

Full time, 22/23

L3 Extended Diploma in Sport and Fitness

Level 3 | BTEC National Foundation Diploma in Sport, Fitness and Personal Training

Course information (PDF generated at 25/05/2022 07:06:31 am)
www.sgscol.ac.uk/study/academic-sport/l3-extended-diploma-in-sport-and-fitness

Summary

This Level 3 Extended Diploma in Sport and Fitness is one of the Sports departments flagship courses. The qualification allows you to study a wide range of areas within the Fitness industry, given you an insight into the world of Sport, Fitness and Personal Training, thus better informing your next steps and your career choices. This 2-year course has been tailored to give learners an opportunity to progress onto Higher Education Sports programmes or employment in the sporting industry.

The Level 3 programme is made up of units, that are a mix of theory and practical work.

This course will cover some of the units below:

- Fitness Skills Development
- Careers in Sport
- Nutrition
- Self-Employment in Sport and Physical Activity
- Business and Technology in Personal Training

Qualification Size and UCAS Points

This BTEC qualification is equivalent to 3 A-Levels, giving the learner the opportunity to achieve a maximum of 168 UCAS points.

Additional Qualifications

Apply online



This qualification is endorsed by the Chartered Institute for the management of Sport and Physical Activity (CIMSPA) accredited by the Register of Exercise Professionals (REPs). As such, over the course of the 2-year programme, learners will gain a Level 2 Fitness Instructor qualification, and a Level 3 Personal Trainer qualification, in addition to their BTEC certificate.

How do the Sports Academies work alongside this course?

Learners are able to access Sports Academies whilst studying at SGS College on a full-time course. Your academic studies and academy training work as a partnership, and as such, are never timetabled at the same time. This allows you to continue your development within your selected sporting discipline, whilst studying in an academic area that interests you. For example, a learner may have lectures on a Monday morning and then Academy training at WISE on a Monday afternoon.

How will I know how I am doing?

We will assess this qualification through 100% coursework. The assessment methods we will use include written assignments, presentations, discussions and practical assessment of skills, such as coaching and leading.

What do I need to join?

Applicants will hold a total of 5 GCSE grade 4's, including English and maths.

How will I learn?

This Level 3 course is based at our dynamic and exciting WISE Campus, located within easy reach of the city of Bristol and moments away from Bristol Parkway and Bristol Abbey Wood train stations.

Maths & English

Although no additional English and maths qualifications will be taken during this course, we aim to embed these essential skills into all of our lectures, giving learners the opportunity to further evolve and develop these important attributes.

Employability

Possible careers and salaries include:

Personal Trainer - £14,000 to £22,000 depending upon client base

Gym Owner - £18,000 to £35,000 depending upon client base

Average yearly salary data taken from the National Careers Services website

Work Experience

Every learner at SGS College is tasked with achieving 36 hours of work experience during the academic year. We suggest the learner starts to consider their work experience placement at the earliest opportunity.

What can I do next?

A high majority of our learner's progress onto Higher Education Sport programmes. Following the successful completion of this qualification, learners could also apply for apprenticeships in the related field. Employment options after achievement include a number of fitness-based options, from becoming a personal trainer or strength and conditioning coach, to starting your own business.