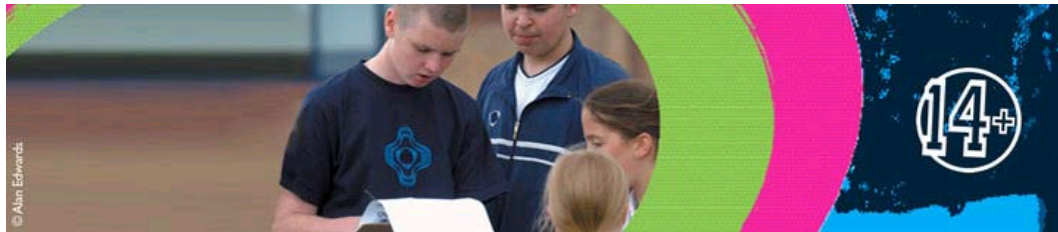


## 1st4sport Level 2 Award in Coaching Studies



### Overview

Qualification Accreditation Number	500/1226/5
Learning hours (GLH)	80 (60)
SFA/LAD Funding Code	500/1226/5
Entry Age	14+
Qualification Accreditation Start Date	01/09/06
Qualification Accreditation End Date	31/12/10
Certification End Date	31/12/12
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.*

The 1st4sport Level 2 Award in Coaching Studies provides your students aged 14 and over with an introduction to both the practical and theoretical aspects of sports coaching, developing the skills they'll need to support their involvement of sport. It gives them a huge sense of achievement and invaluable experience by qualifying them to support more experienced coaches in creating a safe, equitable coaching environment while delivering coaching sessions and sports or games-related activities. Learners will learn:

- how to plan, organise and deliver a variety of sports
- the real benefits of exercise
- the importance of a healthy lifestyle
- safe practice and ethics in sport.

#### Who is the Qualification for?

Anyone over the age of 14, who has an interest in becoming a sports coach.

#### Why Deliver this Qualification?

##### Motivating and engaging qualification

Newly designed learner resources maximise understanding and appeal to ensure the learning experience is fun, fresh and exciting. It also encourages those not inspired by traditional educational routes to take up and succeed at an alternative, credible qualification.

##### Mixed delivery packages

The perfect qualification to give learners interested in sports coaching an opportunity to gain the knowledge needed to progress to other sports coaching qualifications. Providing an understanding of how to plan, organise and deliver a variety of sports or games-related activities under supervision, it is ideal for delivery as part of a mixed-learning package with other general and sports-specific qualifications, for example with a sports-specific coaching qualification and a first aid for sport qualification.

##### Flexible delivery

It can be integrated into GCSE Physical Education and Physical Education Short Courses at Key Stage 4 of the National Curriculum, or it can be delivered as a stand-alone qualification. It's also an excellent stepping stone between sports leadership and sports-specific qualifications.

##### Greater variety

The addition of the 1st4sport Level 2 Award in Coaching Studies expands your qualification portfolio with a highly relevant qualification that will interest learners.

##### Prerequisites

Learners are required to be a minimum of 14 years of age.

##### Structure

The qualification is divided into the following units:

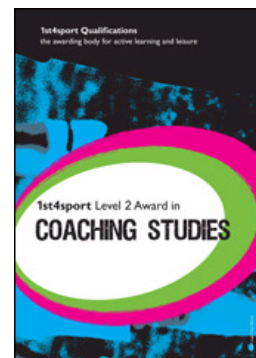
Unit No	Unit Title	Accreditation No.
1	Safety and Ethics in Sports Coaching	H/500/3685
2	Support Coaching using Sports Science	K/103/5463
3	Plan for Sports Coaching	T/500/3688
4	Deliver and Review Sports Coaching	A/500/3689

There are 80 recommended learning hours for learners to complete the qualification, of which 60 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 qualification is supported by the following 1st4sport resources:

- *Recognised Centre Handbook*
- generic administrative guidance for recognised centres
- 1st4sport Level 2 Award in Coaching Studies Tutor/Assessor Guidance Pack
- 1st4sport Level 2 Award in Coaching Studies Tutor/Assessor Learning and Assessment Materials Pack
- 1st4sport Level 2 Award in Coaching Studies Learner Pack
- internal and independent assessment tools
- 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?

Contact details for 1st4sport Qualifications:

1st4sport Qualifications  
Coachwise Limited  
Chelsea Close  
Off Amberley Road  
Armley  
Leeds LS12 4HP  
Tel: 0113-290 7610  
Email: [enquiries@1st4sportqualifications.com](mailto:enquiries@1st4sportqualifications.com)

## How to Apply

If you are not already a 1st4sport recognised centre, but would like to deliver the 1st4sport Level 2 Award in Coaching Studies, you will first need to fill in a [Centre Recognition Application Form](#).

If you are already a 1st4sport recognised centre and would like to seek approval to deliver this qualification, 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 Award in Sport and Leisure Industry Awareness](#)
- [1st4sport Level 2 Certificate in Industry and Organisational Awareness for the Active Leisure and Learning Industry](#)
- [1st4sport Level 3 Certificate in Industry and Organisational Awareness for the Active Leisure and Learning Industry](#)
- [1st4sport Level 3 Certificate in Internal Verification in Sport](#)
- [1st4sport Level 3 Introduction to Assessment Practice in Sport](#)

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