

Why study Level 3 National Diploma in Sport?

This course is suitable for anyone with a keen interest in all aspects of sport who would like to develop their knowledge and skills in this area. There is the opportunity to do practical activities during the course. It is important to note however, that your ability in the practical elements will not alter your overall score in any of the assessments.

What will this involve:

The course involves 9 Units, 3 units are externally assessed under exam conditions and 6 units are coursework based and involve writing extended assignments. External assessment accounts for 45% of the overall marks. The grade you achieve is equivalent to A level grades with the same UCAS points, a distinction, distinction is equivalent to two A grades and is worth 96 UCAS points.

You will undertake the following mandatory units:

Anatomy and Physiology - External assessment

Fitness training and programming for health, sport and wellbeing - External assessment

Investigating business in sport and the Active Leisure Industry - External assessment

Professional development in the sports industry - Coursework

Sports leadership - Coursework

Skill Acquisition - Coursework

Application of fitness testing - Coursework

There are 3 optional Units to choose and these are selected on the strengths of the students taking the course, examples of some of the units are below:

Application of fitness testing

Practical sports performance

Sports performance analysis

Sport event organisation

Work experience in active leisure.

Where do I go from here?

The qualification carries UCAS points and is recognised by higher education providers as meeting, or contributing to, admission requirements for many relevant courses. Learners can progress to higher education on full degree single or combined courses, for example:

- BA (Hons) in Sports Development and Management
- BSc (Hons) in Sports Management
- BSc (Hons) Sports Business Management
- BSc (Hons) Sport and Leisure Management
- BSc (Hons) Sports Science (Outdoor Activities)
- BSc (Hons) in Exercise, Health and Fitness
- BSc (Hons) in Sport and Exercise Psychology.

Alternatively, students may choose to use their qualifications to apply for a career in the sports sector or related job opportunities such as teaching or the police force.