

BTEC Sports Coaching and Development National Extended Diploma level 3

Course Overview

The BTEC Level 3 Extended Diploma in Sports Coaching and Development is perfect for people who are passionate about sport and want to build a career in coaching, teaching, or sports development. This two-year qualification combines practical, hands-on experience with theoretical study, helping learners develop key skills in leadership, communication, and teamwork. Throughout the course, students gain real-world experience in coaching and sport environments, preparing them for progression into higher education, apprenticeships, or employment within the sport and leisure industry.

What you will learn

In your first year, you will explore a wide range of engaging and practical topics designed to build a strong foundation for a successful career in the sports and fitness industry. Through a mix of classroom learning and hands-on experience, you will develop essential skills in coaching, health and wellbeing, sports development, event organisation, and understanding careers and self-employment opportunities within the sector. These experiences will help you gain confidence, teamwork abilities, and practical knowledge that will support your progression into more advanced study or employment.

In your second year, you will build on the skills and knowledge developed in Year 1, focusing on more advanced aspects of sport and coaching. You will gain practical experience in applied coaching, develop technical and tactical skills, and explore areas such as sports injuries, anatomy and physiology, nutrition for sport performance, and independent research. This combination of theory and hands-on learning helps prepare you for higher education, apprenticeships, or employment in the sports, fitness, and coaching industry.

Entry Requirements

A minimum of four Grade 4s at GCSE (including English Language and maths). You must be able to demonstrate a passion for sports coaching/teaching, sports development or officiating through participation in a sports team, relevant voluntary work, or other appropriate experience. You should also demonstrate a commitment to engaging in both the practical and theoretical aspects of the course.

Course Progression

Completing this course opens up a wide range of exciting opportunities. Many students go on to higher education, including the Level 4 HTQ in Community Coaching for England, or degree courses in sport coaching, physical education, or sport development. Others move straight into the workforce, taking on roles such as sports coach, assistant coach, or other positions within the sport and leisure industry. With the practical coaching experience, leadership skills, and real-world knowledge gained throughout the course, you'll be well-prepared to succeed in whichever path you choose.

Course Details

Course Code	P00204
Start Date	08/09/2025
Study Hours	Full Time
Duration	2 years
Campus	Abbey Park Campus
Level	3

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