

Sport (Academies)

Extended Diploma (Academies) Level 3

STUDY MODE
Full time

LOCATION
Moulton

LEVEL
Level 3

START DATE
Sept 2025

DURATION
2 years



This qualification is equivalent to three A-Levels and is designed for learners that are looking for a wider breadth of subjects within sport, including popular subjects such as sport psychology, sports coaching and fitness testing.

The breadth of content in this qualification allows learners to widen their opportunities to progress to a number of different higher education courses and sport careers.

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.

What will I learn on the course?

Students will learn about a variety of different sport subjects with units changing every four to five months. The current structure of the course is:

Year 1 *Anatomy and Physiology

- Fitness Training and Programming
- Application of Fitness Testing
- Sports Psychology
- Practical Sports Performance
- Coaching for Performance
- Professional Development in the Sports Industry

Year 2

- Development and Provision of Sport and Physical Activity
- Investigating Business in Sport and the Active Leisure Industry
- Skill Acquisition in Sport
- Rules, Regulations and Officiating in Sport
- Research Methods in Sport
- Sports Event Organisation

- Sports Leadership

Our Sports Academies will help you to fulfil your sporting ambitions alongside your studies. Available to all students studying a relevant course in Sport, our academies provide sport specific coaching sessions to share essential skills and knowledge and help raise your skills to another level.

The sessions cover strength and conditioning, and you'll be given access to the college physiotherapist, and in-house sports massage clinic. As part of the academy, you will also undertake commercial work experience and learn and develop the skills you need to excel as a sports professional.

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 to five days per week. There will be a mix of practical and theoretical work which are split into 1 hour - 2 hour lessons. If you are part of our sports academies further training and game-play will also be a part of your timetable.

How will I be assessed?

Assessments for our sports studies courses vary depending on your level of study.

Expect everything from written work and practical tests, to presentations and work-based learning assessments. Your course could also include end-of-year exams, research projects and laboratory reports

What are the entry requirements for this course?

To join one of our sports academies you need to show determination, commitment and a desire to improve your talent and skills alongside completing your existing studies.

You don't need to be an exceptional athlete to be considered for a sports academy, however trials may be necessary for entry into some.

In addition you must also satisfy the entry requirements of your main course qualification:

- Level 3 Diploma: four GCSEs at grade 4 or above.
- Level 3 Extended Diploma: four GCSEs at grade 4 or above including English and maths.

Visit this course on our website: <https://www.moulton.ac.uk/courses/peasa/sport-academies-extended-diploma-academies-level-3>

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