

1st4sport Level 3 Certificate in Talented Athlete Lifestyle Support (QCF)



Overview

The 1st4sport Level 3 Certificate in Talented Athlete Lifestyle Support (QCF) is awarded by 1st4sport Qualifications and has been developed in partnership with the Talented Athlete Scholarship Scheme (TASS).

The 1st4sport Level 3 Certificate in Talented Athlete Lifestyle Support (QCF) is regulated at Level 3 on the Qualifications and Credit Framework (QCF). For further information on the regulated status of the 1st4sport Level 3 Certificate in Talented Athlete Lifestyle Support (QCF), please log on to the [Register of Regulated Qualifications website](#).

If you are interested in finding out when the next available course is, [please complete this form](#).

Criteria

If you are over 18 years of age and have access to an appropriate talented athlete over a period of at least three months, the answer is yes.

Why Study?

Mapped to the National Occupational Standards (NOS) for Personal Development of Athletes and Players, it provides you with the knowledge and the skills employers expect from those entering into voluntary or paid employment in this area. If you are already working with talented athletes on any of the following programmes, this qualification will enhance your understanding and skills to deal with their changing needs:

- TASS athletes
- AASE athletes
- YST Gifted and Talented pupils
- school/college/university scholarship schemes
- governing body of sport Academy/High Performance/Talent Pathway.

What can I use it for?

- To gain paid or unpaid employment as a talented athlete adviser.
- As a current practitioner, to further develop your knowledge, skills and practice.

Outline

On successful completion of the 1st4sport Level 3 Certificate in Talented Athlete Lifestyle Support (QCF), you should:

- understand the role and responsibilities of an adviser to talented athletes
- be able to plan how to support and advise talented athletes
- be able to support and advise talented athletes
- be able to evaluate own support and advice provided to talented athletes
- be able to critically compare support networks to meet the needs of talented athletes
- be able to manage relationships with support networks on behalf of a talented athlete
- understand the effect that lifestyle change can have on talented athletes
- be able to support talented athletes through lifestyle change
- understand own roles and responsibilities when advising talented athletes on anti-doping, the relevant regulations and processes related to performance sport
- know the doping control process in sport
- understand the principles of supporting talented athletes with their career aspirations
- be able to plan how to support a talented athlete's career aspirations
- be able to produce a career plan for talented athletes.

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 to the qualification and your programme of learning and assessment
- a learning programme that meets your needs, focusing on the theory and practice of providing advice and support to talented athletes (four days)
- a period of home study, to gather evidence to complete assessed theory and practical tasks
- a programme of assessment, including an observation by an appropriately qualified assessor, of you carrying out an intervention

with a talented athlete.

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 3 Certificate in Talented Athlete Lifestyle Support (QCF) assessment will require you to:

- produce, facilitate and review a support network of services for the talented athlete involved in the intervention
- explain the current sporting landscape and the roles of key sports organisations
- plan, conduct and review a minimum of four meetings/interventions with a talented athlete over a minimum of a three-month period, covering the following topics:
 - support network needs
 - transitional points
 - raising awareness of their own responsibilities for anti-doping
 - educational and training opportunities relevant to career aspirations.

One of the interventions above must be a face-to-face meeting with a talented athlete, lasting a minimum of 20 minutes. This will be observed (live or recorded) by an appropriately qualified assessor.

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 the recognised centres directly. Opportunities for funding may be available via a recognised centre, if you are eligible.

Next Steps

The qualification is delivered by 1st4sport 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 development partner, TASS, who advertise known courses on their website. Contact details are below.

For information on where to access the 1st4sport Level 3 Certificate in Talented Athlete Lifestyle Support (QCF), please contact:

Talented Athlete Scholarship Scheme

Post: TASS

City Sports Centre

Off Northumberland Road

Northumbria University

Newcastle-upon-Tyne

Tyne and Wear

NE1 8ST

Tel: 0191-243 7356

Website: www.tass.gov.uk

Email: info@tass.gov.uk

Other 1st4sport Qualifications you may be interested in:

- [1st4sport Coaching Awards and Certificates](#)

1st4sport Education and Training Suite

In partnership with:



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

- [Centre Information](#)
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