



# Level 3 Extended Diploma in Sport and Exercise Science - NCFE (Full-Time)

The NCFE Level 3 Extended Diploma in Sport and Exercise Science is a 2 year qualification, equivalent to 3 A Levels.

This is an ideal course to improve your theoretical knowledge surrounding many practical elements and sport science elements including; keeping fit and healthy, developing as a coach and running sports events. The qualification requires learners to be motivated, educated and driven in all the units to complete the various assessments and coursework throughout the qualification. There are no exams in this 3 A Level equivalent qualification, however learners are required to complete all specified assessments by the required deadlines. Units include: Fitness Training, Sports Nutrition, Fitness Testing and Sports Coaching.

You will participate in practical activities such as Volleyball, Football, Netball ,and Rugby Units include: Anatomy & physiology, fitness training & programming, fitness testing, sports nutrition and sports coaching. Additional qualifications include Sports Leaders Award and other NGB awards such as; FAW leaders, WRU leaders, Tennis activators (where applicable).

You will develop your skills and qualities in coaching, leadership and organising events by working alongside many of our partners; running festivals and working with young sport enthusiasts.

## Entry Requirements

Subject specific GCSEs as requested and/or Level 2 Qualification in Sport or Public Services. Maths or English GCSEs or both desirable.

## Career Prospects

Progression routes to higher level courses or gain skills for employment

## Assessment

Students can progress onto a Higher Education Degree course or a Foundation Degree in Sports Coaching at NPTC Group.

This qualification will also allow entry into industry, the public services and other sports-related areas.



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## **Additional Costs**

There will be additional course-related costs.

## **STUDY MODE**

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## **LOCATION**

Brecon Beacons College - 03308 188 100

Newtown College - 03308 188 100

Llandarcy Academy of Sport - 03308 188 100

## **COURSE LENGTH**

1Y