Sport

Extended Diploma in Sport and Physical Activity - SPORTS COACHING

Campus: North Notts College - Worksop Campus
Code: W14SP09
Level: 3

About This Course

Take your coaching skills to the next level with this engaging and hands-on course. Designed for aspiring coaches and fitness professionals, this course blends practical training with essential theoretical knowledge. Develop key skills in coaching, sports science, and fitness programming that prepare you for higher education or employment in the sports industry.

What Will I Study?

Throughout this course, youâ??ll study a range of topics, including:

- Principles of sports coaching and leadership
- Anatomy and physiology in sport
- Sports psychology and performance analysis
- Fitness training and programming
- Nutrition for sports and exercise
- Organising and leading sports events and activities

Why Study Here?

While studying at North Notts College, benefits include:

- Taught by industry professionals with coaching experience
- Access to modern sports facilities and equipment
- Work placement opportunities with local sports teams and organisations
- Strong progression pathways to university and employment

Entry Requirements

To enrol on this course, you will need to meet the following requirements:

- Minimum of five GCSEs at Grade 4 (C) or above, including English and Science
- A passion for sports coaching and physical activity
- Willingness to engage in both practical and theoretical learning

How To Apply

You can apply using our online application form and clicking the **Apply Now** button at the top of this page.

For more information support with your enquiry or application please contact Student Services by emailing contact@nnc.ac.uk or by calling **01909 504500**.

Tuition Fees

- 16-18 year olds do not need to pay course fees.
- Those aged 19 or over may not need to pay fees depending on their circumstances. Find out if you qualify for help with your fees. [https://www.nnc.ac.uk/information/student-support/finance/course-fees/]

If you need further advice or guidance please contact the Enquiries Team on **01909 504500.**

PLEASE NOTE

We make every effort to ensure information within our online course directory is accurate and a true representation of the courses we are offering in 2027-28. However, we do reserve the right to make changes if necessary.

Last updated: 22nd November 2026