

## Level 3 Extended Diploma in Sports Coaching and Development

Location	Altrincham Campus
Course Type	College 16-18
Department	Sport
Start Date	Monday 2nd September 2024
Course Code	AFP-SP3N-1100

### Course Overview

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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 associated UCAS points; the course is aimed at learners who wish to progress into a career in sports coaching and development at the conclusion of their studies or to progress into Higher Education. Additionally, the breadth of optional content in this qualification allows learners to widen their opportunities to progress to several higher education courses.

Pearson has developed the content of the new BTEC Nationals in collaboration with employers and representatives from higher education and relevant professional bodies. In this way, we have ensured that content is up to date and that it includes the knowledge, understanding, skills and attributes required in the sector.

Learners on this course will experience guest speaker slots which include a Talent ID and Analyst from Manchester United FC, a Physiotherapist from Children's Physio NW, The British Army, BBC Sport and local business owners. Students will also work on additional qualifications such as online Safeguarding course, FA Talent ID course, Clean Sport Advisor course from UK Anti-Doping

### Course Requirements

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4 GCSE's at Grade 4 or above (including maths and/or English Language).

## What You Will Learn

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This is a career-focused qualification with industry endorsement and accreditation. It enables learners to develop an underpinning knowledge and technical skills and to gain experience as an assistant coach. It is endorsed by the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA).

## Assessment

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

## Progression

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This qualification focuses primarily on progression to employment as an assistant coach, but also allows students to progress to onto university courses leading to employment in the following sectors:

- Sports development
- Sports management
- Health, fitness and wellbeing
- Teaching and education

## Career Options

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Learners 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 different aspects in sport, visit work places and develop their own coaching practice. Examples of work experience placements include coaching at local primary schools, local sports clubs and gyms.

This qualification is focused primarily on progression to employment as a coach.

Students will gain the skills and expertise to work with beginners up to high-level performers.

Possible job roles include:

Community coach

Sport-specific school coach

Sport-specific after-school coach

Weekend multi-sports holiday coach

With additional qualifications, possible job roles include:

Performance analysis

Grounds keeping

Refereeing

Strength and conditioning

Nutritionist

Physiotherapist

Educational Progression

This qualification also provides the opportunity to progress to further study in higher education studying a related degree programme, particularly in the areas of Sport and Exercise Science, Performance Analysis, Coaching, Sport Psychology or Physical Education.

## Mandatory Units

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The mandatory content (listed below) 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.

Careers in the Sport and Active Leisure Industry

Health, Wellbeing and Sport

Developing Coaching Skills

Applied Coaching Skills

Research Project in Sport

Sport Development

Self-employment in Sport and Physical Activity

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 learners in carrying out independent research in a related topic to build research skills and experience that supports progression to higher education.

Learners will also select five optional units which will allow learners 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.

Learners can also choose to undertake various smaller qualifications alongside the main qualification subject to available and cost, e.g. first aid, Level 1 NGB coaching.

## Contact Details

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For further information please contact T: 0161 886 7070 or E: [info@trafford.ac.uk](mailto:info@trafford.ac.uk)

## Disclaimer

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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.