level 2.
- Medical clearance certificate (Form supplied by MCAST)
- Applicants are required to sign a consent form prior to the Fitness Test. Parental consent is required if the student is under the age of 18. (It is recommended that the applicant prepares for this test physically over the summer period)

## Current Approved Programme Structure

Unit Code	Unit Title	ECVET
CSSPT-206-2000	Health and Lifestyle	6
CSSPT-206-2001	Community Sport	6
CSSPT-206-2002	Fundamentals of Fitness Training	6
CSSPT-206-2003	Introduction to Gym Based Exercise	6
CDKSK-206-2006	Mathematics	6
CDKSK-206-2004	English	6
CDKSK-206-2005	Malti	6
CDKSK-206-2007	Information Technology	6
CDKSK-206-1912	Individual and Social Responsibility	6
CDKSK-206-2008	Science	6
<b>Total ECVET</b>		<b>60</b>

## Unit: CSSPT-206-2000 Health and Lifestyle

Unit level (MQF): 2  
Credits : 6

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### Unit Description

The roots of sport and physical activity may be traced back to the central key theme of healthy living and the development of healthy lifestyle practices. Modern sport, wellness, health and fitness as they relate to their respective industries, are based on the premise that good health is consistently statistically linked to definitive social, physiological, psychological and economic benefits.

The local obesity and inactivity statistics highlight the need for further education about the practice of daily healthy living, and learners committed to further education in the fields of sport and exercise represent the ideal ambassadors to fly the flag of formal and informal health promotion across society at large.

Furthermore, the local sports and fitness industries seek to employ individuals who buy in to the philosophy of healthy living. In order to practice healthy living learners must be first and foremost introduced to the knowledge and practices associated with healthy lifestyle choices such as increasing physical activity levels and eating healthy food. Learners must also acquire the ability to identify factors negatively affecting health like smoking, alcohol consumption and stress. Learners will be encouraged to reflect on the effects of such factors not only on the individual but on society at large.

This unit provides compliments the remainder of the course units by encouraging the learner to recognise good health as a foundation to physical fitness and sporting excellence, acquiring skills that are transferable across all spectrums of the care and health-related industries. The knowledge and skills covered in this unit encourage the learner to personally pursue a healthy lifestyle, and promote the benefits of such lifestyle choices to others.

## Learning Outcomes

**On completion of this unit the learner will be able to**

1. Identify the lifestyle factors affecting health and associated national guidelines;
2. Understand the importance of promoting health and assist in planning and implementing a health promotion project;
3. Understand the benefits of physical activity and employ strategies for increasing activity levels;
4. Understand and apply the principles of healthy eating.

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## Unit: CSSPT-206-2001 Community Sport

**Unit level (MQF):** 2  
**Credits :** 6

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### Unit Description

In view of the thriving national interest in sport from a population of observers, spectators and perhaps leisure sport enthusiasts, this unit represents sport from the insider perspective of the practicing sports professional.

The unit is intended to facilitate a paradigm shift in the learner, from sports observer, sports enthusiast and sports participant, to a prospective sports professional. Learners are encouraged to diversify their experience of sport. While many might have had the opportunity to attempt and attain proficiency in one or several mainstream sports, here they are encouraged to experience alternative activities and experiences to which they may not have necessarily been previously exposed.

The unit serves those entering all areas of the local sport and fitness industries, and particular those with a special interest in pursuing a career in coaching. A wide range of non-mainstream sports will be explored, affording the learner with a fun and hands-on approach to building a richer sporting knowledge. Learners will experience the new sports hands-on, as well as investigate the inner-workings of organisations responsible for their management and administration locally. They will also investigate the role of sports in the community, gaining the in-depth understanding of sport required by prospective future employees in the sports, health or wellness industries.

The content of this unit will assist learners in furthering their studies in sport, by enriching their knowledge and experience of a greater variety of activities and sporting techniques, as well as introducing them to the unique requirements of sports and event organisation. Learners will work as part of a team and individually in order to hone a range of communication, organisational and practical skills.

They will take a proactive role in assisting in the organisation of a sports event, as well as promoting it and encouraging participation, motivating members of the community to engage in a more active lifestyle, while themselves gaining full appreciation of the roles and benefits of sports in the community.

## Learning Outcomes

On completion of this unit the learner will be able to

1. Practice a range of community and minor sports;
2. Understand the organisation and administration of a range of community and minor sports;
3. Promote sport and sports culture in the community;
4. Assist in the organisation of a community or minor sport event.

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## Unit: CSSPT-206-2002 Fundamentals of Fitness Training

Unit level (MQF): 2  
Credits : 6

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### Unit Description

Modern progress in sport and fitness has been in no small part due to the development of sport and exercise science; a science based at its grass-roots level on fundamental principles. Improvements in sport, athlete performance, and the efficacy of exercise methods and techniques for the development of better health and aesthetics draws upon an ever-growing body of scientific research conducted by sports and exercise scientists.

An understanding of the fundamental principles upon which sport and exercise scientific enquiry is built, is an essential characteristic of prospective professionals at entry level to the coaching and fitness sectors, and the solid foundation upon which career progression in either sphere may be built.

The fundamentals of fitness training also serve to allow the learner to progress to levels of further education in sport and exercise education, and compliment other units in the course by equipping learners with the essential tools required to understand improvements in their own fitness as well as the fitness of others.

A sound knowledge and definition of fitness and its various components as well as the ability to measure ability within those components, allows the prospective professional to implement the necessary strategies to facilitate improvement. This unit is intended to introduce learners at the experiential level to recognise the importance of fitness training principles and theories as they relate to progression of personal fitness, as well personal progression in sport both vocationally and academically.

Practitioners of sport and exercise utilise a number of practical methods and techniques in the pursuit of fitness goals, and learners should be given the opportunity to experience these, as well as the ways they are implemented in line with the respective fitness improvement strategies.



## Learning Outcomes

**On completion of this unit the learner will be able to**

1. Understand the basic components of fitness;
2. Identify a range of fitness tests applicable to the components of fitness;
3. Apply the principles of training;
4. Employ a range of training methods and techniques.

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## Unit: CSSPT-206-2003 Introduction to Gym Based Exercise

Unit level (MQF):           2  
Credits           :           6

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### Unit Description

This unit serves learners aspiring to enter all areas of the local sport and fitness industries and particularly those with a special interest in the fitness industry as fitness instructors and personal trainers. Gym-based exercise has become an integral part of sports conditioning and physical training, and also constitutes an industry in its own right catering for a wide range of individuals with an even wider range of fitness and health goals.

The local industry is no exception, and a growing workforce of qualified fitness instructors and personal trainers is required to meet the demands of this growing sector. Learners interested in breaking into this industry will need a solid base of gym-based exercise experience, which they will obtain in this unit first and foremost as participants.

Learners will familiarise themselves with the gym environment and also look behind the scenes at some of its inner workings. They will follow an exercise programme just as a member in a fitness centre would, with the hands-on and comprehensive support of the lecturing staff and fitness staff at the MCAST fitness centre.

Learners will master the basic techniques of gym-based exercise, skills that will serve them throughout the rest of the units of the course, as they implement the principles and methods of training in a personalised and experiential manner.

### Learning Outcomes

On completion of this unit the learner will be able to

1. Understand gym regulations and health and safety considerations;
2. Implement a gym-based training programme using a training diary;
3. Perform a range of gym-based exercises safely and effectively;
4. Understand a range of administrative functions in a fitness industry organisation.