

BTEC Sport and Fitness Extended Diploma Level 3

Course Overview

The BTEC Level 3 Extended Diploma in Sport, Fitness and Personal Training is designed for people who are passionate about health, fitness, and helping others achieve their goals. This two-year course combines practical and theoretical study, focusing on areas such as exercise programming, anatomy and physiology, fitness testing, and personal training techniques. Students will develop the knowledge and confidence needed to design and deliver effective training sessions, preparing them for progression to higher education, apprenticeships, or employment in the sport, health, and fitness industries.

What you will learn

In your first year, you will explore a range of engaging and practical topics that build a strong foundation for a career in the sports and fitness industry. Units include Careers in Sport and Active Leisure, Health, Wellbeing and Sport, Fitness Skills Development, Self-Employment in Sport and Active Leisure, Fitness Testing, and Organising Sports Events. These units will help you develop essential skills in communication, leadership, and planning while gaining valuable insight into how the sport and leisure industry operates.

In your second year, you will focus on advanced skills and knowledge essential for a career in sport, fitness, and personal training. Units include Personal Training Skills Development, Research Project in Sport, Sport and Leisure Facilities Operations, Business and Technology in Personal Training, Sports Injuries, and Nutrition for Sport Performance. These units will allow you to develop practical coaching and training skills, understand how to manage facilities and utilise technology in the industry, and gain in-depth knowledge of injury prevention and nutrition to support athletic performance.

Entry Requirements

Four GCSEs at Grade 4 or above (including English Language and maths). Applicants should be able to demonstrate a genuine passion for fitness, health and wellbeing, and a commitment to participating in both the practical and theoretical aspects of the course.

Course Progression

After completing the course, you will have a wide range of exciting opportunities. Many students progress to higher education, such as the Level 4 HTQ in Community Coaching for England or other sport and fitness-related degrees. Others choose to enter the workforce straight away, taking on roles as a fitness instructor, personal trainer, or in other positions within the sport, health, and leisure industry. The practical skills, knowledge, and real-world experience gained on this course will give you a strong foundation to succeed in whichever path you choose.

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	P00201
Start Date	08/09/2025
Study Hours	Full Time
Duration	2 years
Campus	Abbey Park Campus
Level	3

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