

## WHY SHOULD YOU CHOOSE 1ST4SPORT AS YOUR AWARDING BODY?

1st4sport's comprehensive (and growing) portfolio of accepted qualifications means there are plenty of options for you to choose from for your ASL Diploma provision.

### 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 you deliver and assess the qualifications
- **tutor/assessor guidance notes**, which support you and your staff in the delivery, assessment and quality assurance of the qualifications.

### 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!

### Plan confidently with the industry experts

Our unique working relationships with governing bodies of sport like The FA, ECB and RFU help us to develop the most up-to-date and relevant sport-specific 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 UK Coaching Certificate (UKCC) endorsed coach education programme.

### FREE 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/diploma](http://www.1st4sportqualifications.com/fq/diploma)

## PLAN AHEAD CONFIDENTLY – BECOME A 1ST4SPORT RECOGNISED CENTRE TODAY!

### How you can offer 1st4sport qualifications

To be able to offer the qualifications to your learners, you need to be part of a consortium approved to deliver the Diploma in Sport and Active Leisure. You can then apply to become a 1st4sport recognised centre<sup>1</sup> and become approved to deliver the qualifications.

### Non-1st4sport recognised centres

If you are not already a 1st4sport recognised centre, 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 qualifications at the same time.

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 qualifications that can be used in the Diploma in Sport and Active Leisure, 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/diploma](http://www.1st4sportqualifications.com/fq/diploma)

<sup>1</sup> A 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.

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1st4sport Qualifications  
the awarding body for active learning and leisure

## Passionate about sport? Excel with 1st4sport

## QUALIFICATIONS FOR THE DIPLOMA IN SPORT AND ACTIVE LEISURE



Includes qualifications developed in partnership with:



## HOW IS THE DIPLOMA IN SPORT AND ACTIVE LEISURE STRUCTURED?

The Diploma in Sport and Active Leisure is for learners aged 14–19 and exists at three levels:

- Foundation (Level 1) Diploma — 600 guided learning hours (GLH)
- Higher (Level 2) Diploma — 800 GLH
- Advanced (Level 3) Diploma — 1080 GLH.

All levels of the Diploma consist of:

<b>Principal learning</b>		Young learners develop the knowledge, understanding and attitudes relevant to the industry and apply these to work scenarios
<b>Generic learning</b>	<b>Personal, learning and thinking skills</b>	Demonstrate skills such as independent enquiry, teamwork, creative thinking, self-management, effective learning and reflective learning
<b>Generic learning</b>	<b>Functional skills</b>	Apply English, Maths and ICT skills to situations that are relevant to work and life
<b>Additional and specialist learning</b>		Learners are able to study optional subjects, such as coaching or working in the outdoors, that are of special interest to them and are approved components of the Diploma
<b>A project</b>		Explore a project that relates to the Diploma
<b>Work experience</b>		A minimum of 10 days' work experience with professional mentoring

As an awarding body of Foundation, Higher and Advanced Diploma components, 1st4sport has a number of qualifications on offer as part of the Additional and Specialist Learning (ASL) Catalogue. In addition, we are a functional skills awarding body, which means your learners can also benefit from tailor-made functional skills resources specifically designed for the sports industry.

Apply to become a 1st4sport recognised centre by visiting:

[www.1st4sportqualifications.com/fq/diploma](http://www.1st4sportqualifications.com/fq/diploma)

# ASL CATALOGUE

## Key Facts

Diploma Level	GLH
Foundation (Level 1)	120
Higher (Level 2)	180
Advanced (Level 3)	360

1st4sport has developed several new and exciting qualifications specifically designed for, and already included in, the ASL catalogue.

