

3

Course Code
603/1540/4

Total Course Duration
12 Months

- Full-time
- Academic term-time

Awarding Body
Active IQ



Level 3 Diploma Active IQ in Coaching Sport

Overview

The Level 3 Diploma in Coaching Sports provides learners with the broad base of knowledge and skills required to work in a variety of customer-facing roles within the active leisure industry, including coaching sports and physical activity and working with children.

It is a competency-based qualification that confirms occupation competency for operating within a sports setting.

The course is designed to provide you with the knowledge and skills to:

- Develop your understanding of anatomy, physiology and how they relate to coaching.
- Plan and coach safe and effective multisport activity sessions.
- Work with children and young people, taking in to account their age and development needs.

- Deliver exceptional customer service.
- Manage your own personal development.

The 12-month course with Heart of England Training will be delivered alongside a fully immersive football programme, in which coaching, training sessions and matches interweave with the individual elements of the qualification.

Course content

- Planning and coaching multisport activity sessions
- Working with children's and young people in a coaching environment
- Principles of anatomy, physiology and fitness
- Health and safety for coaching in different environments

- Principles of fundamental movement and sports skills
- Delivering exceptional customer care
- Managing personal and professional development

- Duty of care
- Rules and regulations
- Nutrition and hydration
- Coaching styles and participant development
- Inclusive coaching practice
- Safe coaching practice

Entry requirements

You will be required to hold a grade 4/C or above in English and Maths at GCSE. Applicants with relevant level 2 qualifications will be considered at the discretion of the Academy. You must be able to communicate effectively in both written and spoken English.

We will support candidates with Maths and English (GCSE or Functional Skills) if they have not already achieved the minimum requirement.

Active IQ

On-programme development & training

Using the **OneFile** online portfolio, you will complete assignments, store theory work and monitor progress as you complete each of the units of the qualification. Your portfolio will include tutor reviews and feedback, assessments and specific tasks which relate to your individualised learning plan. We also use **OneFile** to support you with 'life lessons' and to enrich your understanding of safeguarding.

One of the assessment methods is an 'open book' multiple choice examination. Progress will be monitored as you complete each of the units required of the qualification. Your education will comprise a blend of technical, tactical and theory sessions, work-experience, workshops and guest speakers.

You will complete three football training sessions each week, in addition to match days, external visits (including trips to St. George's Park), match analysis and links into non-league

As part of the course you will be working with schools to deliver sessions to students from 3-18 years of age. These are developed over a 6-week block and will be completed during two terms over the academic year.

Students who require additional support with Maths and/or English will be given one-to-one and group tutor-led sessions and provided access to a suite of online resources, revision tools and interactive activities.

Progression & Pathways

This course provides an excellent platform for progression from the BTEC level 3. Supporting learners in gaining knowledge of working within the sport and leisure sector.

As this qualification will allow students to work with schools to plan and development coaching sessions to students from 3-18, there are progress route towards:

- Teaching Assistant
- Sports development officer
- Sports Coach; volunteer or leader

Added Value

Your time on-programme will include visits to St. George's Park, the home of England football teams and football education.

Students at our Daventry site will have opportunities to play for the Pro:Direct Select 11.

There will also be opportunities for showcase games against professional clubs, access to semi-professional teams and the National Alliance and FA Youth Cup.



INFORMATION



ADVICE & GUIDANCE



APPLICATION SUPPORT



INDUCTION



ON-PROGRAMME LEARNING



PROGRESSION ROUTES

“I think people should study the Football Education programme because it gives you understanding from a coach's perspective and gives you a responsibility of putting on your own sessions.”

