

Learner overview

NCFE Level 3 Extended Diploma in Sport and Physical Activity (601/8883/2)

Qualification content, structure and outcomes

This qualification aims to provide you with the specialist knowledge, skills and understanding relating to the sport and physical activity sector, in areas such as exercise, health and lifestyle and preparing for a career in sport. These can be applied to your current or future aspirations of higher education or employment in a variety of roles. The content has been developed with employers, subject experts and tutors to ensure that it's relevant.

While completing these qualifications, you may develop the knowledge, understanding and essential skills employers look for in employees. These range from familiar 'key skills' such as team working, independent learning and problem solving, to more tricky-to-measure skills such as:

- an appreciation for appropriate behaviour and dress
- appropriate interpersonal skills
- communicating with professional colleagues/peers and/or hierarchical seniors
- supporting other aspiring employees
- personal manners and deportment
- understanding work practices and how different roles and departments function within an organisation

This qualification has 1080 guided learning hours (GLH) and the total qualification time is 1260. The qualification is designed as part of a 2 year programme, usually in combination with other qualifications to support your aspirations.

This qualification is particularly appropriate if you have an interest in progressing to a career in the sector, but also aids progression into an Apprenticeship or into higher level studies.

You will choose from one of the 4 pathways:

- Sport and exercise science
- Outdoors
- Working in sport and leisure
- Sports coaching

You'll complete 3 mandatory units then choose 15 optional units to complete, depending on your personal interest or career aspirations.

Mandatory

- Exercise, health and lifestyle – J/508/4583
- Preparing for a career in sport and physical activity – D/508/4637
- Mandatory unit relevant to your chosen pathway

Optional

There are 15 optional units and these differ depending on your chosen pathway.

For more information on these units please see the website

<https://www.ncfe.org.uk/media/835223/level-3-sport-and-physical-activity-qualification-specificationissue-4.pdf>.

Similar qualifications

This qualification is part of a suite. The other qualifications are:

NCFE Level 3 Introductory Certificate in Sport and Physical Activity (601/8877/7)

This qualification would suit you if you are looking for a brief insight into the sport and physical activity sector and will provide you with an introduction to the career opportunities available.

NCFE Level 3 Certificate in Sport and Physical Activity (601/8878/9)

This qualification is designed to be taken by those wishing to progress to a career in the sport and physical activity sector. This qualification will raise awareness of the industry by providing a broad background in the skills and experience required.

NCFE Level 3 Diploma (540) in Sport and Physical Activity (601/8881/9)

This qualification is designed as a one year, full time course covering a broader range of skills, knowledge and understanding to support progression either into employment or onto further study.

NCFE Level 3 Diploma (720) in Sport and Physical Activity (601/8882/0)

This qualification is designed as part of a 2 year programme, usually in combination with other qualifications to support your aspirations. This qualification will also support you to progress into higher education, ultimately leading you into employment.

Other ways you could achieve the same outcome

Similar qualifications are available through other Awarding Organisations. Please check the Register of Regulated Qualifications (<http://register.ofqual.gov.uk/>).

You will need to apply for a loan to support you through this qualification. This qualification is not available as part of an Apprenticeship.

How this qualification supports the identified outcome

This qualification supports progression to employment or further learning.

Typically, if you complete this qualification you can progress on to a number of further learning opportunities, such as:

- NCFE Level 3 Certificate in Personal Training
- NCFE Level 3 NVQ Diploma in Personal Training
- NCFE Level 3 NVQ Diploma in Outdoor Programmes
- NGB outdoor coaching or instructor qualifications
- NGB coaching awards

- Apprenticeships in various sectors within sport and physical activity
- Advanced Level Apprenticeship in Sports Development or Fitness
- degree in Sport and Exercise Science
- degree in Outdoor Adventure or Leadership
- degree in Sport and Leisure

UCAS points

This qualification has been allocated UCAS points. Please refer to the UCAS website for further details of the points allocation and the most up-to-date information.