

## 1st4sport Level 1 Certificate in Coaching Handball



### Overview

Qualification Accreditation Number	100/5725/0
Pathway Unit Number	Y/501/7339
Learning hours (GLH)	41 (16)
SFA/LAD Funding Code	100/5725/0
Entry age:	15+
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.*

Developed in partnership with the British Handball Association (BHA), the 1st4sport Level 1 Certificate in Coaching Handball is aimed at individuals looking for a qualification with the foundation level of knowledge that allows them to deliver handball activity sessions, either under the supervision of a more qualified coach or to groups of children as part of a physical education programme. The course progresses from the BHA's Introduction to Handball course and builds on learners' basic knowledge of the sport, with ball-handling skills and attacking and defending techniques among the specialist areas covered. Holders of this Certificate may seek employment as an assistant handball coach.

### Who is the Qualification for?

Anyone over 15 years of age who has some knowledge or experience of playing the game and would like to develop his or her coaching skills in the sport of Handball. The qualification is also excellent for people wanting to get involved in coaching at a Handball club with either junior or senior players, but without the responsibility of having to plan a whole coaching programme. 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.

NB. Learners cannot be certificated for the 1st4sport Level 1 Certificate in Coaching Handball until they are 16 years of age.

### Why Deliver this Qualification?

It provides an entry route to the BHA's coaching ladder

The qualification is the first rung on the BHA's coaching ladder and provides a stepping-stone to higher-level qualifications that are currently in development.

### Support national initiatives

Handball is an identified target sport of the [Street Games](#) initiative and, as such, awareness of the sport is growing throughout communities, leading to an increased demand for people who can deliver handball sessions. You can raise your centre's profile by being seen as a supporter of this exciting national development.

### Developed and endorsed by the experts

The 1st4sport Level 1 Certificate in Coaching Handball is a nationally accredited qualification that has been developed in partnership with the [BHA](#) and is endorsed by the [European Handball Federation](#), so you can be confident in its content and relevance.

### Endorsed by UKCC and accredited onto the National Qualifications Framework

This UK-wide standardisation of the delivery of coach education has ensured that the sport has been able to gain UKCC endorsement for the coach education programme within which the qualification sits. The result: you can be confident that this is the only UKCC-endorsed Level 1 Handball coaching qualification available. Consequently, successful learners will have a well-recognised qualification to add to their portfolio that should be valued by any would-be employer or Handball club.

- Combines the 'what to coach' and the 'how to coach' elements  
The 1st4sport Level 1 Certificate in Coaching Handball introduces the combination of 'what to coach' and the 'how to coach' skills at a foundation level, so learners become aware that it is not just about the skills you coach, but the way they are delivered that can greatly influence their effectiveness and participants' enjoyment within coaching sessions.

Provides learners with a flexible range of skills

Handball is a flexible game that can be played with minimal equipment, making the 1st4sport Level 1 Certificate in Coaching Handball ideal for teachers involved in both schools and play schemes looking for a new and exciting sport to introduce to their children.

Beneficial activity across all sports

As a sport that develops a wide range of fitness, movement and skills, handball is a great vehicle to help children improve such areas, which will benefit their performance and enjoyment of a range of other sports.

Prerequisites

Learners must:

- be at least 15 years of age to attend a course of training
- have some knowledge and/or experience of playing the game

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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
24	Coaching Handball	Y/501/7339

There are 41 recommended learning hours for learners to complete the qualification, of which 16 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.

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 Certificate in Coaching Handball Tutor/Assessor/Verifier Guidance
- 1st4sport Level 1 Certificate in Coaching Handball Guidance to Assessment
- internal and independent assessment tools



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

- 1st4sport Level 1 Certificate in Coaching Handball Learner Pack
- internal and independent 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 do I Find Out More?

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

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)

Endorsed by:

European Handball Federation – [www.eurohandball.com](http://www.eurohandball.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 Handball, 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 Handball, 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 1 Certificate in Coaching Football](#)
- [1st4sport Level 1 Certificate in Coaching Netball](#)
- [1st4sport Level 2 Award in Coaching Studies](#)

1st4sport Level 2 Certificate in Coaching Handball (coming soon)

In partnership with:



*(access partner websites using logos above)*

Endorsed by:



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

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