

## 1st4sport Level 1 Award in Coaching Triathlon (QCF)



### Overview

Qualification Number	600/0055/7
Credit Value (Guided Learning Hours)	7 (33–50)
SFA/LAD Funding Code	600/0055/7
Entry age:	16
Qualification Operational Start Date	01/11/2010
Qualification Operational End Date	28/02/2015
Certification End Date	28/02/2016
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.

Developed in partnership with the UK Source Group for Triathlon<sup>1</sup>, the 1st4sport Level 1 Award in Coaching Triathlon (QCF) is the first qualification on the triathlon coaching ladder. The qualification is designed to provide learners aged 16 and over with an introduction to the practical and theoretical aspects of coaching triathlon. The foundation level of knowledge recognised in this qualification will enable them to develop an understanding of the safe, ethical and effective coaching of triathlon. Those who complete this Award will be able to assist more qualified triathlon coaches to deliver triathlon coaching sessions to adults and children.

<sup>1</sup>The UK Source Group for Triathlon is composed of the constituent governing bodies for triathlon in the UK (British Triathlon Federation, Triathlon England, Triathlon Scotland and Welsh Triathlon.)

### Prerequisites

Prior to registration, learners are required to be at least 16 years of age.

### Structure

The qualification is divided into the following units:

Unit Title	Reference No.	GLH	Credit
1 Understanding the Fundamentals of Coaching Sport	D/601/3531	6	1
2 Understanding the Principles of Planning Coaching Activities in Sport	H/601/3532	10	1
3 Understanding the Principles of Conducting Coaching Activities in Sport	K/601/3533	10	1
4 Understanding the Principles of Evaluating Coaching Activities in Sport	M/601/3534	7	1
5 Planning Coaching Activities in Triathlon	R/602/5594	6	1
6 Conducting Coaching Activities in Triathlon	Y/602/5595	7	1
7 Evaluating Coaching Activities in Triathlon	H/602/5597	4	1

### Materials

Unlike many other awarding bodies, who 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 learners
- online qualification administration, enabling you to process learners quickly and effectively, and making the records we hold on your learners accessible to you at the click of a mouse.

For recognised centres and tutors, the qualification is supported by the following resources:

- generic administrative guidance and tools for recognised centres
- Qualification Specification outlining the requirements of delivering and assessing the qualification
- 1st4sport Level 1 Award in Coaching Triathlon (QCF) Tutor/Assessor/Verifier Guidance Pack



- 1st4sport Level 1 Award in Coaching Triathlon (QCF) Tutor/Assessor/Verifier Guidance to Assessment Pack
- internal assessment tools.

For learners, the qualification is supported by the following resources:

- 1st4sport Level 1 Award in Coaching Triathlon (QCF) Learner Pack
- internal assessment tools.

## 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 to Apply

### Non-1st4sport recognised centres

If you are not already a 1st4sport recognised centre, you need to apply to become one by completing a Centre Recognition Application Form. You can now do this online through Athena, the 1st4sport online Quality Assurance System where you can also apply to become approved for the qualifications that interest you. To access Athena, simply call us on 0113-290 7610 to receive a unique access code or fill in the [Request for Centre Recognition Application Form](#) and we will send you one.

### Existing 1st4sport recognised centres

If you are already a 1st4sport recognised centre and would like to seek approval to deliver the 1st4sport Level 1 Award in Coaching Triathlon (QCF), please access Athena and complete the qualification approval process. If you cannot remember your username and password, please contact us at [qmt@1st4sportqualifications.com](mailto:qmt@1st4sportqualifications.com).

## QCF

This qualification sits on the new QCF. Further information about the benefits of the new framework can be found by visiting the [Ofqual website](#).

All learners being registered for QCF qualifications are required to have a Unique Learner Number (ULN) issued by the Learner Register. To be approved to offer this QCF qualification, you will need to demonstrate that you can access and verify learners' ULNs with the Learner Register. For more information about this process, please visit the [Learning Records Service website](#).

Other 1st4sport Qualifications you may be interested in:

- [1st4sport Principles of Coaching Sport Suite](#)
- [1st4sport Diploma in Sport and Active Leisure ASL provision](#)
- [1st4sport Level 2 Certificate in Coaching Triathlon \(QCF\)](#)

In partnership with:



Endorsed by:



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Shop for [triathlon and generic coaching books and resources](#) at [1st4sport.com](http://1st4sport.com).

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- [Five reasons to choose 1st4sport](#)
- [Become a recognised centre](#)
- [Deliver this qualification](#)
- [Learner Information](#)

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