

Level 3 National Extended Diploma in Sports Coaching and Development

Location	Altrincham Campus
Course Type	College 16-18
Department	Sport
Start Date	Tuesday 1st September 2026
Course Code	AFP-SP3N-1100

Course Overview

Do you see yourself becoming the next Pep Guardiola, Tracey Neville, Sarina Wiegmann, Sir Dave Brailsford, Trevor Painter, Sir Danny Kerry or Andy Farrell? Do you want to develop the next generation of athletes and sports performers? Do you want to help coach a variety of age groups to enable people to play sport, socialise and live healthy lifestyles? If so, then this programme is for you!

The BTEC National Level 3 Extended Diploma in Sports Coaching and Development is a two-year course that is equivalent to three A levels and is aimed at learners who wish to progress into a career in sports coaching and development at the conclusion of their studies. Additionally, the breadth of optional content in this qualification allows learners to widen their opportunities to progress to several higher education courses.

Course Requirements

4 GCSEs at Grade 4 or above (including maths and/or English Language).

L2 PE/ Sports Studies - Desired.

What You Will Learn

Students on this programme will have the opportunity to develop a wide range of employability skills as well as the technical knowledge needed to progress into further study or employment in the world of sport. Students will complete on the job work experience placements, meet a range of people working within various aspects in sport, visit workplaces and develop their own coaching practice.

The Applied Coaching Skills unit provides additional underpinning knowledge, skills and experience for working as an independent coach. The Research Project in Sport unit supports students in carrying out independent research in a related topic to build research skills and experience that supports progression to higher education.

Students will also select five optional units which will allow students to increase their breadth of understanding of working in the coaching industry. For example, how to deal with sports injuries, sport psychology to support the mental health and sporting progress of participants, fitness testing to assess the fitness of participants, and technical and tactical skills to develop participants' key techniques and skills.

Students may have the opportunity to undertake various smaller qualifications alongside the main qualification subject to available and cost, e.g., first aid, Level 1 NGB coaching.

Skills developed:

Leadership.

Team working Skills.

Communication.

IT skills.

Employability Skills.

Practical (Technical Development)

Organisational Skills (Planning and Reflection)

Employment opportunities.

Higher Education Skills (Investigation and referencing).

Assessment

The course is 100% internally assessed through twelve coursework-based units which aim to provide learners with opportunities to sample a wide range of specialist areas within sport and develop an understanding of the academic and practical skills that will help them to progress into employment in the sports coaching and development sectors.

Each unit is split into several assignments which aim to assess your understanding of a variety of criteria, and are graded as pass, merit, or distinction. After completing each unit, each grade is added to a total which will give you your final grade profile.

The mandatory content allows learners to develop their technical skills, supported by underpinning knowledge, and gives learners the opportunity to relate the skills and knowledge to the sports coaching industry. This prepares learners to work independently as coaches and gives them the skills and expertise to coach at all levels of sports ability for both children and adults.

Assessment methods include:

Written Assignments

Presentations

Interview process

1-1 Consultations

Practical assessments

Verbal questioning

Practical investigations

Progression

Fitness Instructor, Personal Trainer, Sport Scientist, Physiotherapist, Sports Nutritionist

Higher Education (University)

Apprenticeship in Sporting Sector

Employment in Sporting Sector:

Sports development

Sports management

Health, fitness and wellbeing

Teaching and education

Career Options

Teacher
Coach
Personal Trainer
Sports Psychologist
Sports Development Officer
Sports Therapist
Sports Scientist
Sports Business Management
Sports Leisure Management
Sports Analysis

Mandatory Units

Careers in the Sport and Active Leisure Industry
Health, Wellbeing and Sport
Developing Coaching Skills
Applied Coaching Skills
Research Project in Sport (Pearson-set) *
Sport Development
Self-employment in Sport and Physical Activity

Contact Details

For further information please contact T: 0161 886 7070 or E: info@trafford.ac.uk

Disclaimer

Although every care has been taken to ensure that the information contained within this document is accurate, there may be changes to this programme and provision. We will endeavour to keep prospective and current students updated where appropriate and when the information becomes available.