

1st4sport Level 2 Certificate in Coaching Cycling (QCF)



The 1st4sport Level 2 Certificate in Coaching Cycling (QCF) is awarded by 1st4sport Qualifications and has been developed in partnership with British Cycling – the national governing body for the sport – with the support of the UK Source Group for Cycling.

The 1st4sport Level 2 Certificate in Coaching Cycling (QCF) is regulated 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 Cycling (QCF), please log on to [The Register of Regulated Qualifications website](#). For further information on the UK Coaching Certificate (UKCC), visit the [sports coach UK website](#).

Is the 1st4sport Level 2 Certificate in Coaching Cycling (QCF) for me?

The 1st4sport Level 2 Certificate in Coaching Cycling (QCF) is designed for adults (over 18 years of age) with some experience in coaching cycling and who have ideally completed the 1st4sport Level 1 Award in Coaching Cycling (QCF).

It will provide you with an introduction to the processes and principles of coaching cycling to adults and children. The Certificate offers an opportunity for potential cycling coaches to be supported in developing the knowledge of how to effectively plan, conduct and evaluate cycling coaching sessions. This Certificate represents the minimum qualification required to deliver the coaching activities included in the *Go-Ride Gears 3 and 4 Coaching Workbook*. Coaches at this level can also deliver activities from *Go-Ride Gears 1 and 2 Coaching Workbook*, including the Skills Test. The qualification is a component of British Cycling's UKCC-endorsed coach education programme.

The qualification delivery focuses on the generic cycling skills, with holders of this Certificate being eligible to progress to British Cycling discipline-specific training courses.

Students in further or higher education studying sports-related qualifications might also wish to pursue this vocational qualification to support their interest in the sport, as a rung on the coaching ladder.

Why should I study the 1st4sport Level 2 Certificate in Coaching Cycling (QCF)?

- To gain the skills to introduce people to the sport of cycling in a safe and ethical manner.
- Cycling is recognised both as a competitive sport and an excellent vehicle for the delivery of a variety of key skills to young people.
- To support the growth of the sport across its breadth, from the aspirant champion to the cycle commuter.
- As an opportunity to develop coaching skills that will support the performance development of others.

What can I use the 1st4sport Level 2 Certificate in Coaching Cycling (QCF) for?

Holders of this Certificate are encouraged to support the development of cycling by contributing to administration, management and/or coaching in school- or community-based cycling clubs.

There are a number of British Cycling initiatives that can support this role, such as the British Cycling Go-Ride programme, which supports the creation of a network of school- and community-based cycling clubs that are trained, resourced and skilled to meet the challenges of integrating young people into a recognised club structure.

This Certificate represents the minimum qualification required to deliver the coaching activities included in the *Go-Ride Gears 3 and 4 Coaching Workbook*. Coaches at this level can also deliver activities from *Go-Ride Gears 1 and 2 Coaching Workbook*, including the Skills Test.

From time to time, British Cycling also conducts specific coaching programmes that require licensed coaches to deliver Go-Ride coaching activities; for example, the PE School Sport Club Links programme or activities associated with major events, such as the Tour of Britain or the Olympic and Paralympic Games.

All qualified coaches are encouraged to align to their sport's governing body and take advantage of professional and educational services, such as coach licences and CPD, offered by the British Cycling Coach Education Programme.

What will I learn?

On successful completion of the qualification, you will be able to understand:

- 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 impact 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.

On successful completion of the qualification, you will be able to:

- review riders' needs for a series of coaching sessions
- produce a series of coaching session plans
- plan the evaluation of a series of coaching sessions
- prepare resources for the coaching session
- assess and minimise risks before the session
- establish and maintain working relationships
- prepare riders for coaching sessions
- deliver coaching sessions
- develop riders' performance
- conclude coaching sessions
- evaluate riders' performance
- evaluate coaching sessions
- evaluate and develop own 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 days or weekends. Whatever the timescale, all learning programmes should include the following phases:

- attendance at an induction event that will provide you with an introduction to the qualification and ongoing support throughout the programme of training and home 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 assessments of coaching cycling
- 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
- a final assessment of your practical coaching.

At the conclusion of the programme of training and assessment, you will be provided with formal feedback on your performance and action-planned for your further development.

What will my assessment involve?

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

- have an appropriate understanding of the Level 2 knowledge units and the specific technical knowledge underpinning the coaching of cycling, which will be assessed via performance, simulation, tasks and assignments as specified by the Level 2 Technical Syllabus for cycling
- plan for six cycling coaching sessions, four of which must be linked. These sessions must be drawn from the Technical Syllabus developed for cycling, delivered in an appropriate environment, as outlined (for a coach at this level) in the British Cycling *Health and Safety Guidelines for Coaching Cycling*
- provide evidence of the preparation for all coaching environments used to deliver each of the six coaching sessions for cycling. All sessions must be drawn from the Level 2 Technical Syllabus for cycling
- deliver six one-hour coaching session plans for cycling, four of which must be linked and progressive
- deliver a minimum of two cycling coaching sessions, which must be observed by an appropriately qualified assessor
- evaluate six coaching session plans for cycling, including the effectiveness of the four linked and progressive sessions.

How much will the qualification cost me?

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 Qualifications Learner Pack and appropriate learning resource. For further information on the costs of courses, please contact a recognised centre.

What do I do next?

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

For information on where to access a learning programme for the 1st4sport Level 2 Certificate in Coaching Cycling (QCF), or for more information on the sport of cycling, please contact:

British Cycling
 Stuart Street
 Manchester
 M11 4DQ
 Email: info@britishcycling.org.uk
 Web: www.britishcycling.org.uk

Alternatively, contact 1st4sport Qualifications via email at enquiries@1st4sportqualifications.com or by calling 0113-290 7610.

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