

# Principles of Sports Coaching (Academies)

## Certificate Level 2

STUDY MODE  
Full time

LOCATION  
Moulton

LEVEL  
Level 2

START DATE  
Sept 2025

DURATION  
1 year



This study programme is designed as an alternative qualification for any student that is part of a [sports academy](#) that wants to pursue a career in sports coaching.

You will have access to an exciting range of specialist resources at the College including our extensive sports facilities, fitness suite, Olympic free weights training area, Grass Football Pitches, basketball courts, Indoor sports hall, athletics track and more to develop a range of sports coaching skills in planning and programming.

Guided by our expert tutors and guest lecturers you will enhance your understanding coaching techniques as well as learning the fundamentals of adapting sessions for different groups.

As part of your course you will have the opportunity to undertake commercial experience where you will learn and develop practical skills that will be vital for your future career in sports.

## What will I learn on the course?

This course comprises two main qualifications which will enable you to progress into the coaching sector as an assistant sports coach in teaching school sports:

- **Level 2 Certificate in Coaching Multi-Skills Development in Sport:** Which gives you the skills and knowledge needed in sports coaching, sports leadership, sports development and supporting physical education in school sports.
- **Level 2 Award in working with participants with disabilities in sport and active leisure:** This qualification will give you the skills required to adapt your coaching practices for disabled persons.
- Students will also study additional modules in anti-doping, performance enhancement and performance analysis in coaching sport.

## What will this course cost me?

You will be required to buy sports clothing and shoes for this course. Moulton branded kit can also be brought.

[Click here](#) to find out more about the required sports kit.

## What does a typical week look like?

This is a full time course taking place on four/five days per week from 9.00am - 4:30pm.

All students on this qualification will also need to be part of one of the college's [sports academies](#). College fixtures for team sports take place on Wednesdays, and if selected you will move from four days to five days a week.

## How will I be assessed?

- Practical assessments
- Written coursework and workbooks
- Presentations

## Where can it lead to?

You could progress to a Level 3 course or into employment as an Assistant Sports Coach teaching school sports, predominantly in primary schools.

## What are the entry requirements for this course?

Four GCSEs at grade 2-3 (D-E) or above, or a Level 1 Diploma in a related subject.

## Good to know

To complement your sports studies, we also run sports academies including athletics, basketball, cricket, football and rugby.

These are run in partnership with some fantastic organisations including Rushden & Diamonds Football Club, Titans Basketball Club, Northampton County Cricket Club and Coventry Rugby Club. Academy members can access high quality coaching sessions, and work experience, with a nationally recognised vocational qualification achieved at the end of the course.

Visit this course on our website: <https://www.moulton.ac.uk/courses/pd2sc/principles-of-sports-coaching-academies-certificate-level-2>

For further information please contact the college: <https://www.moulton.ac.uk/contact>