

# Sport

## Diploma Level 2

STUDY MODE  
Full time

LOCATION  
Moulton

LEVEL  
Level 2

START DATE  
Sept 2025

DURATION  
1 year



The Level 2 Diploma in Sport has been developed to provide you with the opportunity to develop a range of skills and techniques, personal skills and attributes essential for successful performance in working life.

Guided by our expert tutors and guest lecturers you will enhance your understanding of anatomy and physiology and assess your peers across a range of exercise training and sport sessions to enhance performance.

You will use our extensive sports facilities including our fitness suite, Olympic free weights training area, grass football and rugby pitches, basketball courts, dance studio, sports science lab, indoor sports hall with indoor climbing wall, athletics track and more, to develop a range of skills in sports performance.

The level 2 Diploma is equivalent to 4 GCSEs.

## What will I learn on the course?

Students will enhance their understanding in a wide range of sport topics all aimed at developing skills and personal attributes that are required in the world of employment. Some of the key modules you will study are:

- Anatomy and Physiology
- Psychology in Sport
- Practical Sport Performance
- Fitness for Sport Performance
- Work Experience in 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 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. You will have regular break, including lunch.

## How will I be assessed?

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

## Where can it lead to?

You could progress to a Level 3 course, an apprenticeship or employment in the sport industry.

## 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

Visit this course on our website: <https://www.moulton.ac.uk/courses/pfdss/sport-diploma-level-2>

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