

Sport

Diploma in Sports & Physical Activity

Campus: Dearne Valley College

Code: D14SP10

Level: 3

About This Course

The Level 3 Sport course is perfect for students who are passionate about fitness, coaching, and performance. It provides a strong foundation in the science, theory, and practical skills that underpin success in the sports industry. Whether you want to become a coach, fitness instructor, therapist, or progress to university-level study, this course will help you achieve your goals.

What Will I Study?

You'll study a wide range of topics designed to build your knowledge and skills, including:

? Anatomy and physiology for sport and exercise

? Sports coaching and leadership

? Fitness training and programming

?
Sports psychology

?
Nutrition for performance

?
Sports injuries and rehabilitation

?
Practical team and individual sports

?
Organising and leading sports events

You'll also take part in practical sessions, fitness testing, and work-related projects.

Why Study Here?

- Learn from qualified coaches and industry professionals
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Access
to top-quality sports facilities, gyms, and fitness
equipment

- Opportunities for work experience
with local sports clubs and organisations
- Take part in competitive college
sports teams and enrichment activities
- Support
with progression to university, employment, or
apprenticeships

Entry Requirements

- 4 GCSEs at grade 4 (C) or above, including English and preferably PE or Science,
or a relevant Level 2 qualification at Merit or above.
- A strong interest in sport, fitness, and coaching.
- Willingness to participate in practical and physical activities.

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 learn@dearne-coll.ac.uk [mailto:learn@dearne-coll.ac.uk] or by calling **01709 513355**.

What Courses Can I Progress Onto?

- University
degrees in **Sport Science, Sports Coaching, Physical Education, Sports Therapy, Exercise and Fitness, or Strength and Conditioning**
- Higher National
Diplomas (HNDs) in Sport or related areas
- Apprenticeships
in coaching, fitness, or personal training

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 fees.

If you need further advice or guidance please contact the Enquiries Team on **01709 513355**.

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 2026-27. However, we do reserve the right to make changes if necessary.

Last updated: 10th July 2026