Working together to transform lives

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Sports



Subject Area	Sports & Fitness
Course Type	School Leavers
Study Level	Level 2
Delivery Mode	Full-time
Duration	1 Academic Year
Start Date	September 2027
Course Code	PA000142

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Course Summary

This NCFE Level 2 Certificate in Sports Coaching will provide a great introduction to the sport vocation and also the introductory skills to start a career in sport coaching / employment in the sport sector. This qualification can also prepare learners for progression to further and higher education programmes.

What You Will Learn

During this program of study, you will participate in and learn to deliver coaching sessions, develop individual skills and tactical awareness and understand the importance of participating in sport and physical activity. Additionally, you will look in to the structure and function of the human body and the systems within it and how they respond to exercise.

Learning is delivered through both theory and practical based sessions. Further learning

will be carried out on work experience, from visiting guest speakers and on day visits and residential opportunities.

You will also be expected to take responsibility for independent study outside of your timetable, as directed by your tutors, using our Virtual Learning Environment platforms.

Benefits of studying with us:

- You will have the opportunity to access free health and fitness development facilities at Bradford College.
- Our lecturers all bring a wealth of experience,from a range of sporting and relevant industrial backgrounds.
- Well established links with local, national and international providers allow for valuable experiences to be gained throughout the course.
- Progress coaches and intervention officers support your journey to success through your programme of study.

Modules

Unit 1 – Participation in Sport – This unit enables learners to develop their practical skills in sports through organising and participating in sports activities. Learners will work with others to plan a sports activity, participate in a sports activity, and evaluate their own performance and the performance of others following the activity. The unit is underpinned by learners gaining the required knowledge and understanding of sports rules and regulations.

Unit 2 – Developing Skills and Tactical Awareness – This unit provides learners with the opportunity to develop their understanding of technical and tactical skills for a sport of their choice. There is an opportunity for learners to assess and analyse their own technical and tactical skills, along with the analysis of a professional sportsperson. Through analysis of their own performance, learners will develop a plan to improve their sports performance.

Unit 3 – Sports Coaching – This unit allows learners to develop their understanding of the roles and responsibilities of a sports coach, considering personal skills, coaching and communication techniques. Learners will have the opportunity to plan, deliver, and evaluate their own coaching sessions within a sport/activity of their choice.

Unit 4 – Anatomy and Physiology – This unit will provide learners with an understanding of anatomy and physiology in the context of exercise. Learners will develop their

knowledge of the structure and function of the body and how exercise impacts it. A range of learning outcomes cover the skeletal, muscular, respiratory, cardiovascular, nervous and energy systems.

Entry Requirements

Entry to this course requires GCSE English at grade 3 and GCSE Maths at a grade 2.

- Previous studies in Sport or PE related subjects would also be beneficial .A genuine interest and passion for studying and participating in Sport and Physical activity.
- A learners educational and employment background will always be considered on an individual basis when looking at suitability for entry to any of our programmes.

Work Experience

As part of your Programme of Study it is expected you will cover up to 30 hours work experience on the course.
This will include specific placement in sport related roles. Our work placement officers will discuss your preferences with you and try to arrange suitable opportunities for you.

Progression

Successful completion of this course can lead to progression to:

- NCFE Level 3 Certificate or Diploma in Sports and Physical Activity (Sports and Exercise Science Pathway) (dependent upon GCSE English and Maths grades) where the focus and goal will be further development of knowledge and skills and achieving UCAS points to access Higher Education should you wish to progress beyond this.
- Employment within the Sports Industry.

Disclaimer: Our prospectus, college documents and website are simply here to offer a guide. We accept no liability for any inaccurate statements and are not responsible for any negative outcomes if you rely on an inaccurate statement. We reserve the right to withdraw any programmes or service at any time.