

# Sport

## Extended Diploma 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.

## 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

## 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 three days per week from 9am - 4:30pm. There will be a mix of practical and theoretical work which are split into 1 hour - 2 hour lessons.

## How will I be assessed?

- Practical assessments
- Externally assessed Exams
- Written coursework and workbooks
- Presentations

## Where can it lead to?

You may go on to a career in Coaching, Teaching or Sports Therapy.

There are excellent opportunities for progression to a wide variety of sports courses at university, or you could complete an apprenticeship.

## What are the entry requirements for this course?

Four GCSEs at grade 9-4 (A\*-C) including English and maths, a relevant Level 2 Diploma in Sport or an apprenticeship qualification.

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

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