These include:

Qualification Title	Qualification Reference Number	Guided Learning Hours	Credits	Age
<b>Level 1 qualifications</b>				
1st4sport Level 1 Award in the Principles of Coaching Sport (QCF)	500/9004/5	33	4	14+
1st4sport Level 1 Award in Preparation for Event Volunteering (Personal Best) (QCF)	500/5884/8	120	12	16+
1st4sport Level 1 Award in Coaching Angling (QCF)	600/0052/1	33	7	16+
1st4sport Level 1 Award in Coaching Basketball (QCF)	600/0056/9	34	7	16+
1st4sport Level 1 Award in Coaching Cycling (QCF)	501/2063/3	25	7	16+
1st4sport Level 1 Award in Coaching Football (QCF)	501/1628/9	45	7	16+
1st4sport Level 1 Award in Coaching Gymnastics (QCF)	600/0181/1	24	10	16+
1st4sport Level 1 Award in Coaching Hockey (QCF)	600/0172/0	17	7	16+
1st4sport Level 1 Award in Coaching Orienteering (QCF)	501/2329/4	32	7	16+
1st4sport Level 1 Award in Coaching Rugby Union (QCF)	501/1817/1	30	7	18+
1st4sport Level 1 Award in Coaching Strength and Conditioning for Sport (QCF)	600/0199/9	47	7	16+
1st4sport Level 1 Award in Coaching Tennis (QCF)	501/2334/8	67	8	16+
1st4sport Level 1 Award in Coaching Triathlon (QCF)	600/0055/7	33	7	16+
1st4sport Level 1 Award in Coaching Volleyball (QCF)	600/0013/2	32	7	16+
<b>Level 2 qualifications</b>				
1st4sport Level 2 Award in Leadership through Football (QCF)	500/8161/5	56	9	14+
1st4sport Level 2 Award in Leadership through Rugby Union (QCF)	500/1126/7	56	9	14+
1st4sport Level 2 Certificate in Supporting Learning in Physical Education and School Sport (QCF)	600/0463/0	158	18	16+
1st4sport Level 2 Award in the Principles of Coaching Sport (QCF)	500/8486/0	63	9	14+
1st4sport Level 2 Award in Understanding Stewarding at Spectator Events (QCF)	500/5980/4	40	5	18+
1st4sport Level 2 Certificate in Coaching Angling (QCF)	600/0057/0	90	15	17+
1st4sport Level 2 Certificate in Coaching Basketball (QCF)	600/0063/6	90	16	18+
1st4sport Level 2 Certificate in Coaching Cycling (QCF)	501/1872/9	30	17	18+
1st4sport Level 2 Certificate in Coaching Football (QCF)	501/1627/7	113	20	16+
1st4sport Level 2 Certificate in Coaching Hockey (QCF)	600/0373/X	31	18	18+

Qualification Title	Qualification Reference Number	Learning Hours	Credits	Age
<b>Level 2 qualifications</b>				
1st4sport Level 2 Certificate in Coaching Orienteering (QCF)	600/0064/8	77	15	17+
1st4sport Level 2 Certificate in Coaching Rugby Union (QCF)	501/1858/4	35	17	18+
1st4sport Level 2 Certificate in Coaching Strength and Conditioning for Sport (QCF)	600/0200/1	118	19	16+
1st4sport Level 2 Certificate in Coaching Triathlon (QCF)	501/2326/9	77	14	18+
1st4sport Level 2 Certificate in Coaching Water Skiing/Wakeboarding (QCF)	501/0611/9	81	14	16+
<b>Level 3 qualifications</b>				
1st4sport Level 3 Award in the Principles of Coaching Sport (QCF)	500/8753/8	67	11	14+
1st4sport Level 3 Certificate in Coaching Basketball (QCF)	600/0086/7	127	20	18+
1st4sport Level 3 Certificate in Coaching Strength and Conditioning for Sport (QCF)	600/0337/6	140	26	18+
1st4sport Level 3 Certificate in Coaching Triathlon (QCF)	600/0065/X	127	22	18+

## PUSHING THE PRINCIPLES...PREPARING TOMORROW'S SPORT COACHES TODAY

- 1st4sport Level 1 Award in the Principles of Coaching Sport (QCF) **33 GLH**
- 1st4sport Level 2 Award in the Principles of Coaching Sport (QCF) **63 GLH**
- 1st4sport Level 3 Award in the Principles of Coaching Sport (QCF) **67 GLH**

The 1st4sport Principles of Coaching Sport Suite of qualifications provides your young learners, aged 14 years and over, with the knowledge needed to develop confidence in their ability to coach sport.

