

## Sport Pearson BTEC Level 3 National Foundation Diploma

Study Mode: Full Time Programme Component | Course Level: 3

### Is this course right for me?

If you love sport and want to be part of a dynamic and exciting industry then this is the right course for you.

You will develop your knowledge and understanding of sport and will provide opportunities to study areas which relate directly to the needs of employers in specific areas of the industry.

You will have the opportunity to showcase your sporting skills, have your performance analysed and receive guidance on how to improve, develop your coaching and performance analysis skills through practical activities and demonstrations, improve your personal fitness and take part in individual and team training sessions.

You will learn about the body in sport, exercise and fitness and preparing for working in the industry, as well as developing occupational skills such as teamwork, effective communication and problem solving.

You will also study elements of sports psychology and the effects that sport has on mental health.

You will also complete 30 hours of work experience and attend lessons to improve your English and maths (or use the time for directed study if you already have Grade 4 or above).

You will be required to approve a college-branded sports kit which costs approximately £80 - details will be provided on acceptance to the course and financial support may be available to help with these costs.

The foundation diploma is the first year of the two-year extended diploma - successful completion of the foundation diploma will enable you to progress to the extended diploma in your second year.

### Entry Requirements

To access this course you are required to have:

- Five or more GCSEs at Grade 4 or above including English and maths, and ideally PE and science OR
- Sport Level 2 Extended Certificate

You will also be required to attend an interview with a member of the college's admissions team to discuss your career aspirations and determine your suitability for the course.

## **What will I learn?**

During this course you will study:

- Anatomy and physiology in sport
- Fitness training and programming for health, sport and wellbeing
- Professional development in the sports industry
- Sports leadership
- Application of fitness testing
- Sports Psychology
- Practical sports performance

## **What skills will I gain?**

By studying this course you will:

- Develop your understanding on key anatomical structure and function
- Learn how to develop training programmes for specific groups
- Develop your confidence in dealing with work related issues
- Understand how to apply your skills to areas of the industry
- Improve your knowledge and understanding within key training principles
- Gain valuable team working and communication skills by taking part in events

## **How will I be assessed?**

Throughout the course you will be assessed in the following ways:

- Individual and group presentations
- Case studies
- Role play
- Question and answer sessions,
- Production of display materials and advertising
- Time constrained assessments
- Work-based assignments
- Practical assessments
- Production of a portfolio of evidence

## **What can I do next?**

The skills you will learn from this course will enable you to:

- Progress directly onto the Sport Level 3 Extended Diploma
- Pursue a career in the sports industry

## **Why study with us?**

Five reasons to choose us:

- Purpose-built sports centre equipped with fitness and training equipment
- Work with paying clients as part of your course
- Boost your own strength and fitness as part of your course
- Industry-recognised qualifications to impress future employers
- Experienced tutors who have worked in the industry themselves

We have an excellent success rate on this course and many of our past students have gone on to have successful careers in the sports industry.

While you are on this course you will get to take part in educational visits to fitness exhibitions and gyms and will also have the opportunity to enhance your learning by attending workshops and hearing from guest speakers

## Delivery

**Location:** Wellington Road Campus

**Start Date:** 02/09/2024

**Day:**

**Time:**

**Course Fee:**

**Course Code:** CP0166

**Study Mode:** Full Time Programme Component

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