

Sports - Level 3 Extended Diploma

This advanced course will allow you to develop your own sporting performance alongside the scientific theory needed to progress to higher education and employment. You will study areas such as anatomy and physiology, sports coaching, fitness instructing, sports psychology, injury and rehabilitation, and fitness testing.

You will be taught in our state of the art facilities, including a 3G pitch and commercial quality gym.

Extended Diplomas have two one-year programmes. You need to finish the first year before moving on to the second.

WHAT WILL I STUDY?

This course consists of two separate qualifications. In your first year of study, you will work towards the Foundation Diploma. Following successful completion of this qualification, you will be able to progress to the Extended Diploma. Our Extended Diplomas offer equivalent UCAS points to studying 3 A Levels.

Topics covered can include:

Year 1

- Anatomy and Physiology
- Fitness Training and Programming for Health, Sport and Wellbeing
- Professional Development in the Sports Industry
- Application of Fitness Testing
- Sports Leadership
- Sports Psychology
- Research Methods in Sport

Year 2

- Development and Provision of Sport and Physical Activity
- Investigating Business in the Sport and Active Leisure Industry
- Sports Injury Management
- Work Experience in Active Leisure
- Skill Acquisition in Sport
- Coaching for Performance
- Practical Sports Performance

Start Date: 1 September 2025

Duration: 1 Year

Attendance: Full Time

Center: Enfield Centre

<https://www.capitalccg.ac.uk/course/pdf/12990/>

WHAT WILL I NEED?

You will need:

- Four GCSEs at grade 4 or above, including English Language, Maths and Science or PE or an equivalent Level 2 qualification at Merit (and Functional Skills in English and Maths at Level 2/GCSE English Language and Maths at grade 4 or above)
- A reference from your previous school/college

All applicants must have an interview and assessment to confirm that the course is suitable for them.

HOW WILL I BE ASSESSED?

Assessment is continuous throughout the year and contains practical assessments, written assignments, project work and exams.

WHAT WILL IT COST?

AGED 16-18

If you will be aged 16, 17 or 18 on 31st August prior to the start date of your course and you have the legal right to remain in the UK for the duration of your programme then your study with us will be free. Please see [here](#) for the documents you will need to show us.

Some courses will have other associated costs, such as for specialist materials and trips. Many of our students are eligible for financial support, see [here](#) for details.

You will be required to wear sport-related clothing and footwear.

WHAT CAN I DO AFTER?

On successful completion of this course, you could progress to higher education, an apprenticeship or other employment.

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