

Sport Pearson Level 3 BTEC National Foundation Diploma

Study Mode: Full Time

Is this course right for me?

If you love sport and want to be part of a dynamic and exciting industry then this is the right course for you.

You will develop your knowledge and understanding of sport and will provide opportunities to study areas which relate directly to the needs of employers in specific areas of the industry.

You will have the opportunity to showcase your sporting skills, have your performance analysed and receive guidance on how to improve, develop your coaching and performance analysis skills through practical activities and demonstrations, improve your personal fitness and take part in individual and team training sessions.

You will learn about the body in sport, exercise and fitness and preparing for working in the industry, as well as developing occupational skills such as teamwork, effective communication and problem solving.

You will also study elements of sports psychology and the effects that sport has on mental health.

You will also complete 30 hours of work experience and attend lessons to improve your English and maths (or use the time for directed study if you already have Grade 4 or above).

You will be required to approve a college-branded sports kit which costs approximately £80 – details will be provided on acceptance to the course and financial support may be available to help with these costs.

The foundation diploma is the first year of the two-year extended diploma – successful completion of the foundation diploma will enable you to progress to the extended diploma in your second year.

Entry Requirements

For external applicants:

To access this course, you are required to:

- Have five or more GCSEs at Grade 4 or above including English and maths, and ideally PE and science OR Sport Level 2 Extended Certificate
- Attend an interview with a member of the colleges admissions team to discuss your career aspirations and determine your suitability for the course.
- Demonstrate how you have previously had good attendance and punctuality and a good attitude to learning

For internal progression learners (already studying with us):

Learners must be able to demonstrate that they:

- Have successfully completed a relevant course that naturally progresses onto this programme, achieving a good standard
- Have improved their English and maths grades since enrolment
- Have maintained good attendance and punctuality
- Show a consistently positive attitude to learning

What will I learn?

During this course you will study:

- Anatomy and physiology in sport
- Fitness training and programming for health, sport and wellbeing
- Professional development in the sports industry
- Sports leadership
- Application of fitness testing
- Sports Psychology
- Practical sports performance

What skills will I gain?

By studying this course you will:

- Develop your understanding on key anatomical structure and function
- Learn how to develop training programmes for specific groups
- Develop your confidence in dealing with work related issues
- Understand how to apply your skills to areas of the industry
- Improve your knowledge and understanding within key training principles
- Gain valuable team working and communication skills by taking part in events

How will I be assessed?

Throughout the course you will be assessed in the following ways:

- Individual and group presentations
- Case studies
- Role play
- Question and answer sessions,
- Production of display materials and advertising
- Time constrained assessments
- Work-based assignments
- Practical assessments
- Production of a portfolio of evidence

What can I do next?

The skills you will learn from this course will enable you to:

- Progress directly onto the Sport Level 3 Extended Diploma
- Pursue a career in the sports industry

Delivery

Location: Wellington Road Campus

Start Date: 07/09/2026

Day:

Time:

Course Fee:

Course Code: CP0243

Study Mode: Full Time

Apply online: www.wolvcoll.ac.uk/apply