

# Sports - Level 2 Diploma

This course has been designed to give you a foundation grounding in sports, enabling you to plan and support sports coaching, fitness training sessions and programmes.

You will also study practical sports, anatomy and physiology for sports, sports injury, planning and leading sports activities, technical skills and tactical awareness for sports and exercise and fitness instruction.

## WHAT WILL I STUDY?

Topics covered can include:

- Sports Coaching
- Sports Nutrition
- Sports Psychology
- Injury and Illness in Sport
- Practical Sport
- Anatomy and Physiology
- Developing Personal Fitness

## WHAT WILL I NEED?

You will need:

- Four GCSEs at grade 3 or above, including English and Maths or an equivalent Level 1 qualification at Merit (and Functional Skills in English and Maths)

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

## HOW WILL I BE ASSESSED?

You will be assessed via a combination of observations during practical tasks and written coursework. Assessments throughout the course vary from assignment to assignment, giving you a chance to showcase your development through a variety of methods.

## WHAT WILL IT COST?

**Start Date: 1 September 2025**

**Duration: 1 Year**

**Attendance: Full Time**

**Center: Enfield Centre**

<https://www.capitalccg.ac.uk/course/pdf/42179/>

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 need to wear sport related clothing and footwear.

## **WHAT CAN I DO AFTER?**

This course can provide you a progression route to Level 3 BTEC in Sport or Level 2 YMCA Diploma in Exercise and Fitness Instructing. The course can also offer opportunities for sport-related work opportunities.

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