

## **SPORTING EXCELLENCE DIPLOMA (SED) – FREQUENTLY ASKED QUESTIONS**

### **WHAT IS IT?**

Sporting Excellence Diploma (SED) is designed to meet the needs of aspiring elite athletes aged 16-18 who wish to take the first steps on the British Athletics Performance Pathway and gain qualifications at the same time. It is a yearly programme where athletes progress through a series of workshops on principles of developing into a senior international athlete, mentoring support and guidance for further education. The programme aims to complement and enhance their club coaching programme.

### **WHERE ARE THE SPORTING EXCELLENCE DELIVERY CENTRES LOCATED?**

Loughborough - Loughborough College  
Bath – King Edwards School  
Manchester – Parris Wood High School  
Birmingham – Birmingham Met College  
Morpeth - King Edward VI School  
London/SE – St Mary's University & Lee Valley Athletics Centre

### **WHAT BENEFIT IS THE SPORTING EXCELLENCE PROGRAMME TO ME?**

As an athlete you will benefit by understanding the necessary skills and abilities required to become a senior international athlete, such as nutrition, mental skills and physiology. You will then be empowered to have a greater impact upon your own training and the outcome of each session, thus making the most of your potential.

A total of 40 UCAS points are available for successful completion of the course.

### **WHAT WILL I GAIN AT THE END OF THE PROGRAMME?**

After the final completion of the programme you will have an Diploma in Sporting Excellence. This includes: Certificate in Achieving Excellence in Sports Performance, Certificate in Understanding Sports Performance, Personal Learning and Thinking Skills (PLTS), Employee Rights and Responsibilities. Also you will have acquired vital knowledge needed to succeed at Senior International Level



**BRITISH  
ATHLETICS**