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

ST. JOHN RIGBY  
COLLEGE

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The Performance and Excellence Rugby strand will focus on all aspects of both codes of the game. This course will develop you academically as well as in a playing capacity to fulfil your potential. It will give you the opportunity to explore a range of associated career pathways from physiotherapy to rugby coaching. This will allow you to progress academically and can create routes to Higher Education.

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

**Year 2**

- + Instructing physical activity and exercise for an elite rugby player
- + The psychology for a rugby performance
- + Anatomy and physiology of an elite rugby player
- + Identifying and treating common injuries in rugby
- + Sports massage requirements of a rugby player
- + Rugby coaching
- + Analysis of a rugby performance
- + Talent identification and development in rugby
- + Rules, regulations and officiating in rugby
- + Organising a rugby 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 rugby, general leisure facilities, or within the sports retail sector.

