

Level 3 National Extended Diploma Sport

Why study this course at Cronton Sixth Form?

We have excellent industry links, and you will benefit from the opportunity to support coaching in schools, go on industry visits and hear from guest speakers. Our staff have a wealth of sporting experience and will fully support your progress on the course and in your sport. In addition to your main qualification you will also have the opportunity to gain coaching, officiating and first aid awards.

What will I study?

You will study the principles and practices within the sport and coaching industry and is equivalent to three A Levels.

It is mainly a theoretical course that analyses many aspects of sport and it is delivered through a variety of methods, within the classroom, the sports hall and fitness suite. The course aims to answer questions such as:

- How does the body work in sport?
- How do I test my fitness levels?
- How should I train to improve my fitness for my sport?
- What are the techniques and tactics of different sports?
- How can my sport be developed in society?
- Which skills do I need to work in the sports industry?
- What sports organisations are there and what do they do?
- How do I become qualified as a sports coach?

How will I be assessed?

Coursework, practical assessments and exams.

Areas of study include:

- Unit 1 Anatomy and Physiology (Exam)
- Unit 2 Fitness Training and Programming (Exam)
- Unit 4 Leadership in Sport
- Unit 5 Coaching for Sports Performance
- Unit 10 Sports Event Organisation

Entry Requirements

A minimum of 5 GCSEs at grades 9 - 4 including a minimum of a Grade 4 in English Language and a Grade 4 in Maths.

Can I study this course if I have not taken it at GCSE?

Students are required to achieve at least 5 GCSE's grade 4 and above including your English Language and Maths.



A Centre of Excellence

Students studying sport at Cronton will be part of a Centre of Sporting Excellence and will have access to the fitness suites in the new IDEA Centre. Our coaches are committed to helping young athletes develop and excel both academically and professionally.

Our extensive elite sporting opportunities include individual coaching, prestigious and high profile sporting partnerships, scholarships, links with governing bodies and an international ski trip. The focus is on encouraging and supporting every student in maximising their performance in their chosen sport.



Please note:

You will study your vocational course full time over one or two years. Vocational courses are assessed via a mix of projects, assessments and exams and can also offer students progression to university.

Enrichment Opportunities

Students studying A level and Vocational Sport at Cronton had the opportunity to go Skiing in France and visit Barcelona, these experiences have provided them with the opportunity to travel, complete work experience, take in different cultures, grow on a personal level and make lifelong friendships.

Students can also take part in a full Sport enrichment programme and talented sports performers will have the opportunity to join our Centre of Sporting Excellence providing access to the fitness suites in the new IDEA Centre. Our coaches are committed to helping young athletes develop and excel both academically and professionally. Our extensive elite sporting opportunities include individual coaching, prestigious and high-profile sporting partnerships, scholarships, links with governing bodies and an international ski trip. The focus is on encouraging and supporting every student in maximising their performance in their chosen sport.

What can this course lead on to?

On successful completion of the Diploma it is possible to progress into Higher Education to study in the following areas:

- Sport and Exercise Studies
- Physical Education Teaching (primary and secondary)
- Sport Therapy
- Coaching Science
- Health, Sport Performance and Nutrition
- Sport Development

Alternatively, students who have completed this programme have gone on to study to become a Fitness Instructor / Personal Trainer or have successfully completed an Apprenticeship in Physical Education and Sports Coaching. There are also opportunities to apply for the armed

forces, or to seek employment within leisure centres, health clubs or sport coaching within the UK or abroad. Past students have gone onto Higher Education on one of the many sports degree courses available, or have obtained employment within the fitness industry, sport development centres or community football coaches.

Any additional costs?

Students will be expected to purchase the course kit package that is £48.50 and make a contribution to trips and visits that are organised to support curriculum delivery.

What have previous students said about this course?

"The staff are trained in that area very highly and most of them are competing or have competed in their field. The facilities in the College are amazing from the gym, sport's hall and their outdoor playing field."

Outstanding Results 2021
100% Pass Rate



Meet the Students

Name:
Connor McCabe

Previously from:
Penketh High School

Destination:
Liverpool John Moores University, Science and Football

Vocational Results:
Level 3 National Extended Diploma in Sport, Triple Distinction*

"I chose to study at Cronton because of the amazing facilities and the scholarship programme."



Outstanding Facilities

Offer sports science support in the new IDEA Centre for gifted and talented students for all sports including athletics, triathlon, gymnastics, taekwondo and many more. Up to 5.5 hours of individual coaching and one-to-one specialist support for talented sports students.