

NCFE CERTIFICATE IN SPORT AND PHYSICAL ACTIVITY (SPORTS COACHING) LEVEL 3

OVERVIEW

The NCFE Level 3 Certificate in Sport and Physical Activity (Sports Coaching) is designed for learners who want to go on to higher level studies, and is suitable for use within a Study Programme. It will give learners skills, knowledge and an understanding of the sport and physical activity sector. The Level 3 Certificate in Sport and Physical Activity is for learners who are looking to develop general knowledge and interpersonal skills to support them into higher education when taken as a programme of study

You'll develop the knowledge, understanding and practical skills required for employment in various sporting disciplines such as; coaching, teaching, fitness instructing and sports development. You'll also cover practical coaching and units in the field of sports science: nutrition, sport psychology, the working environment and practical team sports. You'll get a more in-depth overview of what it means to work in the sport industry. You'll develop advanced skills and knowledge required to enter and progress in your chosen field.

Mandatory units

1. Exercise, Health and Lifestyle (J/508/4583)
2. Preparing for a Career in Sport and Physical Activity (D/508/4637)
3. Sports Coaching (D/508/4122)

Optional units

4. Practical Team Sports (D/508/4587)
5. Practical Individual Sports (H/508/4588)
6. Coaching Special Populations (R/508/4635)
7. Technical and tactical skills in sport (M/508/4593)
8. Psychology for Sports Performance (K/508/4592)
9. Analysis of Sports Performance (A/508/4600)
10. Sports Nutrition (Y/508/4622)
11. Fitness Testing for Sport and Exercise (H/508/4591)
12. Assessing Risk in Sport (F/508/4582)
13. Principles of Anatomy and Physiology (L/508/4584)
14. The Physiology of Fitness (K/508/4589)
15. Fitness Training and Programming (D/508/4590)

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16. The Athlete's Lifestyle (T/508/4594)
17. Current Issues in Sport (A/508/4595)
18. Instructing Physical Activity and Exercise (F/508/4596)
19. Sports Injuries (J/508/4597)
20. Sport Development (L/508/4598)
21. Leadership in Sport (R/508/4599)
22. Ethics and Values in Sport (F/508/4601)
23. Business in Sport (J/508/4602)
24. Sport and Exercise Massage (L/508/4603)
25. Organising Sports Events (R/508/4604)
26. Applied Strength and Conditioning (D/508/4606)
27. Personal and Professional Development (D/508/4623)
28. Performance Management in Sport and Physical Activity Businesses (Y/508/4619)
29. Work Experience in Sport (Y/508/4586)

ENTRY REQUIREMENTS

There are no specific recommended prior learning requirements for these qualifications. However, learners may find it helpful if they've already achieved a Level 2 qualification.

ASSESSMENT

A series of assignments linked to individual tasks. Which can include reports, diaries, leaflet design, practical performance and observations.

PROFESSIONAL OPPORTUNITIES

The progression routes available to a learner will depend on the qualification they have achieved, the grade achieved and the UCAS points attached to the grade. Learners who successfully achieve the NCFE Level 3 Certificate in Sport and Physical Activity would look to progress onto the NCFE Level 3 Diploma in Sport and Physical Activity and then the Foundation Degree in Sports Coaching.

DATES & FEES

Contact us for current course dates and fees.

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