

# Level 3 Sport



## Course Overview

The Sport sector is a fast-growing industry. It is currently worth £39 billion to the economy and continues to grow annually. Coaching and Physical Activity is an area that continues to expand, with up to 3.1 million adults in England estimated to having coached sport or physical activity in the previous 12 months, providing 7.6 million coach-led participation experiences per week. The course is intended for post-16 learners who want to progress directly to employment, including self-employment, in sports coaching and development roles. It is also suitable for those wishing to progress to higher education, where learners have the added advantage of using the qualification to help them obtain part-time employment while studying.

On this Sports programme, you will learn through a mixture of classroom teaching and activities incorporating IT access as well as practical application in a sports coaching/fitness environments. The college has a designated strength and conditioning suite, fitness studio, sports fields, sports hall and massage suite. The learning is supplemented with engagement with industry specialists as you will complete a work placement as part of the Level 3 Sport programme.

The Sport and Public Service team have many years' teaching experience across a range of subjects in both Further and Higher Education. Our staff also have vast industry experience working in the Public Service sector along with Sports Coaching, Strength & Conditioning, Sports Therapy, Personal Training and Fitness Instructing.

## What You Will Study

Learners undertaking this qualification will study the following units:

- Exercise, Health and Lifestyle
- Preparing for a Career in Sport and Physical Activity
- Work Experience in Sport
- Practical Team Sports
- Instructing Physical Activity and Exercise
- Leadership in Sport
- Fitness Testing for Sport and Exercise
- Fitness Training and Programming
- Psychology of Sports Performance

## How You Will Be Assessed

There are no exams and assessments will be in the form of project-based activities, practical demonstration of skills, reports and formal presentations.

START DATE	LEVEL
September	Level 3
STUDY MODE	DURATION
Full-time	2 years
AWARDING BODY	LOCATION
Northern Council For Further Education	Selby College



For further information about this course, including Entry Requirements, Assessments and Further Study, scan the QR code.

## Need More Information?

For additional course information please contact the Course Information Team on **01924 789111** or email [courseinfo@heartofyorkshire.ac.uk](mailto:courseinfo@heartofyorkshire.ac.uk).

To learn more about Selby College, our facilities and how we can support you please visit our website [www.heartofyorkshire.ac.uk](http://www.heartofyorkshire.ac.uk).

## Quick Links



How to  
Apply



Student  
Support



Virtual  
Tours

## Entry Requirements

### Level 3 Diploma

4 GCSEs at Grade 9-4, including English.

OR

Level 2 Sport gaining a Merit Grade, with relevant English and/or Maths.

### Level 3 Extended Diploma

5 GCSEs at Grade 9-4, including English and Maths.

## Further Study

On completion of the Level 3 programme students can progress onto Higher Education, an apprenticeship or gain employment. Students looking at moving into Higher Education can continue their studies and gain employment in a number of areas.