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BTEC Level 3  
National Extended  
Diploma  
**Performance &  
Excellence Football**





This Extended Diploma has been designed to provide you with the opportunity to develop your own playing skills and performance, while studying for a recognised academic qualification. You will gain a valuable insight into coaching and training techniques for a range of football populations, from young children to elite professional players.

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### Introduction

You will also be given the tools needed to examine your own play and team play, ensuring you improve as a player throughout your time with us.

You will also be expected to contribute towards the cost of course kit.

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**Level** Level 3

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### Specific course entry requirements

College entry (please refer to the Entry Requirements section page 24 for further details).

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### What will I study?

You will study the following units whilst on the course:

#### Year 1

- + Fitness training and programming for an elite footballer
- + Fitness testing for an elite footballer
- + The physiology of fitness for the elite footballer
- + Nutritional requirements of a professional player
- + Exercise, health and lifestyle requirements for an elite footballer
- + The lifestyle of an elite footballer
- + Practical football assessment
- + Technical and tactical skills
- + Assessing risk as a football coach

#### Year 2

- + Instructing physical activity and exercise for an elite footballer
- + The psychology for a football performance
- + Anatomy and physiology of an elite footballer
- + Identifying and treating common injuries in football
- + Sports massage requirements of a footballer
- + Football coaching
- + Analysis of a football performance
- + Talent identification and development in football
- + Rules, regulations and officiating in football
- + Organising a football festival

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### How will I be assessed?

100% Portfolio and skill assessment

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### Where will this course lead me?

On completion of this course you can progress to Higher Education. You may choose to use the qualification as a stepping stone to university, ultimately aiming to work within teaching, coaching or sports development, or find employment at junior management level in football, general leisure facilities, or within the sports retail sector.

