Working together to transform lives

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Sport



Subject Area	Sports & Fitness
Course Type	School Leavers
Study Level	Level 3
Delivery Mode	Full-time
Duration	2 Academic Years
Start Date	September 2027
Course Code	PA000144

View on **bradfordcollege.ac.uk**

Course Summary

Prepare for the next stage of your sports journey with our Sport Level 3 course. You will explore the sport and physical activity sector in greater depth—gaining advanced insights into how health, fitness, coaching, and performance all interconnect. Alongside strengthening your understanding of these areas, you'll investigate a variety of career opportunities aligned with your personal interests and future aspirations.

Whether you see yourself leading a team, organising sports events, or supporting athletes in reaching their full potential, this course will equip you with the knowledge and skills to progress onto university-level study or step confidently into a rewarding career in the sports sector.

Is This Course for Me?

If you have a strong interest in sports, enjoy seeing others excel, and want to expand your own skills to a higher level, then this is an excellent choice. You'll deepen your grasp of advanced sport and fitness concepts and set yourself up for success—whether your next step is higher education or a promising role in the sports industry.

Why Choose This Course

- Delve into a variety of sports topics that lay the groundwork for both advanced study and a rewarding career in the field.
- You'll learn through a blend of classroom discussions and practical sessions, plus get real-world insights from placements, guest speakers, and educational trips.
- Alongside guided lessons, you'll also take charge of your own progress using our online learning tools.

This course is a part of **Ambition [HUB]**, an exclusive Level 3 stretch and challenge for chosen students.

What You Will Learn

A range of topics will be covered that will give you a wide range of subject knowledge that will provide the platform for future learning and employment opportunities. See the Modules tab for specific areas covered on this programme.

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

You will need to complete the following **3 mandatory units**:

- Exercise, health and lifestyle

- Preparing for a career in sport and physical activity
- Principles of anatomy and physiology

You will also need to complete a further **6 optional units**, of which we have selected the following:

- Practical Team Sports
- Fitness Testing for Sport and Exercise
- Analysis of Sport Performance
- Psychology for Sports Performance
- Fitness Training and Programming
- Sports Massage

Entry Requirements

Entry to this course requires GCSE English at grade 4C and Maths at Grade 3D or above

A genuine interest in future careers in Sport Coaching / Sport Development / or Higher Education studies in related fields. Positive academic performance on previous college courses or at schools previously attended.

Please note that:

- You will be advised to purchase the course uniform which can be viewed / tried on during the induction process and ordered / purchased online.
- You will also need appropriate training kit for practical activities in the gym / sports facilities.
- Pens, paper and any other relevant stationary, which needs to be brought to all lessons.
- The course text books are available to buy as a paper copy or can be accessed online, free of charge, as an e-book, once you have enrolled.

Work Experience

It is expected you will cover up to 160 hours work experience on the course. This will include specific placement in sport coaching / development related roles. Our work placement officers will discuss your preferences and arrange these opportunities for you.

Progression

Successful completion of this course can lead to progression to:

- Year 2 of course to complete the NCFE Level 3 Extended Diploma in Sport and Physical Activity (Sport and Exercise Science Pathway).
- Application for roles in the Sports Industry.
- Application to universities using UCAS points gained on the course.

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.