

## 1st4sport Level 1 Certificate in Coaching Indoor Rowing



### Overview

Qualification Accreditation Number	100/5725/0
Pathway Unit Number	T/501/4061
Learning hours (GLH)	40 (18)
SFA/LAD Funding Code	100/5725/0
Entry age:	16+
Qualification Accreditation Start Date	01/11/05
Qualification Accreditation End Date	31/12/10
Certification End Date	31/12/11
Qualification Structure	See Structure
Supporting Materials	See Materials

*To find out how to apply to deliver this qualification see the How to Apply section. There are no costs involved in applying or becoming a 1st4sport recognised centre.*

Indoor rowing is taking off across the country as an individual sport and continues to be an excellent training aid for water-based rowing and other sports. Developed in partnership with the [National Source Group for Rowing](#), the 1st4sport Level 1 Certificate in Coaching Indoor Rowing is a qualification designed to provide learners with the necessary skills and techniques to deliver indoor rowing sessions safely and effectively under the supervision of a more qualified coach. Learners will learn how to plan, deliver and evaluate both individual and group activity sessions. The foundational level of knowledge recognised in this qualification will enable them to gain employment as an assistant to an appropriately qualified club coach or to coach indoor rowing.

#### Who is the Qualification for?

Anyone over 16 years of age, who would like to develop and improve his or her coaching skills in the sport of indoor rowing. Students in further or higher education, studying sports-related coaching qualifications, should pursue this qualification as a valuable addition to their portfolio of coaching skills. Additionally, sport-specific coaches, instructors and exercise and fitness industry professionals will view the qualification as an excellent opportunity for continued professional development and a way to develop their CVs.

#### Why Deliver this Qualification?

##### Beneficial activity across all sports

The nature of indoor rowing means it is an activity that can be used across a number of different sports to improve the overall fitness of participants, particularly their speed, strength, endurance, flexibility and power.

##### Increase in popularity across the country

The sport is taking off in schools and colleges across the country and continues to be a training aid for water-based rowing and other sports. With this surge in interest, the need for more qualified staff is growing.

##### Transferable skills to the health and fitness industry

Indoor rowing is a popular activity, with machines often being seen in gyms and fitness centres. Gym instructors often do not have enough detailed knowledge about the techniques that should be used, which makes the 1st4sport Level 1 Certificate in Coaching Indoor Rowing an excellent opportunity for their continued professional development.

##### Developed in partnership with the National Source Group for Rowing

The [Amateur Rowing Association \(ARA\)](#), [Scottish Amateur Rowing Association](#) and [Welsh Amateur Rowing Association](#) are the governing bodies of sport for rowing and have all contributed to the development of this qualification, ensuring it meets the needs of the majority of the home nations.

#### Prerequisites

Learners must be at least 16 years of age.

#### Structure

The qualification is divided into the following units:

Unit	Unit Title	Accreditation No.
1	Introduction to Safe and Ethical Coaching	M/103/5014
2	Prepare to Deliver Coaching Activities	T/103/5015
3	Deliver and Review Coaching Activities	A/103/5016
21	Coaching Indoor Rowing	T/501/4061

There are 40 recommended learning hours for this qualification, of which 18 are guided learning hours.

## Materials

Unlike many other awarding bodies that just supply you with the basic qualification standards, we go that extra mile to support you by providing:

- full and comprehensive learner packs, which include a full set of structured learning and assessment tasks to help you deliver the qualification
- tutor/assessor guidance notes, which include sample answers to support you when assessing your students
- qualification administration that is all carried out online, enabling you to process students quickly and effectively, and making the records we hold on your students accessible to you at the click of a mouse.

The following resources support recognised centres and tutors:

- generic administrative guidance and tools for recognised centres
- Qualification Specification outlining the delivery and assessment of the qualification
- 1st4sport Level 1 Certificate in Coaching Indoor Rowing Tutor Guidance Pack
- 1st4sport Level 1 Certificate in Coaching Indoor Rowing Tutor Learning and Assessment Materials Pack
- internal and independent assessment tools
- ARA *Indoor Rowing Health and Safety Guidelines for Coaching*.

The following resources support learners:

- 1st4sport Level 1 Certificate in Coaching Indoor Rowing Learner Pack
- internal and independent assessment tools
- ARA *Indoor Rowing Health and Safety Guidelines for Coaching*
- sports coach UK *Code of Practice for Sports Coaches*.

## Fees

Fees are charged per learner and provide registration and certification for the qualification, as well as a 1st4sport Learner Pack, learning resources and certificate. There are no costs involved in applying or becoming a 1st4sport recognised centre. Further information on fees is available from your qualification application form.

## How do I Find Out More?

For more information on the organisations that the 1st4sport Level 1 Certificate in Coaching Indoor Rowing was developed in partnership with, please visit their respective websites at:

Amateur Rowing Association – [www.ara-rowing.org](http://www.ara-rowing.org)  
 Scottish Amateur Rowing Association – [www.scottish-rowing.org.uk](http://www.scottish-rowing.org.uk)  
 Welsh Amateur Rowing Association – [www.walesrowing.com](http://www.walesrowing.com)

## How to Apply

If you are not already a 1st4sport recognised centre, but would like to deliver the 1st4sport Level 1 Certificate in Coaching Indoor Rowing, you will first need to fill in a Centre Recognition Application Form.

To apply, please [request a Centre Recognition Application Form](#)

If you are already a 1st4sport recognised centre and would like to seek approval to deliver the 1st4sport Level 1 Certificate in Coaching Indoor Rowing, please access *Athena*, the 1st4sport quality assurance system, and complete the qualification approval process. If you cannot remember your username and password, please [contact us](#).

We don't charge you any fees to apply to deliver this qualification.

Other 1st4sport Qualifications you may be interested in:

- [1st4sport Level 2 Certificate in Coaching Indoor Rowing](#)
- [1st4sport Level 2 Certificate in Coaching Rowing](#)
- [1st4sport Level 1 Certificate in Coaching Strength and Conditioning for Sport](#)
- [1st4sport Level 2 Certificate in Coaching Strength and Conditioning for Sport](#)



*(access partner websites  
using logos above)*

- [Become a recognised centre](#)
- [Deliver this qualification](#)
  
- [Learner Information](#)

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