

# 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. This is located in the Sport and Public Services (SPS) department.

## 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.

Coleg Afan  
Coleg Bannau Brycheiniog  
Academi Chweraeon Llandarcy  
Canolfan Ragoriaeth Adeiladwaith Maesteg  
Coleg Castell-nedd  
Coleg Y Drenewydd  
Coleg Pontardawe  
Canolfan Adeiladwaith Abertawe

Afan College  
Brecon Beacons College  
Llandarcy Academy of Sport  
Maesteg Construction Centre of Excellence  
Neath College  
Newtown College  
Pontardawe College  
Swansea Construction Centre





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

## Additional Costs

There will be additional course-related costs.

## STUDY MODE

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## LOCATION

Brecon Beacons College - 0330 818 8100

Newtown College - 0330 818 8100

Llandarcy Academy of Sport - 0330 818 8100

## COURSE LENGTH

1Y

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