

OVERVIEW

The Level 4 Sports Coach apprenticeship develops the advanced knowledge and skills required to design, deliver and evaluate high quality coaching programmes. It equips learners to work with participants of all ages and abilities while giving employers confident coaches who can raise standards and support long-term development.

The programme covers coaching philosophy, educational standards, meeting participant needs, reporting and maintaining professional practice. Learners gain practical experience in creating coaching environments that are safe, inclusive and effective, with the ability to reflect and improve their coaching approach.

Key Features

- Builds advanced knowledge of coaching practice and philosophy
- Strengthens skills in designing and delivering inclusive sessions
- Develops expertise in educational standards and coaching processes
- Provides practical experience in supporting participants and reporting outcomes

Module	Months	Topic
1	1-2	Learning Launch
2	2-4	Establishing a Philosophy
3	4-6	Coaching Landscape
4	6-8	Understanding & Maintaining Educational Standards & Coaching Goals, Policies, Processes
5	8-10	Meeting the Needs of Your Participants
6	10-12	Reporting
7	15	Progression and Preparation



ABOUT THE APPRENTICESHIP

What you will learn

- Applying coaching philosophy, professional practice, and stakeholder-aligned methods.
- Planning ongoing self-development and using self-awareness to improve coaching.
- Using transformational coaching and strategic planning to drive athlete growth.
- Ensuring legal, ethical, safe and inclusive coaching systems and policies.
- Structuring and deploying coaching teams effectively across workforce roles.
- Designing high-quality curricula and progressive programmes for participant needs.
- Delivering safe, adaptive, inclusive sessions with effective communication.
- Promoting wellbeing, learning theory, behaviour management and positive environments.
- Using tech, data and enquiry methods to analyse impact and guide decisions.
- Profiling participants and planning, preparing, delivering and evaluating sessions.
- Building partnerships, influencing stakeholders and modelling ethical, resilient behaviour.

Additional qualifications included

- Level 2 Maths and English if you do not already hold them.

How you will learn

A mixture of bi-weekly online sessions and face-to-face visits where required. You will have a dedicated tutor who is there to guide you through your training programme. As well as your tutor, you will have access to learning and support materials online to support you with your allocated off-the-job training each week.

Learner Journey

Once learners have completed their training and reached Gateway, they move on to the End-Point Assessment, which takes place over a three-month period. This includes a one-hour presentation, a portfolio of evidence and a one-hour professional discussion. Learners who successfully complete the programme will achieve the Level 4 Sports Coach apprenticeship standard, a nationally recognised qualification that can lead to further development in high-performance coaching.

End-Point-Assessment (EPA) - 3 Months Period

- Presentation (60 mins)
- Professional Discussion (60 mins)
- Portfolio of Evidence

Off-The-Job Training

Off-the-job is where you will need to log evidence of learning activities that fall outside of your normal working environment but is still classed as learning towards your apprenticeship. The number of hours you need to log throughout your apprenticeship will be discussed at enrolment.



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HOW LEARNERS ARE SUPPORTED

ONLINE PORTFOLIO

Learn on-the-go with your phone, tablet or laptop, anytime, anywhere and personalise your learning into bite-sized chunks.

FACE TO FACE MASTER-CLASSES

Join a dynamic group of learners for in-person sessions where you'll have the opportunity to interact with peers and experts, immersing yourself in a guided masterclass experience.

VIRTUAL WORKSHOPS

Engage in live group sessions with expert tutors, interactive discussions and peer collaboration for an exciting and enriching learning experience.

SKILLS COACHING

Personalised guidance from industry specialists to achieve professional excellence

ASSESSMENTS

Assessments test your understanding and retention of learning, helping you enhance your recall and application of knowledge for a deeper grasp of concepts.

LEARNING FORUMS

Learn from and help your peers, discuss the learning, gain extra support, networking and hear different points of view.

