

## 1st4sport Level 3 Certificate in Coaching Judo



### Overview

Qualification Accreditation Number	100/5822/9
Pathway Unit Number	D/501/9593
Learning hours (GLH)	285 (70)
SFA/LAD Funding Code	100/5822/9
Entry Age	21+
Qualification Accreditation Start Date	01/12/05
Qualification Accreditation End Date	31/12/10
Certification End Date	31/12/13
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 National Source Group for Judo, the 1st4sport Level 3 Certificate in Coaching Judo offers coaches a progression from the 1st4sport Level 2 Certificate in Coaching Judo to enable them to profile judo players and develop annual training programmes that are appropriate to the players' needs and level of performance. It builds on the [Level 2 qualification](#), providing the advanced level of knowledge needed for more senior coaches who may be involved in regional coaching. It also aims to enable learners to create an effective coaching environment, establish supportive working relationships and manage the behaviour of participants and others.

### Who is the Qualification for?

Anyone over 21 years of age, who holds a minimum British Judo Association (BJA) Grade of First Dan (black belt), or equivalent via the BJA technical grading assimilation process, and would like to develop and improve his or her coaching skills in the sport of judo. Existing holders of the 1st4sport Level 2 Certificate in Coaching Judo may decide that they wish to develop their knowledge and coaching skills to enable them to profile judo players and develop annual training programmes. 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.

### Why Deliver this Qualification?

Improves the level of judo coaching you are able to deliver

The advantages to judo clubs of having a coach who is competent in profiling players and writing longer-term training programmes are significant. They include a likely increase in the players' rate of progression and an improvement in the coach-player relationship.

Raises the profile of the judo club

Being able to profile players and offer personalised training programmes will increase kudos in the local area and could lead to increased membership.

Developed with the National Source Group for Judo

This qualification has been developed with the National Source Group for Judo, which is made up of representatives from the home country governing bodies of sport (GBS) for judo – the BJA, the Welsh Judo Association, JudoScotland and the Northern Ireland Judo Federation.

### Prerequisites

Learners are required to:

- be at least 21 years of age
- hold a minimum BJA Grade of First Dan (black belt), or equivalent via the BJA technical grading assimilation process
- a minimum of two years' experience of regular judo coaching
- ideally hold the 1st4sport Level 2 Certificate in Coaching Judo or a BJA-recognised equivalent, such as the BJA Level 2 Coaching Award.

NB: While the qualification prerequisites are based around the GBS grading systems, judo players from other bodies are able to apply for their belt/grade to be mapped over to the GBS grades for suitability. This incurs a fee that is set by the GBS, not 1st4sport. Further information can be found at: [http://www.britishjudo.org.uk/technical/coaching\\_home.php](http://www.britishjudo.org.uk/technical/coaching_home.php).

## Structure

The qualification is divided into the following units:

Unit No	Unit Title	Accreditation No.
1	Analyse Performance and Goal Setting	H/103/5642
2	Design a Coaching Programme	K/103/5463
3	Manage a Safe and Effective Coaching Environment	M/103/5644
4	Deliver a Coaching Programme	T/103/5645
5	Evaluate and Develop a Coaching Programme and Practice	A/103/5645
20	Coaching Judo	D/501/9593

There are 285 recommended learning hours for learners to complete the qualification, of which 70 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 3 Certificate in Coaching Judo Tutor/Assessor/Verifier Guidance Pack
- 1st4sport Level 3 Certificate in Coaching Judo Tutor/Assessor/Verifier Learning and Assessment Materials Pack
- internal and independent assessment tools
- *BJA Health and Safety Guidelines for Judo Coaches*.

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

- 1st4sport Level 3 Certificate in Coaching Judo Learner Pack
- internal and independent assessment tools
- *Coaching Handbook*
- *BJA Health and Safety Guidelines for Judo 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 3 Certificate in Coaching Judo was developed in partnership with, please visit their respective websites at:

British Judo Association – [www.britishjudo.org.uk](http://www.britishjudo.org.uk)

JudoScotland – [www.judoscotland.com](http://www.judoscotland.com)

Welsh Judo Association – [www.welshjudo.com](http://www.welshjudo.com)

Northern Ireland Judo Federation – [www.nijf.org](http://www.nijf.org)

## How to Apply

If you are not already a 1st4sport recognised centre, but would like to deliver the 1st4sport Level 3 Certificate in Coaching Judo, 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 3 Certificate in Coaching Judo, 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 Judo](#)

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- [1st4sport Level 2 Certificate in Coaching Judo](#)
  - [1st4sport Level 2 Certificate in First Aid for Sport](#)
  - [1st4sport Level 1 Certificate in Coaching Strength and Conditioning for Sport](#)
  - [1st4sport Level 2 Certificate in Coaching Strength and Conditioning for Sport](#)
  - [1st4sport Level 3 Certificate in Coaching Strength and Conditioning for Sport](#)

In partnership with:

**BRITISH  
JUDO**



*(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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