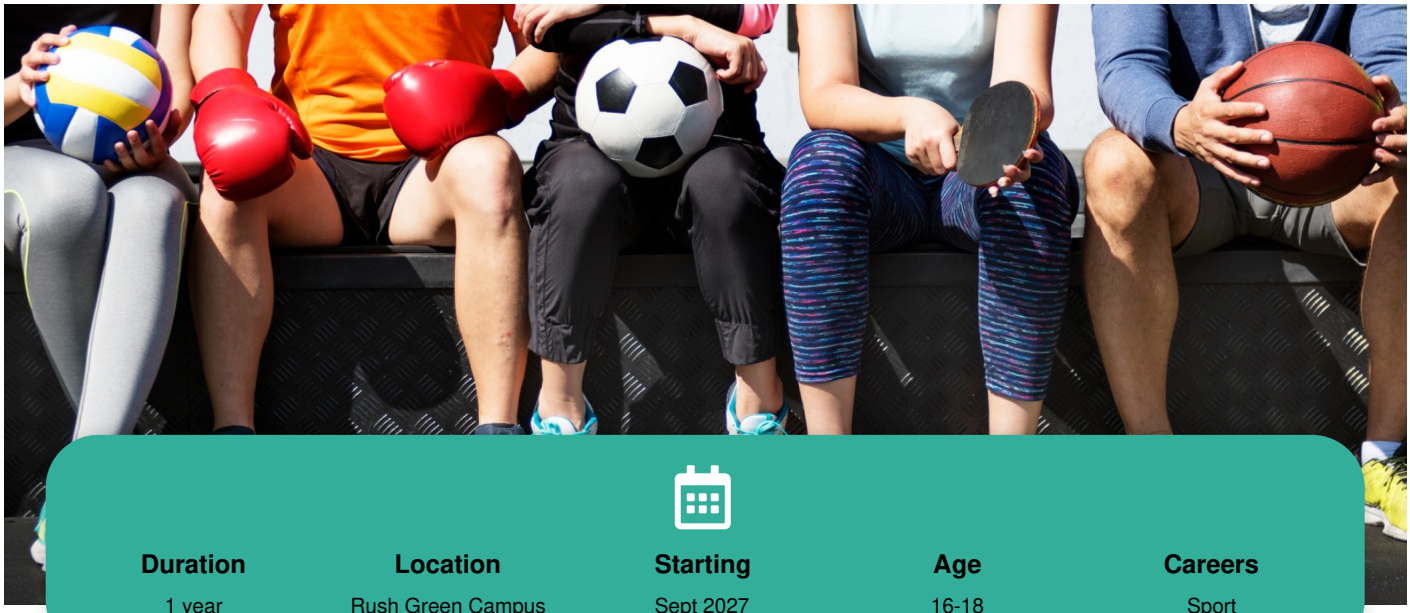
Level 3

Sport & Physical Activity

NCFE/CACHE Extended Diploma



Duration	Location	Starting	Age	Careers
1 year	Rush Green Campus	Sept 2027	16-18	Sport

Course fees per year

AGE 16-18

FREE

You may be eligible for an Advanced Learner Loan to help with the course fees. Contact us to discuss what Financial support is available.

Overview

This course will provide you with a well-rounded education that combines theoretical knowledge with practical experience.

This ensures that you develop a deep understanding of coaching principles and physical activity, gain hands-on experience through practical sessions, sports leadership and fitness assessments. You will enhance your employability skills such as teamwork, communication and problem solving, essential for careers in sport and health related industries. It also encourages professional conduct and leadership development, preparing you for careers in coaching, personal training and sports management.

This course benefits the broader community by promoting health and wellbeing through community engagement projects, such as organising sports and events and fitness programmes and addressing national concerns around physical inactivity by training future sports leaders who can drive positive change.

What you'll learn

On this course, you will learn:

- Exercise, health and lifestyle
- Preparing for a career in Sport and Physical Activity

- Sports coaching

Other units will require you to develop your skills to support the local and wider community, for instance, delivering sports events to primary schools; Rush Green Primary and Valency Primary, as well as We Make Footballers.

Assessments / Exams

You will be assessed through a mix of written assignments, portfolio work and employer assessments.

Links with employers

We have a range of industry links we partner with, including:

- Tottenham - University Fair
- UEL - Lab-based fitness testing
- Rush Green Primary School - After school club coaching delivery
- Valence Primary School - TA work placement
- We Make Footballers - Sports coaching work experience
- The Football Fun Factory
- Personal Trainers
- Qualified Coaches
- Talent ID Scouts

What this course leads to

On successful completion of this course, you will be able to move into Higher Education or employment into coaching.

You could also be offered a role with two of our industry partners: Valence Primary School or We Make Footballers.

Visit this course on our website: *https://barkingdagenhamcollege.ac.uk/find/courses/0000013200*

For further information please contact the college: *https://barkingdagenhamcollege.ac.uk/contact*