Utilising the new QCF common-knowledge units for coaching, they are excellent stepping stones into coaching for your young learners, offering them the knowledge they need to plan, conduct and evaluate safe and effective coaching activities (Level 1), sessions (Level 2) and programmes (Level 3) in sport. Included is all the essential knowledge needed to specialise in a particular sport such as:

- fundamentals of coaching sport
- principles of planning, conducting and evaluating coaching
- supporting participant development
- principles of safe and equitable coaching practice.

## FOCUS ON LEADERSHIP...INSPIRING THE NEXT GENERATION OF LEADERS

### 1st4sport Level 2 Award in Leadership through Football (QCF)

This qualification enables your young learners to develop leadership, personal and creative thinking skills through supporting the development of grass-roots football.

Through an engagement with The FA's grass-roots football development programmes, your learners will be introduced to a number of leadership roles, including:

- leading football activity sessions
- refereeing small-sided games
- managing a local small-sided game team
- contributing to the organisation and delivery of a local football festival/event for young people.

**56 GLH**



### 1st4sport Level 2 Award in Leadership through Rugby Union (QCF)

This qualification enables young learners to develop leadership skills and engage with grass-roots rugby union and Tag Rugby. By completing this qualification, learners will develop a range of skills in independent enquiry, teamwork, self-management, creative thinking and effective participation.

Learners will be introduced into a number of leadership roles, including:

- leading Tag Rugby activity sessions
- refereeing Tag Rugby games
- managing a local small-sided game team
- contributing to the organisation and delivery of a local Tag Rugby festival/event for young people.

**56 GLH**



**Holders of either of these Awards will be provided with guidance on further opportunities as a sports leader, including how to contribute to grass-roots sport as an administrator, coach, referee, team manager and sports development volunteer.**

## TAKING A PASSION FOR PHYSICAL EDUCATION AND SPORT FURTHER

### 1st4sport Level 2 Certificate in Supporting Learning in Physical Education and School Sport (QCF)

This is currently the only qualification that provides a focused pathway to a career in physical education and sport. It aims to provide learners with an introduction to a number of roles through an engagement with physical education and school sport (PESS), including teaching, activity leadership and coaching for young people. It also provides learners with guidance on further opportunities, including how to contribute to PESS programmes as a sports leader, coach and teaching assistant.

**158 GLH**



## WINNING PARTNERSHIPS

There are a number of 1st4sport qualification packages we would recommend for your ASL provision. Here are just a few of the options available to you.

### Option 1

Provide both 1st4sport's Level 2 leadership qualifications and you will be helping your learners to develop leadership, personal and creative thinking skills through two different sports. Add the 1st4sport Level 2 Award in the Principles of Coaching Sport (QCF) to these two qualifications and you can further enhance your ASL delivery, by enabling your learners to develop their confidence to coach sport.

### Option 2

Alternatively you could decide to deliver the 1st4sport Level 2 Certificate in Supporting Learning in Physical Education and School Sport (QCF) and supplement this by delivering the 1st4sport Level 2 Award in the Principles of Coaching Sport (QCF), or either of the 1st4sport leadership qualifications. By doing this you will be providing your learners with an excellent range of knowledge and skills so they are best equipped to progress within sport.

### Option 3

Or you could deliver both the 1st4sport Level 2 Award in the Principles of Coaching Sport (QCF) and any other 1st4sport Level 2 coaching qualification that has been approved as part of the ASL catalogue (see qualification table). This will mean your learners will have the generic coaching knowledge needed to plan, conduct and evaluate safe and effective coaching sessions and then can choose to specialise in a particular sport.