

WHY SHOULD YOU CHOOSE 1ST4SPORT AS YOUR AWARDING BODY?

Time-saving support

Unlike many other awarding bodies, which just supply you with the basic qualification standards, we go a step further by providing:

- **full and comprehensive Learner Packs**, which include a full set of structured learning and assessment tasks to help learners achieve the qualification
- **tutor/assessor guidance notes**, which support you and your staff in the delivery, assessment and quality assurance of the qualifications.

Planning confidently with the industry experts

Our unique working relationships with governing bodies of sport and technical experts like The FA, ECB and RFU help us to develop the most up-to-date and relevant coaching qualifications in the industry.

We are also the only awarding body with an extensive portfolio of coaching qualifications, many of which are part of a UKCC-endorsed coach education programme.

Administration making your life simple

The registration and certification of learners couldn't be simpler, with our time-saving online system giving you access to your learners' records at the click of a button!



FREE centre recognition and qualification approval

Delivering 1st4sport qualifications is easy on your budget as there are no costs involved in becoming a recognised centre. Qualification approval is also FREE.

Start reaping the benefits today!

Apply to become a 1st4sport recognised centre by visiting:
www.1st4sportqualifications.com/fq/coaching

HELP YOUR LEARNERS TAKE THEIR PASSION FOR SPORT FURTHER – BECOME A 1ST4SPORT RECOGNISED CENTRE TODAY!

How you can offer 1st4sport qualifications

Non 1st4sport recognised centres

If you are not already a 1st4sport recognised centre², you need to apply to become one by completing a Centre Recognition Application Form. You can now do this online through *Athena*, the 1st4sport online quality assurance system, where you can also apply to become approved for the qualifications that interest you.

Simply call us on 0113-290 7610 to receive a unique access code or visit the web address shown below.

Existing 1st4sport recognised centres

If you are already a 1st4sport recognised centre and would like to seek approval to deliver any of 1st4sport's Principles of Coaching Sport Suite, please access *Athena* and complete the qualification approval process.



Apply to become a 1st4sport recognised centre today!

To find out more or to request access codes for *Athena*, call us on 0113-290 7610 or visit:

www.1st4sportqualifications.com/fq/coaching

²A 1st4sport recognised centre is an organisation (eg training provider, further education college, university, governing body of sport) that has been recognised and approved to deliver a 1st4sport qualification.

There are no costs to apply or to become a 1st4sport recognised centre.

1st4sport Qualifications
the awarding body for active learning and leisure

Prepare tomorrow's sports coaches today

1st4sport PRINCIPLES OF COACHING SPORT SUITE



OPEN THE DOOR TO SPORTS COACHING FOR YOUR LEARNERS

The 1st4sport Principles of Coaching Sport Suite of qualifications provides your learners, aged 14 years and over, with the knowledge needed to develop their confidence and start them on the road to an engagement with coaching sport.

Apply to become a 1st4sport recognised centre and you will be providing an excellent stepping stone into sports coaching for your learners, offering them the knowledge they need as the first step to accessing sport-specific coaching qualifications at Levels 1–3.

Available to deliver individually, the Suite consists of:

- 1st4sport Level 1 Award in the Principles of Coaching Sport (L1POCS)
- 1st4sport Level 2 Award in the Principles of Coaching Sport (L2POCS)
- 1st4sport Level 3 Award in the Principles of Coaching Sport (L3POCS).



The 1st4sport Principles of Coaching Sport Suite of qualifications provide the foundation knowledge for ALL nationally accredited UK Coaching Certificate (UKCC) coaching programmes.

WHAT WILL YOUR LEARNERS GAIN KNOWLEDGE OF?

Utilising the new QCF common-knowledge units for coaching, learners gain the required generic knowledge at an appropriate level that all sports coaches need to plan, conduct and evaluate safe and effective coaching activities (Level 1), sessions (Level 2) and programmes (Level 3) in sport.

1st4sport Level 1 Award in the Principles of Coaching Sport

Learners who complete this qualification will gain foundation knowledge of:

- the fundamentals of coaching sport
- the principles of planning coaching activities in sport
- the principles of conducting coaching activities in sport
- the principles of evaluating coaching activities in sport.

4 credits
33–41 GLH

1st4sport Level 2 Award in the Principles of Coaching Sport

Learners achieving this qualification will be well versed in:

- the fundamentals of coaching sport
- how to develop participants through coaching sport
- how to support participants' lifestyles through coaching sport
- the principles of safe and equitable coaching practice.

9 credits
63–91 GLH

1st4sport Level 3 Award in the Principles of Coaching Sport

The completion of this qualification will provide learners with a comprehensive understanding of:

- the principles of safe and equitable coaching practice
- the fundamentals of coaching programmes
- the principles of planning coaching programmes
- how to support participants' lifestyles through coaching programmes.

11 credits
67–97 GLH

Qualification accreditation numbers:
L1POCS: 500/9004/5
L2POCS: 500/8486/0
L3POCS: 500/8753/8

WHY DELIVER THESE QUALIFICATIONS?

Develop your learners' coaching knowledge

They provide an excellent way to develop your learners' knowledge and understanding of coaching, which can support progression to UKCC sport-specific programmes.

Make best use of recognition of prior learning

Once these qualifications are attained, they can be used as recognition of prior learning (RPL), meaning learners only have to cover generic coaching content at an appropriate level once, rather than duplicate it.

Save time with flexible delivery options

Should you or a governing body of sport wish to offer a sport-specific coaching course to learners, you can now support the option of delivering the generic content, enabling the governing body of sport to focus on the sport-specific content, which could save you both time and money.

Approved for the Diploma in Sport and Active Leisure ASL Catalogue

All the qualifications form part of the Additional and Specialist Learning (ASL) Catalogue for the Diploma in Sport and Active Leisure, which is fast approaching in September 2010.¹



¹ Visit www.1st4sportqualifications.com/fq/diploma for updates on qualifications accepted as part of the ASL Catalogue for the Diploma in Sport and Active Leisure.

Start reaping the benefits today! Apply to become a 1st4sport recognised centre – visit www.1st4sportqualifications.com/fq/coaching