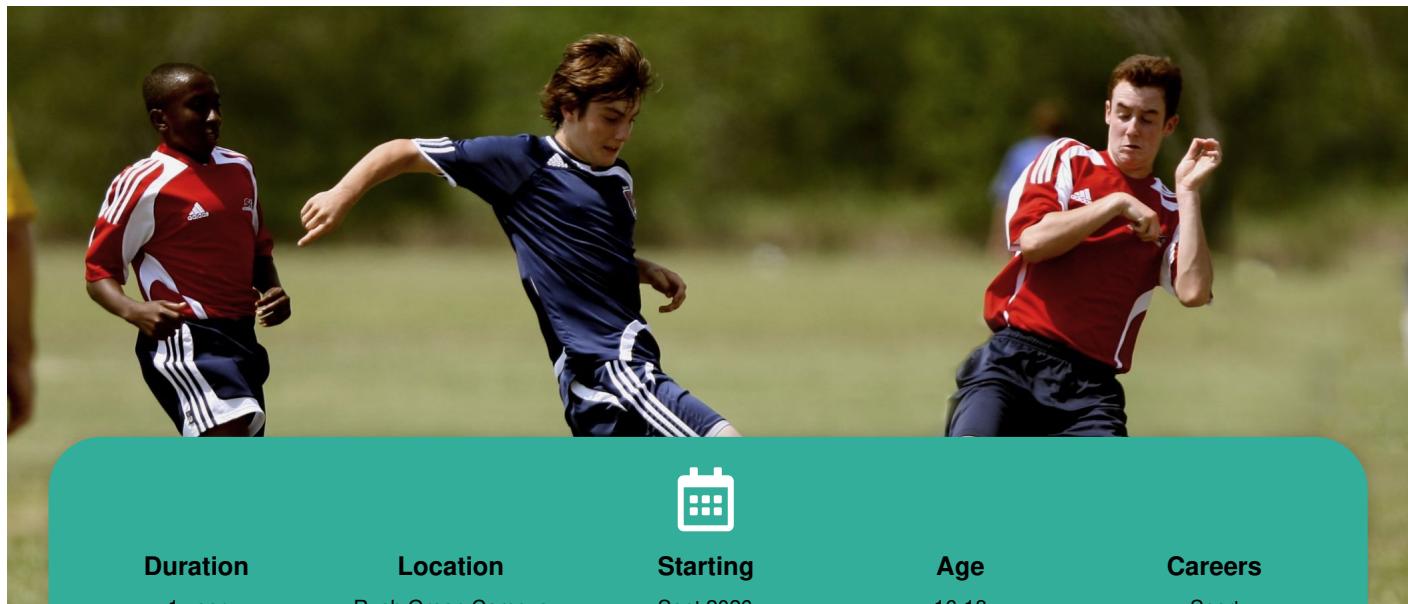


Level 3

# Sport and Physical Activity

**NCFE/CACHE Extended Diploma**

**Duration**  
1 year

**Location**  
Rush Green Campus

**Starting**  
Sept 2026

**Age**  
16-18

**Careers**  
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:

- Develop a deep understanding of coaching principles and physical activity
- Gain hands on experience through practical sessions, sports leadership and fitness assessments

- Enhance employability skills such as teamwork, communication and problem solving

Mandatory units include:

- Coaching special populations
- Analysis of sports performance
- Sports nutrition
- Assessing risk in sport
- Instructing physical activity and exercise
- Personal and professional development
- Work experience in sport

## Assessments / Exams

You will be assessed through internal exam assessments.

## What this course leads to

On completion of this course, you will have access to further education pathways, including university degrees in sports science, sports coaching, physiotherapy or teaching.

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>