

Vocational



Level 3 National Extended Diploma in Coaching and Fitness

ACCRINGTON & ROSSENDALE
COLLEGE

DURATION

2 YEARS

STUDY TYPE

FULL-TIME

START DATE

SEPTEMBER 2020

VOCATIONAL ENTRY REQUIREMENTS

5 GCSEs at grade 4 or above including either Mathematics or English and preferably Science, or a Level 2 equivalent in this area and GCSE Mathematics or English and preferably Science at grade 4 or above.

Description

This course is a specialist, work related programme of study aimed at those who have an interest in working in professional sport, nutrition and sports therapies or even teaching.

You will study a mixture of interesting modules such as principles of anatomy and physiology, the physiology of fitness, sports psychology, coaching, team sports, psychology for sports performance, nutrition, leadership in sport, sport injuries and sports massage.

Most students progress onto university following on from successful completion of this course, including our Degree in Sports Science and Coaching, however you may also consider an Apprenticeship or employment in the sector.

What you learn:

You will study topics such as principles of anatomy and physiology, sports psychology and fitness training and programming. In addition there will be a number of optional units to choose from, which may include:

- Sports nutrition
- Organising sports events
- Exercise for specific groups
- Sports injuries
- Sport and exercise massage
- Research project
- Fitness testing
- Exercise, health and lifestyle
- Sports coaching
- Outdoor and adventurous activities

How you will be assessed:

The units are assessed using a variety of different methods including written assignments, PowerPoint presentations, group work, practical assessments and competency based assessments. 25% of this qualification is externally assessed and 75% of coursework is internally assessed.

Further Information: There are a range of recommended reading materials for this programme. Students are required to purchase sports kit, polo tops and hooded sweatshirts. The remaining attire is general sportswear e.g. shorts, tracksuit bottoms, and suitable footwear, indoor and outdoor. Please note suitable footwear for the 3G pitch is either sports trainers, moulded boots or astro trainers.