

## 1st4sport Level 2 Certificate in Coaching Basketball (QCF)



### Overview

The 1st4sport Level 2 Certificate in Coaching Basketball (QCF) is awarded by 1st4sport Qualifications and has been developed in partnership with the National Source Group for Basketball.

It is accredited at Level 2 on the Qualifications and Credit Framework (QCF). For further information on the regulated status of the 1st4sport Level 2 Certificate in Coaching Basketball (QCF), please log on to [The Register of Regulated Qualifications website](#).

### Criteria

If you are an adult (over 18 years of age) who has completed the 1st4sport Level 1 Award in Coaching Basketball (QCF) (or equivalent) and you would like to develop and improve your coaching skills, then the 1st4sport Level 2 Certificate in Coaching Basketball (QCF) is designed for you.

### Why Study?

It forms part of a structured and progressive programme of sports coaching and other related qualifications, offering you access and involvement in introducing others to the sport of basketball.

### What can I use it for?

- To gain paid or unpaid employment as a basketball coach.
- As part of the development of a credible CV for employment in the sport, recreation and allied occupations industry.

### Outline

Your learning programme will develop your understanding of:

- the role of a coach
- the coaching process
- participants' learning styles
- behaviour management
- how to reflect on a coaching session
- the principles of planning coaching sessions
- the principles of skill development through coaching sessions
- how the stages of participants' development impacts on their coaching
- the principles of evaluation in coaching
- basic nutrition and hydration principles for sports performance
- physical conditioning for sport
- principles of mental preparation in sport
- how to support participant awareness of drugs in sport
- how to ensure participants' safety during sport-specific coaching sessions
- how to ensure equitable coaching of sport-specific activities
- reviewing participants' needs for a series of basketball coaching sessions
- producing a series of basketball coaching session plans
- planning the evaluation of a series of basketball coaching sessions
- preparing resources for basketball coaching sessions
- assessing and minimising risks before the basketball session
- establishing and maintaining working relationships
- safeguarding and protecting children and vulnerable adults
- preparing participants for basketball coaching sessions
- delivering basketball coaching sessions
- developing participants' performance
- concluding basketball coaching sessions
- evaluating participant performance
- evaluating basketball coaching sessions
- evaluating and developing your basketball coaching practice.

### How will my learning programme be structured?

Learning programmes are usually designed by the recognised centre that delivers the qualification. They may, therefore, vary in length and format. Depending on your needs, delivery centres can offer intensive courses or a series of learning events over a period of weeks. Whatever the timescale, all learning programmes should include the following phases:

- an induction process that will provide you with an introduction to the qualification and ongoing support throughout the programme of training and extended study, to ensure you understand the requirements of the qualification. In addition, you will receive support and guidance on accessing learning resources that support the development of your knowledge
- a programme of training, during which you will be provided with the predominantly practical and technical information required to enable you to fulfil the role. You will undertake a series of short internal assessments of coaching basketball
- achievement of knowledge via a structured programme of learning and/or home study, and/or distance learning modules
- further development of your application of the role of a coach, via practical coaching practice over a period of time, and the development of a coaching log
- an assessment of your practical coaching.

At the end of the programme, you will be provided with formal feedback on your performance and an action plan for your further development.

## Assessment

The 1st4sport Level 2 Certificate in Coaching Basketball (QCF) assessment will require you to:

- have an appropriate understanding of the Level 2 knowledge units and the specific technical knowledge underpinning the coaching of basketball, which will be assessed via performance, simulation, tasks and assignments
- produce a linked session planner for a series of eight basketball coaching sessions. The series of sessions must be drawn from the Level 2 Basketball Technical Syllabus and demonstrate a distinct progression appropriate to the needs of the participants
- produce individual session plans for each of the basketball coaching sessions
- produce a written risk assessment for each coaching venue used during the coaching of the above sessions
- produce an evaluation schedule for the above sessions that identifies the evaluation methods that will be used and when feedback will be sought and from whom
- produce a written evaluation of each of the above sessions
- produce a summary log outlining the delivery of the above sessions. Sessions should be at least 60 minutes in length. Delivery of these sessions should be witnessed by an appropriate person
- be observed delivering two basketball coaching sessions by an appropriately qualified assessor. This session may be simulated and delivered on the course of training. An individual session plan, risk assessment and evaluation should be produced for the session
- produce a written coach assessment and personal development action plan.

## Fees

Recognised centres offering this qualification determine their own fees and they will vary from centre to centre. The fees charged should entitle you to a programme of learning and assessment, registration and certification for the qualification, a 1st4sport Learner Pack and an appropriate learning resource. For further information on the costs of courses, please contact a recognised centre. Opportunities for funding may be available via a recognised centre, if you are eligible.

## Next Steps

The qualification is delivered by 1st4sport Qualifications' recognised centres, not all of which offer open courses to members of the public. Your first port of call to access a course should be the appropriate governing body of sport.

For information on where to access a learning programme for the 1st4sport Level 2 Certificate in Coaching Basketball (QCF), or for further information on the sport in your local area, please contact the relevant governing body of sport (details below) or contact 1st4sport Qualifications via email at [enquiries@1st4sportqualifications.com](mailto:enquiries@1st4sportqualifications.com) or by calling 0113-290 7610.

England Basketball  
 England Basketball  
 PO Box 3971  
 Sheffield S9 9AZ  
 Tel: 0114-284 1060  
 Fax: 0114-284 1061  
 Email: [info@englandbasketball.co.uk](mailto:info@englandbasketball.co.uk)  
[www.englandbasketball.co.uk](http://www.englandbasketball.co.uk)

basketballscotland  
 Caledonia House  
 Redheughs Rigg  
 South Gyle  
 Edinburgh EH12 9DQ  
 Tel: 0131-317 7260  
 Fax: 0131-317 7489  
 Email: [enquiries@basketball-scotland.com](mailto:enquiries@basketball-scotland.com)  
[www.basketballscotland.co.uk](http://www.basketballscotland.co.uk)

Basketball Wales  
 c/o 11 Grisedale Close  
 Cyncoed  
 Cardiff CF23 5NX  
 Tel: 029-2041 6588  
 Fax: 029-2041 6768  
 Email: [Lpower@uwic.ac.uk](mailto:Lpower@uwic.ac.uk)  
 Website: [www.basketballwales.com](http://www.basketballwales.com)

## The Great Britain Wheelchair Basketball Association

GBWBA Office  
 SportPark  
 3 Oakwood Drive

Loughborough  
Leicestershire LE11 3QF  
Tel: 01509-279 900  
Fax: 01509-279 909  
Website: [www.gbwbba.org.uk](http://www.gbwbba.org.uk)

Other 1st4sport Qualifications you may be interested in:

- [1st4sport Level 1 Award in Coaching Basketball \(QCF\)](#)
- [1st4sport Level 3 Certificate in Coaching Basketball \(QCF\)](#)

1st4sport Principles of Coaching Sport Suite (QCF)

In partnership with:



*(access partner websites  
using logos above)*

Endorsed by:



---

Shop for [basketball and generic coaching books and resources](#) at 1st4sport.com.

---

- [Centre Information](#)
- 

Built on [Cubik](#)  
©2012 1st4sport Qualifications

1st4sport Qualifications is a brand of Coachwise Ltd, the trading arm of sports coach UK, the UK-registered charity leading the development of coaching. Any proceeds from your business goes directly back to sports coach UK to invest in developing coaching for all children, players and athletes in the UK.

Coachwise Ltd. is registered in England 2340767, registered offices at: Chelsea Close, Off Amberley Road, Armley, Leeds, LS12 4HP.