

Purpose Statement

Level 3 Diploma in Sport Skills for Further Learning and Employment (RQF)

The primary purpose of this qualification has been developed in response to an identified need highlighted by Further Education Colleges. It bridges the gap for learners progressing from level 2 to level 3 sport qualifications and ensures that they develop the rigorous skills necessary to prepare them for independent study. Learners may choose from 3 endorsed pathways: Fitness and Training; Health and Wellbeing; Coaching and Instructing. The qualification will enable learners to become better equipped to reach their potential and to progress within Further Education and onto Higher Education in their chosen area of study.

Who is it for?

The qualification has been developed for learners progressing from level 2 to level 3 sports qualifications who may not have mastered sufficient independent learning skills to achieve their potential at level 3. The qualification is aimed at equipping learners with the skills to not only be successful at level 3 in their chosen specific sports area but also at a higher level.

What does this qualification cover?

To achieve this qualification you will need to complete 48 credits and commit to approximately 480 hours of learning.

You will be required to complete 3 mandatory units;

- Developing Personal Study Skills
- Developing Problem Solving
- Interpersonal and Written Communication

You then have the choice of 3 endorsed pathways:

Fitness and Training units within this pathway include

- The Physiology of Fitness
- Principles and Anatomy and Physiology in Sport
- Instructing Physical Activity and Exercise

Health and Wellbeing units within this pathway include

- Exercise, Health and Wellbeing
- Understanding Nutrition and Healthy Eating
- Develop Aspects of Physical Fitness

Coaching and Instructing units within this pathway include

- Refine Leadership Skills
- Exercise and Fitness Instruction
- Community Involvement in Activity Provision

What are the Entry Requirements?

There are no age restrictions for working towards this qualification and no specific prior achievements required.

What are the Assessment Methods?

You will be required to complete a portfolio of evidence and must provide sufficient evidence that you have the required knowledge, skills and understanding of the assessment criteria. Evidence, within your portfolio of assessment, may include:

- Assignments or projects
- Observations of practice
- Professional discussions
- Witness testimonies

What are the Progression Opportunities?

Progression to sport related level 3 and level 4 qualifications.

Who supports this qualification?

This qualification has been supported by a range of training providers with experience of delivering this qualification including, Kingston Maurward College.