

Sport Diploma level 2

Course Overview

During this one-year programme, you will learn about the sports industry and develop the practical skills necessary for successful employment in a range of sport and leisure facilities. This qualification will allow you to develop your theoretical knowledge in a range of sport and exercise based topics and is the ideal qualification for those looking to progress onto a Level 3 qualification. If you are aged 16 to 18, you will be enrolled on a study programme. This will include retaking GCSEs or undertaking Functional Skills in English and maths if you haven't already achieved a grade 4 or above. You will take part in activities that help you to develop your personal skills, such as building your character and confidence. This will help you to live well and move into your chosen career.

What you will learn

This qualification will provide you with a wide range of knowledge in a range of sport subjects to develop the skills required to work within the sports industry. Units of study include: Anatomy and Physiology, Sports Coaching, Healthy Exercise and Nutrition and Participating in Sport and Psychology. This qualification includes units in both fitness and sports coaching, providing an option of progression onto either the Level 3 Foundation Diploma in Sports Coaching and Development or the Level 3 Foundation Diploma in Sport and Fitness upon completion.

Entry Requirements

Standard entry to this course requires one reference. It is desirable that you can demonstrate 90% attendance. A GCSE in English and maths at grade 3 (D) or above is required, along with another two GCSE subjects at Grade 3 (D) or above. Progression will also be offered to students holding a BTEC Level 1 Introductory Diploma in a relevant subject.

How you will be assessed

Your assessment on this course will take place using a variety of internal assessment methods such as presentations, practical activity, leaflets, posters and written assignment work.

Course Fees

Learners will be required to purchase uniform on enrolment at a cost of approximately £40.

Course Progression

Students can progress onto the BTEC Level 3 Foundation Diploma in Sport and Fitness or the BTEC Level 3 Foundation Diploma in Sports Coaching and Development following the successful completion of this course. These courses focus on developing the skills required to follow the pathway into the Fitness or Sports Coaching industries. Other progression opportunities may include a relevant apprenticeship.

What Happens Next

Apply online via the College website, or if your school uses the Positive Steps @16 (PS16) application system please apply through this and speak to your careers advisor if you are unsure. You will need details of your qualifications and employment history, a reference, and a personal statement to complete your application. Once your application has been successfully processed, you will be sent a conditional offer and be invited to a Welcome Event at the College to meet your tutors, learn more about your chosen course of study and tour the facilities. You will then need to confirm your acceptance of the course offered to you.

Course Details

Course Code	P00205
Start Date	08/09/2025
Study Hours	Full Time
Duration	1 year
Campus	Abbey Park Campus
Level	2

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