

Sport and Fitness BTEC Foundation Diploma level 3

Course Overview

This is a licence to practice CIMSPA accredited vocational qualification that will allow you to gain specific skills and knowledge relating to the field of sport and fitness. This is an ideal course for you if you are looking to progress into employment as a fitness instructor, or personal trainer. If you are aged 16 to 18, you will be enrolled on a study programme. This will include retaking GCSEs or undertaking Functional Skills in English and maths if you haven't already achieved a grade 4 or above. You will also be required to complete a work experience placement as part of the course. You will take part in activities that help you to develop your personal skills, such as building your character and confidence. This will help you to live well and move into your chosen career.

What you will learn

The qualification includes units in Fitness Skills Development, Fitness Testing, Self-employment, and Health, Wellbeing and Sport. This one-year programme is equivalent to 1.5 A Levels. The focus of this course is to prepare you to move on to the Extended Diploma, where successful completion will be the equivalent to three A-levels and will accumulate UCAS points, accepted by universities.

Entry Requirements

Standard entry to this course requires one reference. It is desirable that you can demonstrate 95% attendance. A GCSE in English grade 4 (C) or above is required, along with another four GCSE subjects at grade 4 (C) or above. A GCSE in a science would be an advantage. Progression will also be offered to students holding Level 2 Diploma in a relevant subject.

Course Fees

Students will be required to purchase uniform on enrolment at an additional cost of approximately £40.

Course Progression

Students can progress onto the BTEC Level 3 Extended Diploma in Sport, Fitness and Personal Training following the successful completion of this course. In the second year, the focus is to develop skills as a personal trainer and complete units such as Personal Training Skills, Nutrition and Research Project. Progress routes can include employment as a fitness instructor at a gym or leisure centre, or an apprenticeship.

What Happens Next

Apply online via the College website, or if your school uses the Positive Steps @16 (PS16) application system please apply through this and speak to your careers advisor if you are unsure. You will need details of your qualifications and employment history, a reference, and a personal statement to complete your application. Once your application has been successfully processed, you will be sent a conditional offer and be invited to a Welcome Event at the College to meet your tutors, learn more about your chosen course of study and tour the facilities. You will then need to confirm your acceptance of the course offered to you.

Course Details

Course Code	P00199
Start Date	07/09/2026
Study Hours	Full Time
Duration	1 year
Campus	Abbey Park Campus
Level	3

[Apply Here](#)