

## 1st4sport Level 1 Certificate in Coaching Handball (L1CCHB)



The L1CCHB is awarded by 1st4sport Qualifications and has been developed in partnership with the National Source Group for Handball. It is accredited at Level 1 on the National Qualifications Framework. For further information on the accredited status of the L1CCHB, please log on to the QCA-accredited qualifications website at [www.accreditedqualifications.org.uk](http://www.accreditedqualifications.org.uk).

Is the L1CCHB for me?

If you are over 15 years of age and you would like to develop and improve your coaching skills, then the L1CCHB is designed for you.

NB. You must be a minimum of 16 years old to be certificated for this qualification.

Why should I study the L1CCHB?

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 Handball.

What can I use the L1CCHB for?

- To gain paid or unpaid employment as an assistant Handball coach.
- As part of the development of a credible CV for employment in the sport and recreation industry.
- As a stepping-stone to the 1st4sport Level 2 Certificate in Coaching Handball (L2CCHB).

What will I learn?

Your learning programme will develop your understanding of:

- safe and ethical coaching in Handball
- the preparation involved to deliver Handball coaching activities
- the delivery and review of Handball coaching activities.

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 coaching handball
- a programme of assessment, spread throughout the course, including observations of your coaching by an appropriately qualified assessor.

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

What will my assessment involve?

The L1CCHB assessment will require you to:

- complete a task on the role of the coach
- complete a task on coaching styles
- complete a task on learning styles
- complete a task on health, safety, accidents and emergencies
- complete a task on working with children and child protection
- complete a task on the basic rules of the game
- produce 2 activity session plans that last a minimum of 15 minutes
- deliver and evaluate an activity session that you have planned in a simulated environment, which will be observed and assessed by an appropriately qualified internal assessor
- complete a multiple choice exam paper

Where can I access the qualification?

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 national governing body (NGB) of sport. Contact details are below.

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 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.

#### Contact details

For information on where to access a learning programme for the L1CCHB, or for more information on the sport of Handball, please contact:

British Handball Association: [www.britishhandball.com](http://www.britishhandball.com)

England Handball: [www.englandhandball.com](http://www.englandhandball.com)

Scottish Handball: [www.scottishhandball.com](http://www.scottishhandball.com)

Alternatively, contact 1st4sport Qualifications via email at: [enquiries@1st4sportqualifications.com](mailto:enquiries@1st4sportqualifications.com) or by calling 0113-290 7610.

Other 1st4sport Qualifications you may be interested in:

1st4sport Level 2 Certificate in Coaching Handball (L2CCHB) – currently in development

- [1st4sport Level 1 Certificate in Coaching Strength and Conditioning for Sport \(L1CCSC\)](#)
- [1st4sport Certificate in First Aid for Sport \(FAS\)](#)

In partnership with:



*(access partner websites using logos above)*

Endorsed by:



- [Centre Information](#)

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