

Level 2 Diploma in Sport

Location	Altrincham Campus
Course Type	College 16-18
Department	Sport
Start Date	Tuesday 1st September 2026
Course Code	AFP-SP2D-1100

Course Overview

Do you see yourself becoming the next Pep Guardiola, Tracey Neville, Sarina Wiegmann, Sir Dave Brailsford or Andy Farell? Do you want to develop the next generation of athletes and sports performers? Do you want to help coach a variety of age groups to enable people to play sport, socialise and live healthy lifestyles? If so, then this programme is for you!

Alternatively, if your goals are to work in gyms and health club settings, be self-employed with private clients, or aspire to be the next big fitness influencer like Joe Wicks, this qualification will also get you closer to your goals.

The NCFE Level 2 Diploma in Sport is a one-year course that is equivalent to 4 GCSEs and is aimed at learners who wish to progress into a career in sports coaching or fitness industry at the conclusion of their studies or continue their studies at level 3.

Each unit is split into several assignments which aim to assess your understanding of a variety of criteria, and are graded as pass, merit, or distinction. After completing each unit, each grade is added to a total which will give you your final grade profile.

The mandatory content allows learners to develop their technical skills, supported by underpinning knowledge such as anatomy and physiology and gives learners the opportunity to relate the skills and knowledge to the sports coaching and fitness industry. This prepares learners to work independently as coaches and gives them the skills and expertise to coach at all levels of sports ability for both children and adults.

Course Requirements

4 GCSE's at Grade 3 or above (including maths and English Language).

What You Will Learn

Students will also study a range of optional units which will allow learners to increase their breadth of understanding of working in the coaching industry. For example, how to deal with sports injuries, sport psychology and performance analysis and also fitness testing to assess the fitness of participants, and technical and tactical skills to develop participants' key techniques and skills.

Developing skills in the areas below:

Leadership.

Team working Skills.

Communication.

IT skills.

Employability Skills.

Practical (Technical and Tactical Development)

Organisational Skills (Planning and Reflection)

Employment opportunities.

Assessment

It is 100% internally assessed through seven coursework and practically based units which aim to provide learners with opportunities to sample a wide range of specialist areas within sports coaching through an understanding of the coaching and practical skills that will help them to progress into employment in the sports coaching and leisure sectors.

Progression

This course acts as a gateway to further study at level 3 or to seek employment or an apprenticeship.

Career Options

It will give learners the introductory skills to either start a career in sport coaching or progress within employment in the sport and leisure sector, e.g. sports clubs, holiday clubs, hotels and leisure centres.

Mandatory Units

Mandatory units for this course are:

Participating in Sport

Sports Coaching

Developing Sporting Skills and Tactical Awareness

Contact Details

For further information please contact T: 0161 886 7070 or E: info@trafford.ac.uk

Disclaimer

Although every care has been taken to ensure that the information contained within this document is accurate, there may be changes to this programme and provision. We will endeavour to keep prospective and current students updated where appropriate and when the information becomes available.