

# Diploma in Sport (Sports Coaching)



16-19

Adult

If you can't get enough of sport and/or fitness and have your sights set on becoming a sports coach, PE teacher or fitness instructor, then this is the course for you. Then this will be on your first step in to a career in the sport, health and fitness industry!

The first thing you'll notice about this course is that it's about both practical and theoretical learning – you'll be spending a lot of time outside the classroom doing practical sport and fitness in our on-campus sports hall, fully equipped gym and grass pitches. There are no exams at all; the course is a combination of practical and portfolio-based assessments.

At Duchy Stoke we have two pathways within the Level 2 qualification: football or fitness.

If you are interested in the football pathway; Duchy College Stoke has an amazing partnership in place with Plymouth Argyle FC. Students have the opportunity to enrol on a post 16 football development programme with high quality training delivered by Argyle staff twice a week and fixtures taking place most Wednesday afternoons, all of which go towards the evidence needed to complete your course, playing football actually is your college course. The Plymouth Argyle staff are on site for each day of the pathway, using their specialist industry expertise to support coach development and to improve individual player performance.

If you are interested in the fitness pathway: Duchy College Stoke have developed a new partnership with the state-of-the-art gym provision at The Zone in nearby Callington. You will travel to The Zone for some of your practical sessions where they have a combination of fitness equipment covering all aspects of fitness. In addition to the Duchy team having fitness industry experience and qualifications, the team at the Zone will be able to add their insight as you work on both your own physical fitness and learn how to coach in the fitness setting.

You'll be looking at everything: strength & conditioning techniques, skills and the beginnings of tactical awareness along with teamwork and leadership. In addition, you will be carrying out your very own personal fitness plan as you progress through the course. In essence, you'll be developing all of the essential skills you need to start your journey towards a career in sport, health and fitness



Find out more and  
apply online



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As a Level 2 course, this diploma is all about introducing you to everything from the theory behind how the body works, to the practical steps needed to plan and coach your very own sport/fitness session. Our highly-skilled and motivated staff have a wealth of knowledge and experience in sport, health and fitness. They are there to give you the very best start to your career.



Scan the QR Code for full course description, assessment and progression options from this course



## ENTRY REQUIREMENTS

A minimum of three GCSEs at grade D (3) (to include English and PE/maths desirable) or you will have successfully completed a relevant Level 1 programme including English Functional Skills Level 1.



## LOCATION & NEXT START DATE(S)

Duchy College Stoke Climsland - 8 September 2025



<b>LEVEL</b> Level 2	<b>DURATION</b> 1 Year
<b>ATTENDANCE</b> Full-time	<b>FEES</b> Tuition Fees: £709.00 FREE for school leavers*

Fees apply to adults and HE students only. Only the most common fees scenario is shown. Actual fees may vary depending on your personal situation. Please contact us for further information. Courses listed on this website are indicative of the subject, nature and level of study. The College reserves the right to alter specific qualifications titles, awarding bodies and levels of qualification, which can change in year. Any cost may also vary, based on personal funding eligibility. The Cornwall College Group reserves the right to withdraw any course listed at any time.



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## Explore Our Courses & Apprenticeships

Join us for a campus tour, meet our dedicated team, and get all your questions answered. Scan the QR code to register for our next Open Event or Taster Day.



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