



### Sports Leaders UK Level 3

Total Qualification Time (TQT)      126 hours

Unit 1 – Developing leadership skills

Unit 2 – Plan, lead and evaluate a sports/physical activity event

Unit 3 – Lead safe sport/physical activity sessions

Unit 4 – Plan, lead and evaluate sport/physical activity sessions for children

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**Optional units** – the learner must complete two units from Units 5, 6 and 7

Unit 5 – Plan, lead and evaluate sport/physical activity sessions in the community

Unit 6 – Plan, lead and evaluate sport/physical activity sessions for disabled people

Unit 7 – Plan, lead and evaluate sport/physical activity sessions for older people

<https://www.sportsleaders.org/files/files/Specifications/HSL3%20Specification.pdf>