Sport

Award in Instructing Kettlebells

Campus: North Notts College - Worksop Campus
Code: W14AC01
Level: 2

About This Course

A practical fitness course focusing on kettlebell training techniques for strength and endurance

What Will I Study?

NCFE

Level 2 Certificate in Sport

This

qualification is for learners aged pre-16 and above and is suitable for those

looking for a level 2 qualification.

It

will give learners the introductory skills to either start a career in sport or

progress within employment in the sector. This qualification can also prepare

learners for further or higher education and gives a good introduction to

the sports industry. Learners can also gain a hands-on approach through our Work Experience Programme.

On this course, learners are required to complete three mandatory units (see below) and one optional.

- Participating in Sport

- Understanding Business in Sport

- Preparing to Work in the Sport and Leisure Industry

NCFE

Level 3 Diploma in Sport and Physical Activity (Year 1)

The?NCFE

Level 3 Extended Diploma in Sport and Physical Activity (Sports Coaching)?is intended for learners aged 16 and over and provides the knowledge, skills and understanding required within the sport and physical activity sector.

It will also allow learners to gain transferable skills and progress to employment through our Work Experience Programme, in line with career aspirations.

During this course, learners are required to complete three mandatory units (see below) and one optional.

- Sport Coaching
- Sport Science
- Working in Sport

NCFE

Level 3 Extended Diploma in Sport and Physical Activity (Year 2)

This course is a one-year extension to “Diploma in Sport and Physical Activity”, which prepares learners for higher education by giving them the necessary grades. Students will complete an additional nine units and choose an optional one specific to their chosen pathway.

Why Study Here?

- Learn in our top-quality fitness suites and sports halls.

- Utilise cutting-edge tools while you gain expertise in business, personal training, nutrition, and sports coaching.

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You

will have the opportunity to attend educational visits and be exposed to

industry experts

- This

  course has been supported by a number of universities, including: London South

  Bank University, Southampton Solent University and University of

  Huddersfield.

Entry Requirements

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.

What Courses Can I Progress Onto?

Tuition Fees

<UL>

<LI>Those aged 19 or over may not need to pay fees
depending on their

circumstances. Find out if you qualify .</LI></UL>If you need

further advice or guidance please contact the Enquiries Team on
<B>01909
504500

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Additional Information

Sports kit will be required. However, financial support is available for those eligible. Please refer to the RNN Group Bursary Policy for further details.

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: 27th November 2026