

A photograph of two young men in red sports shirts in a gym. One is sitting on a blue exercise machine, and the other is standing next to him, looking at a screen. The gym has large windows and various exercise equipment.

Sports Coaching, Development and Excellence Certificate - K086

The course has been designed to prepare you for a career in sport, sports development and sports coaching. All aspects of the course will be delivered with an emphasis on Football.

COURSE DETAILS

Wirral Met College Football Development Centre combines this qualification with practical skills and technical/tactical development, coaching and the option of competitive or recreational weekly football fixtures depending on ability. You will study the following:

- Principles of Anatomy & Physiology in Football
- The Physiology of Fitness in Football
- Assessing Risk in Sport
- Fitness Training & Programming for Elite Footballers
- Fitness Testing for Professional Footballers
- Football Coaching
- Practical Team Sports
- Nutritional requirements & Lifestyle of a Footballer
- Instructing physical activity & Exercise
- Psychology in Football
- Work Experience
- Technical & Tactical requirements for Football
- Current issues in Football

ENTRY GUIDELINES

This is a Study Programme for students who are 16-18 years of age.

To study a Level 3 qualification, you will need:

A minimum of 5 GCSEs at Grades 4-9 including English and/or Maths (or L2 Functional Skills in English and/or Maths)

OR

A relevant Level 2 qualification and English or Maths at Grade 4 or above (or L2 Functional Skills in English and/or Maths)

If English is not your first language, you may need an assessment before enrolling on this course. To discuss further, please contact the ESOL department on 0151 551 7144.

EQUIPMENT REQUIRED

To learn effectively on your course you will need to use certain items of equipment and undertake particular activities as part of your studies. To further enhance your learning experience the following will be required:

- Uniform
- Educational Visits

These will incur additional costs.

If you need support with these costs, don't worry, click on the link below and complete a bursary application form.

<https://www.wmc.ac.uk/student-support/financial-support/bursaries-loans>

Equipment purchased will be yours to keep and you will be able to use them for practice at home and in your future career.

ASSESSMENT METHOD

The course is assessed using a combination of practical and assignment based methods.

ADDITIONAL INFORMATION

There will be a fee payable to contribute to the residential costs for overnight expeditions and visits, costs will be advised at interview.

You will take part in a variety of activities as part of the course, examples of these include:

- College Football Development Centre representation in The Merseyside Schools & College's League (depending on playing ability)
- Opportunities to play against professional football academies
- Opportunity to gain your FA Level 1 Certificate in Coaching
- Coach mentoring scheme through Dame Kelly Holmes Foundation
- Intra-college competitions
- Manchester City FC stadium tour
- National Football Museum visit
- Residential visit to London including a visit to Arsenal FC for a festival of football and stadium tours of Emirates and Wembley stadiums
- Training session at The FA's national football centre St George's Park (training facility of the England national squad)
- Adventurous activities which may include gorge walking, abseiling, rock climbing, canoeing, and kayaking.
- Planning and leading sports coaching sessions to local primary school children.
- Work experience placements

Are you aged 16-18?

Study programmes are full-time courses for 16-18 year olds which include:

- A qualification such as BTEC Extended Diploma
- Meaningful work experience or preparation for work
- English and maths, if you don't already have GCSE grade 9-4 (A*-C) in English and maths (or Grade 4 or above)
- Non-study activities such as tutorials, voluntary work, fund-raising/charity work, sport or trips

WHERE CAN I PROGRESS TO?

At the end of the course you could progress to higher education, university, football scholarships, employment in the sports and fitness industry.

Explore potential careers via [Career Match](#) — it provides current local data on wages and employment prospects.

You could progress to these Wirral Met courses:

- [K074 - Sport Extended Diploma](#)

WHEN DOES THIS COURSE RUN?

CAMPUS	ATTENDANCE	COURSE CODE	PLANNED TIME TABLE
	Full Time	K086Q001	

CAMPUS	ATTENDANCE	COURSE CODE	PLANNED TIME TABLE
<p>If you are aged 16-18:</p> <p>This study programme will be FREE for most students who are aged 16-18 on 31 August, or students aged 19-24 with an Education, Health & Care Plan.</p> <p>If you are aged 19 or over:</p> <p>Fee : £2200.00</p> <p><i>The fee quoted is for the academic year 24/25.</i></p>			

For advice and guidance, please contact Student Services via our [online enquiry form](#)

This information was current on 28th April, 2025 and may be subject to change.