

## Sport Level 3

The BTEC Level 3 National Extended Certificate in Sports Coaching and Development is designed to develop skills for progression to further learning and, ultimately, to employment in the Football or Sports Industry.

Learners will gain an understanding of this industry in general and an insight into the various career options available.

It is aimed at young people who wish to study the Sports and Leisure Industry in a professional sports setting based at Leyton Orient Football Club and the Score Sports Complex. Learners will need to have a passion for sport and an interest in exploring the different areas of this industry including health, fitness, performance, coaching, sports science and events.

As well as the football club, Leyton Orient Trust have strong links to sports organisations, charities and local schools.

This is a 2 year course for learners interested in sports studies who want to combine education on a non-traditional site with training and playing sport to the highest level they are capable.

- [Sector Overview](#)

The Sports Industry is very diverse with a range of job roles available outside of being an athlete or competitor. Employment in sport, leisure and recreation roles are up 10% since 2020.

With the varied roles within the sector, you could have the flexibility of part-time work, your own business or a full-time role, so salaries vary from around £15,000 to anything from £35,000-£100,000 in a managerial role. Whether you're interested in sports management, a career in personal training, sports coaching, PE teaching or see yourself working in health and wellbeing as a physiotherapist or nutritionist, our Sports courses will open you to a world of possibilities.

- [Entry Requirements](#)

The entry requirements for this course are:

- 4 GCSEs at Grade 4 (C) or above including English and Maths Grade 3 (D) or above
- Merit in a relevant Level 2 qualification
- Interview and assessment

If required, you will study GCSE maths and/or English alongside your course so you can progress to the next level.

- [What will I study?](#)

This course consists of the following modules:

**Year 1:**

- Careers in the sport and active leisure industry
- Health, wellbeing and sport
- Developing coaching skills
- Learners may also complete these optional modules in preparation for the second year.

**Disclaimer:**

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- Sport development
- Self-employment in sport and physical activity
- Anatomy and physiology in sport

**Year 2:**

- Organising events in sport & physical activity
  - Influence of technology in sport & physical
  - Practical sports application
  - Rules, regulations and officiating in sport
  - Sporting injuries
  - Anatomy and physiology in sport
  - Nutrition for physical performance
  - Sports psychology
  - Self-employment in sport & physical activity
  - Sport development
  - Applied coaching skills
  - Developing coaching skills
  - Health, wellbeing and sport
  - Careers in sport & active leisure industry
- [How will I be assessed?](#)  
You will be assessed via:
    - Written tasks
    - Practical activity
    - Study visits
    - Team building activities
  - [Enrichment](#)  
Football learners will receive up to six hours coaching a week from Leyton Orient Trust coaches as part of their enrichment programme.  
There will also be opportunities to gain additional coaching qualifications and to play football for our Leyton Orient College Teams in regional and London based leagues.  
Learners will get to take part in FA Coaching Days with experienced A or B Licence coaches learning what it takes to coach at this level.  
There will be guest speakers from varied departments of the football club, including players, coaches, fitness staff and club management, trips to the training ground and visits to other football stadia, and sports and fitness facilities in the local area.
  - [Work Experience](#)  
You must complete 36 hours (1 week) of external work placement which is an essential part of the programme.

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Some of the opportunities will include placements with employers such as:

- Leyton Orient Trust
- Born4Sport
- Tapscott Trust
- Essex Cricket Club
- Wale Coaching
- Leyton Orient Football Club

Students can be employed by their coaching placement as casual coaches. Other Employers offering placements include:

- YMCA
- GLL Leisure
- London Youth
- Sports Interactive (creator of Football Manager)

- [Progression opportunities](#)

The completion of this course will allow you to progress onto:

- University degree
- Employment

- [Alumni](#)

**Muhammed** received Distinction in his first year and progressed directly on to the second year of Sport Level 3, setting himself up for a strong final grade and enough UCAS points to widen his Higher Education choices.

**Patrick** received Distinction in his second year and progressed on to the University of Bedfordshire to study Sports Therapy and Rehabilitation.

Waltham Forest College is a vibrant and aspirational college and will support you to reach your career aspirations. Last year 96% of learners progressed onto a positive destination either to higher levels of study, employment, or an Apprenticeship.

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