

## SPORTS COACH LEVEL 4



**Blended learning**



**Course duration**  
15 months (21 months with Apprenticeship Assessment)



**EPA Organisation**  
Elite Awarding



**Training time**  
Approx. 32 sessions



**Funded learning**  
Funded via the Apprenticeship Levy



**Apprenticeship level 4**

## OVERVIEW

School Sports Coaches collaborate with teachers to develop pupils' psycho-motor skills and support whole-child development across all school and registered childcare settings. They design and deliver high-quality coaching programmes that enhance learning, physical education standards, wellbeing, and participation at all levels of competition.

Coaches monitor individual and group progress, measure the impact of their strategies, and influence the wider coaching team through professional practices. Using insights from pupils' cognitive, social, emotional, and physical development, they create tailored, term-based curriculum plans aligned with the National Curriculum and a holistic approach to child development.

## WHAT TO EXPECT

- As an apprentice, you will have approximately 32 educator sessions throughout the duration of your apprenticeship.
- You will see your educator every 2 weeks for your online sessions. These appointments will be used to discuss your progress, assign you tasks and prepare you for your apprenticeship assessment.

## ENTRY REQUIREMENTS

Individual employers may set their own entry requirements. The apprentice must already be employed for over 16 hours per week.

- If a candidate is 16-18 they must have achieved maths and English at Level 2 prior to completion of the course, this is something that can be completed with us if needed.
- If a candidate is 19+ and hasn't achieved in Maths and English GCSE before enrolling, it is up to the employer to decide whether these qualifications should be attempted.
- The candidate must be employed in a suitable role.

## TYPICAL JOB ROLES

- School Sports Coach
- PE Coach
- Performance Coach
- Community Sports Coach
- Development Coach
- Talent Coach
- Youth Sports Coach

# COURSE CONTENT

## Coaching Philosophy & Professional Practice

Develop and update coaching philosophy and strategies through reflection, continuous development, and self-review. Apply evidence-based, progressive coaching systems in line with legislation, sector standards, and codes of practice.

## Curriculum & Participant Development

Use profiling techniques to design learning and development programmes tailored to participants' cognitive, physical, social, and emotional needs. Set targets and monitor progress to enhance psycho-motor skills and overall physical education outcomes.

## Delivery & Coaching Techniques

Facilitate skill acquisition and learning by creating positive, inclusive coaching environments. Apply learning theories, behaviours, management techniques, and technological tools to support engagement and development. Deliver curricular and extra-curricular sessions aligned with the national PE curriculum and school context.

## Wellbeing & Holistic Support

Promote holistic wellbeing, managing stressors for participants and supporting their social, emotional, and physical development. Provide guidance and support to the wider coaching team and participants during events, competitions, and programmes.

## Evaluation & Impact

Measure and evaluate the effectiveness of coaching strategies, participant engagement, and personal performance. Maintain awareness of contemporary education standards, trends, and influences to inform continuous improvement.

## EMPLOYER & LEARNER SATISFACTION

**97%**

of Apprentices would recommend us\*

**99%**

of Employers would recommend us\*

# APPRENTICESHIP ASSESSMENT

The apprenticeship assessment includes:

- The candidate will have a maximum of 12 weeks to complete a significant and defined project which is beneficial to the business.
- The total duration of the EPA is 4 hours split over 3 assessment methods:
  - Workplace project and report, presentation and questioning.
  - Coaching sessions, plan and practical observation with questioning.
  - Professional discussion underpinned by a portfolio.

**“THROUGHOUT I HAVE HAD LOTS OF SUPPORT AND FREQUENT MEETINGS WITH MY EDUCATOR. I HAVE ALSO HAD 1-1 SESSIONS TO ASSIST MY LEARNING AND AID ME IN REFLECTING ON MY PRACTICE. I FEEL LIKE I COULD HAVE APPROACHED ANYONE FOR SUPPORT AT ANY TIME, WHICH WAS AMAZING.”**

