

Level 3 National Extended Diploma in Sport Coaching and Development

Course Code: MO1NDSS1
Level: 3
Type: Full Time

02/09/2027 - 23/06/2028 () Cambridge Campus
-
2 Year(s)

Need to speak to us about a course?

01223 226315
enquiry@camre.ac.uk

Apply Here:

https://www.camre.ac.uk/course/pdf/MO1NDSS1/

This two year programme is designed to prepare you for a career in the sports industry. The breadth of content in this qualification allows learners to widen their opportunities to progress to a number of different higher education courses. The course is equivalent in size to three A levels and includes 12 different units, seven of which are mandatory.

YEAR 1 (Mandatory Units)
Careers in the Sport and Active Leisure Industry
Health, Wellbeing and Sport
Developing Coaching Skills

Sport Development

Self-employment in Sport and Physical Activity

All students will have the opportunity to follow a pathway in the second year of their programme. These pathways allow learners to focus their studies towards more specialised areas of interest. These could include: Sport and Exercise Science, Sports Teaching, Coaching and Instruction or Fitness Instructing and Therapy.

Year 2
Research Project in Sport (Pearson-set)
AND 5 Pathway Units
Sports Psychology
Nutrition for Physical Performance
Anatomy and Physiology in Sport
Sporting Injuries
Applied Coaching Skills
Functional Sports Massage
Fitness Testing
Fitness Training
Technical and Tactical Skills in Sport
Rules, Regulations and Officiating in Sport
Practical Sports Application
Influence of Technology in Sport and Physical Activity
Organising Events in Sport and Physical Activities
Ethical and Current Issues in Sport
Marketing Communications
Corporate Social Responsibility in Sport
Sport and Leisure Facility Operations
Sports Tourism
School Sport Delivery

Compulsory residential activities to develop team work and practical skills are an integral part of the course. There is an additional cost to cover these trips, day trips, and sports kits, travel costs associated with team games or residentials and guest speakers. This charge is paid at enrolment and is non-refundable. The Learner Support Fund is available and could help assist in paying towards these fees.
IMSPA Professional Recognition

Cambridge Regional College is a CIMSPA Education Partner. This programme is aligned to relevant CIMSPA Professional Standards, helping learners develop the knowledge, skills and behaviours required for progression into employment, apprenticeships and higher education within the sport and physical activity sector.

Learners benefit from a curriculum informed by industry-recognised standards, supporting their development as future sport and physical activity professionals. As a CIMSPA Education Partner, the College is committed to ensuring that learning reflects current industry expectations and supports progression into a wide range of careers within sport, coaching, fitness, physical activity and related fields.

To support career planning and professional development, learners also have access to CIMSPA guidance and resources:

CIMSPA Careers Hub: https://www.cimspa.co.uk/careers-hub/
CIMSPA Training Directory: https://www.cimspa.co.uk/training-directory/
These resources provide information on career pathways, professional standards, qualifications, training opportunities and industry requirements within the sport and physical activity sector.

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Progression and career opportunities
This programme is equivalent to three A Levels and will provide you with the learning opportunities and experiences required for a career in the broad sports-related industry. The Extended Diploma is also recognised as an entry qualification for Higher Education.

The course enables you to prepare for work or further study, and will provide you with the learning opportunities and experiences to enhance your understanding by learning in, learning about, and learning through sports activities.

As part of your course you may have the opportunity to play for one of our college teams. Currently we have teams that represent the college nationally in football, basketball, netball and rugby. We also attend the AOC Regional and National Championship where we sent representatives in over 10 different sports.

We also run a scholarship programme with Cambridge United for male and female football. Please see additional leaflet for more information to include the application process and trials.

Entry requirements
You will need 4 GCSEs at grades 9-4 (A*-C) or above, including English or Maths OR Successful completion of a full Level 2 qualification in a related subject. Internal Applicants must have achieved all targets set by tutor in previous year.

You will have an active interest in sport and will be anticipating a career related to sports.

Assessment

Each project, activity or assignment that you complete will be assessed. These assessments indicate your level of performance and contribute to your final grade. Each unit is graded Pass, Merit or Distinction. Assessment will be through practical and theoretical assignments.

You will be required to take part in weekly physical activity. You will also be assessed on your physical fitness four times a year. You must be willing to take part in all practical activities and assessments. During your course you may have the chance to study some of the following additional qualifications:

- Level 3 Sports Leaders
- YMCA Level 2 Certificate in Fitness Instructing (Gym Based Exercise)
- Level 1 Football Coaching
- Level 1 Basketball Coaching
- Level 1 Badminton Coaching
- Level 1 Rugby Coaching
- First Aid at Work
- GCSE retakes

There may be a certification fee for these qualifications.

During your time on the course you will have the chance to attend extra residential activities. These may include:

- France water sports tour
- Ski/snowboarding trip
- Volunteering trip to Morocco

There is an extra cost for these activities

Disclaimer

Whilst every effort is made to ensure the information is correct, some details may be subject to change. Cambridge Regional College reserves the right to make amendments to the courses, dates, fees or other details, and to make cancellations or changes if numbers are insufficient.