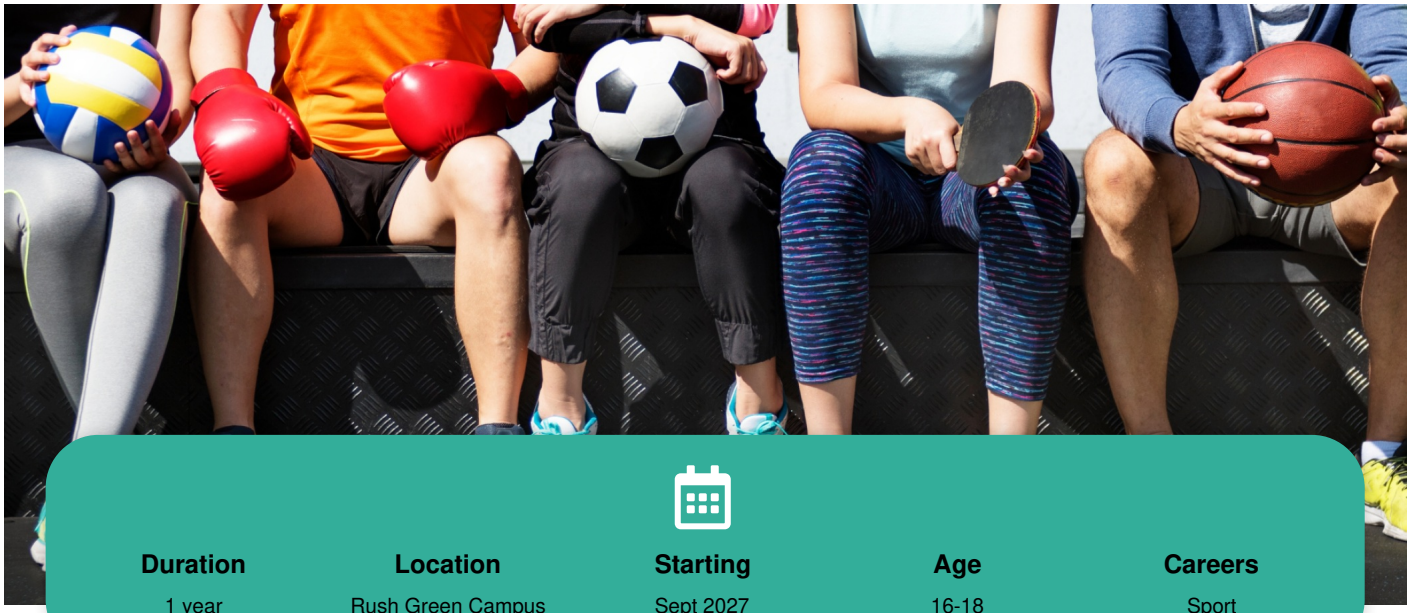
Level 2

Sports Coaching

NCFE Diploma



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

Course fees per year

AGE 16-18

FREE

Contact us to discuss what Financial support is available.

Overview

The course offers a practical and engaging curriculum for those passionate about sports coaching, fitness and leadership.

Learners will develop technical coaching expertise, alongside vital teamwork and communication skills that are highly valued in a range of future careers. The programme also provides clear progression opportunities to Level 3 qualifications, Apprenticeships or employment within the sports and fitness industry. Through hands-on experience, students are encouraged to engage with the community by coaching and organising sports events for local groups, schools and clubs.

The course plays an important role in promoting healthier lifestyles by encouraging participation in physical activities, helping to improve overall health and fitness within the community. In addition, learners will gain leadership and planning skills essential for careers in sports clubs, schools and fitness organisations.

What you'll learn

On this course, you will learn:

Knowledge Development

- Principles of Coaching – Understanding different coaching styles, session planning, and coaching methodologies

- Anatomy & Physiology – Learning how the body functions in relation to sports performance
- Fitness & Training Principles – Understanding how to design and deliver fitness programs for individuals and teams
- Health & Safety in Sport – Knowledge of safeguarding procedures, risk assessment, and injury prevention

Skills Development

- Coaching & Leadership Skills – Planning, delivering, and evaluating coaching sessions for different age groups and skill levels
- Communication & Interpersonal Skills – Effectively engaging with athletes, teams, and colleagues in a coaching environment
- Teamwork & Collaboration – Working alongside other coaches, athletes, and sports professionals in practical settings

Practical Experience

- Hands-on Coaching Practice – Delivering real coaching sessions to peers or community groups
- Work Experience Placements – Opportunities to work in schools, leisure centres, sports clubs, or grassroots organizations
- Officiating & Refereeing Experience – Learning the rules and regulations of sports and applying them in real game situations
- Volunteering & Community Engagement – Helping with local sports programs to promote physical activity

Mandatory Units

- Participating in sport
- Sports coaching
- Developing sporting skills and tactical awareness

Optional

- Planning and running a sports event
- Lifestyle and the sports performer
- Plan, deliver and evaluate an activity session
- Work experience in the sports industry

Assessments / Exams

You will be assessed through internal assessments and portfolio work.

Entry requirements

You will need to have Grade 3 or above in English and Maths and a Grade 3 or above in two other subjects.

What this course leads to

On completion of this course, you will be able to progress to:

Higher-Level Qualifications

- NCFE Level 3 Diploma in Sport and Physical Activity (Sports Coaching or Fitness)
- Specialist coaching courses (e.g., FA Coaching Badges, UK Coaching Courses, Level 3 Personal Training)

Apprenticeships

- Community Activator Coach Apprenticeship – Working with local sports organisations to increase participation in physical activity
- Advanced Sports Coaching Apprenticeship – Developing coaching skills in professional settings like clubs or schools

Employment & Volunteering

- Learners can gain experience through volunteering in local sports clubs, schools, or community projects
- Further training in specialist coaching areas (e.g., football, rugby, basketball) can lead to professional coaching roles

Visit this course on our website: *https://barkingdagenhamcollege.ac.uk/find/courses/0000013201*

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