

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

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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