

## BTEC National Foundation Diploma in Sport Level 3



### In a nutshell

This course has a practical focus. This course will help you develop your knowledge to follow a career in this field.

### This course is for you if...

...you have a keen interest in sport and physical health

...you want a practical course

...you want to develop knowledge to follow a career in this field

### What will I be doing?

You'll study modules that may include:

Anatomy and Physiology in Sport



## COURSE INFORMATION LEAFLET

Fitness Training & Programming for Health, Sport & Wellbeing  
Professional Development in the Sports Industry  
Sports Leadership  
Sport Events Organisation  
Application of Fitness Testing  
Practical Sports Performance  
Coaching for Performance  
Research methods in Sport  
Development and Provision of Sport & Physical Activity  
Investigating Business in the Sport and Active Leisure Industry  
Skill Acquisition in Sport  
Work Experience in Active Leisure  
Sports Injuries Management  
Sports Psychology  
Rules, Regulations and Officiating in Sport  
Technical and Tactical Skills in Sport  
Sports Performance Analysis  
Principles and Practices for Outdoor Adventurous Activities  
Environment Sustainability for Outdoor Adventurous Activities  
Exercise for Specific Groups  
Exercise, Health & Lifestyle  
Current Issues in Sport  
Leisure Management  
Leisure Centre Operations

You'll also have the opportunity to study a Certificate in Sports Leadership and the Certificate in Fitness Instructing.

You'll be assessed through a variety of practical and written assignments, controlled tasks, an external exam, presentations, portfolio work and observation. On completion you'll achieve:

Level 3 National Foundation Diploma in Sport  
Appropriate supporting qualifications to broaden your skill set and meet the needs of industry

### [Skills Activities](#)

[Maths and English](#) (if you haven't achieved a Grade C or above at GCSE level)

SLQ Certificate in Sports Leadership  
YMCA Level 2 Certificate in Fitness Instructing

Apply online at [www.coleggwent.ac.uk](http://www.coleggwent.ac.uk)

[studentrecruitment@colegwent.ac.uk](mailto:studentrecruitment@colegwent.ac.uk) | 01495 333777 (Croesawn alwadau yn Gymraeg)





# COURSE INFORMATION LEAFLET

## What is expected of me?

To enrol, you'll need a minimum of 5 GCSEs Grade C or above to include either Maths/Maths Numeracy or English/Welsh First Language or an appropriate Level 2 Diploma qualification at Merit Grade and either GCSE Grade C or above in Maths/Maths Numeracy or English/Welsh First Language.

Practical participation is essential in completing this course. Full commitment to attendance is required, as well as respect for others, enthusiasm for the subject and self-motivation.

## What comes next?

Successful completion of the Year 1 Foundation Diploma will allow you to progress on to the second year and complete the full Extended Diploma.

From there, progression routes include University level courses and employment in the sport and leisure industry e.g. community coaching, the fitness industry and sports development.

## Additional information

Additional costs include up to £82.50 for kit, £50.00 for trips/DofE Registration/DofE Camping fees.

Our learners will also have the opportunity to undertake a range of educational trips and events e.g Cardiff Metropolitan University - strength and conditioning classes, University of South Wales - Fitness & health testing. BGLZ has a variety of sports teams to participate in that play in a range of leagues including rugby, football, netball and basketball.

For Girl's Dragons Academy Rugby players your timetable is scheduled around the Dragon's Academy and you are transported between sites to attend this provision. You may need to arrange your own transport home from Crosskeys Campus for some of the fixtures.

All learners have the opportunity to apply for Erasmus funding and visit a European country as part of their studies.

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