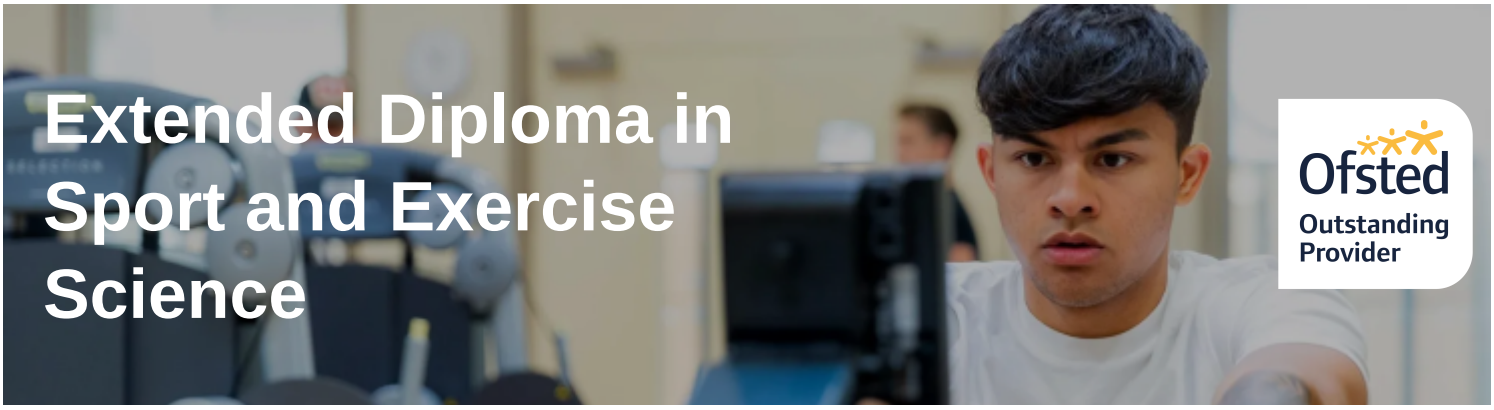


Extended Diploma in Sport and Exercise Science

Ofsted Outstanding Provider

Course Level: Level 3 | **Campus: Newcastle** | **Subject Type: Sport & Public Services**

Course Overview:

Are you enthusiastic about the development and analysis of physical activity and performance?

Explore the fundamentals of anatomy and physiology gaining insights into how the body responds to exercise and sport. With practical sessions students develop essential skills in fitness assessment, training programming and performance analysis - preparing them for a career in sport and exercise science.

What's Covered:

This vocational course aims to develop your theoretical and practical knowledge of Sport & Exercise Science as you work towards a Level 3 nationally recognised qualification. It will provide you with a solid foundation in the various aspects of sport, enabling you to develop the skills necessary for gaining employment in the sports sector or progressing into Higher Education.

You will study a well-balanced range of studies including, Functional Anatomy, Applied Sport and Exercise Psychology, Applied Research Methods, Sports Coaching, Sports Massage, Sport and Exercise Physiology, Nutrition, Biomechanics, Technology in Sport and Exercise and Sports Injuries.

Combining practical skills with theoretical knowledge, your lessons will take place in classrooms and indoor and outdoor sports facilities. We also recommend you complete as much volunteering and work experience as possible to give you an insight into working in the sports industry.

100%

pass rate

74.5%

achieved DDD+ in 2026

Entry Requirements:

You will need a minimum of four or more high grades at GCSE in subjects relevant to the course you'd like to study, including maths and English Language, Science and PE at grade 4 or above. If GCSE PE has not been taken you will be expected to gain at least a merit grade in a Level 2 Sport programme.

If progressing from a Level 2 vocational qualification, we would ideally expect you to have achieved a Level 2 maths or English qualification or be able to demonstrate competence at this level. An interest in the theories, ideas and strategies within sport is a pre-requisite of the course. You are also required to attend a college course discussion to establish your suitability for the course.

If you do not meet these entry requirements you will be advised to join the Level 3 Extended Diploma in Sport course. Alternatively you will be advised to join the Level 2 Extended Certificate in Sport.

Assessment Information:

The course is accredited by BTEC and each unit is graded Pass, Merit and Distinction. There will be two externally set units on each year of the course (exam and task). All other units will be assessed internally which will involve carrying out assignments, project work, presentations,

report writing, class tests and collecting video evidence. There will be a set number of learning hours assigned to the programme but it is expected that you will complete independent study in your free time. Assessment is predominantly through coursework, with some externally assessed content.

Fees and Financial Support:

This course is free for anyone aged 16 – 18.

College Maintenance Allowance (CMA):

Anyone with a gross household income under £35,000 can receive financial support to cover college related costs such as transport, meals, course equipment and uniform. Bursary support is based on individual circumstances and will be allocated to best suit your individual needs. A range of other financial support is available depending on your personal circumstances. For more details visit nscg.ac.uk/finance

Progression:

On completion of the course you will gain the BTEC Level 3 Extended Diploma which is accepted by universities for entry onto courses such as sports coaching, sports therapy, physiotherapy and secondary education PE. Previous learners have progressed to universities such as Birmingham, Exeter, Keele, Sheffield Hallam, Liverpool John Moores, Leicester, Derby, Manchester and Staffordshire University to study a range of courses such as Physiotherapy, Sports Therapy and Rehabilitation, Sport and Exercise Science, Nutrition, Sports Psychology, Sports Coaching and others including Forensic Science, Paramedic Science and Criminology.

Alternatively, you could progress onto a Higher Education course at NSCG.

You could sign up to a higher level apprenticeship or seek employment in the sports coaching industry as a community sports officer, coach or sports development officer.

The qualification is also designed to prepare learners for appropriate direct employment in the vocational sector, and is suitable for those who have decided that they clearly wish to enter a particular specialist area of work in the areas of sport, leisure and fitness. It also gives learners the opportunity to develop a range of techniques, personal skills and attributes essential for successful performance in working life.

How do I find out more?

If you wish to find out more you can contact Steve Sumnal, Curriculum Leader in Sport Science by emailing steve.sumnal@nscg.ac.uk