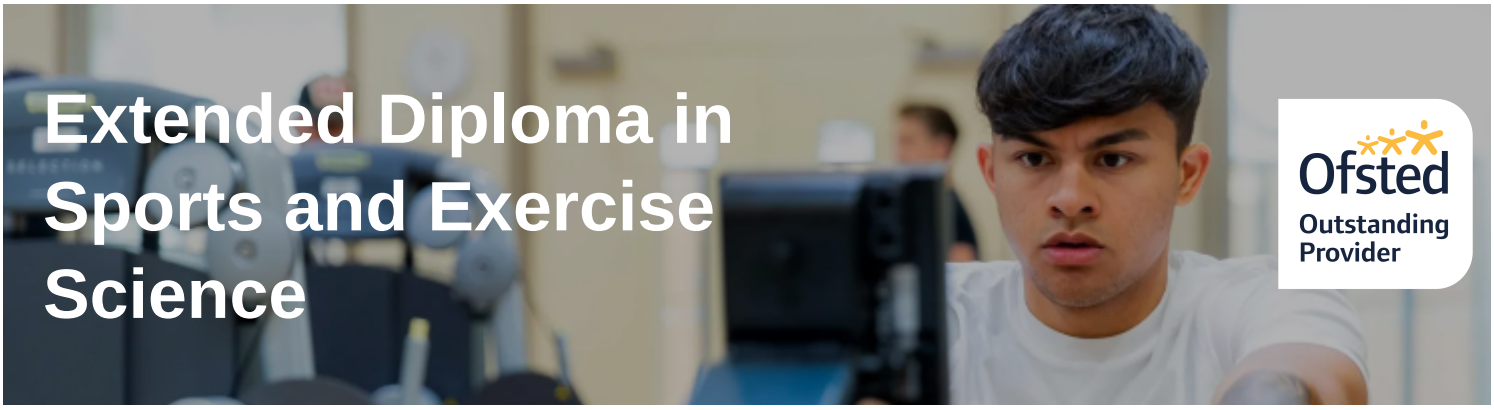


Extended Diploma in Sports and Exercise Science

Ofsted Outstanding Provider

Course Level: Level 3 | **Campus: Stafford** | **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:

Are you enthusiastic about the development and analysis of physical activity and performance? If so, a career in sport and exercise science could be perfect for you.

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, Research Projects 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.

Entry Requirements:

You will need a minimum of four or more GCSEs at grade 4, including Science, Maths and English Language. 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 prerequisite of the course.

You are also required to attend a college interview 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.

100%

pass rate

69.4%

achieved DMM+ in 2026

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 their courses such as sports coaching, sports therapy, physiotherapy and secondary education PE. You can progress onto internal Higher Education courses at the College such as the Foundation degree in Sports Coaching & PE at the Stafford Campus or the HND in Sport (Coaching & Development) at the Newcastle Campus or degree level programmes at other universities. You can 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.

Assessment is predominantly through coursework, with some externally assessed content.

What else do I need to know?

Enrichment opportunities include visits to local universities, where students can explore various field, including Biomechanics and Performance Testing. Previous enrichment trips have also included Barcelona. Students can also get involved with the Academy of Sport, providing further opportunities to develop their skills and experience.

How do I find out more?

If you wish to find out more you can contact Sam Schofield, by emailing:
samantha.schofield@nscg.ac.uk