

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



### Facts and Figures

Qualification Number	600/0181/1
Credit Value (Guided Learning Hours)	10 (24–70)
SFA/LAD Funding Code	600/0181/1
Entry Age	16
Qualification Operational Start Date	01/01/2011
Qualification Operational End Date	28/02/2015
Certification End Date	29/02/2016
Qualification Structure	<a href="#">See the units of this qualification</a>
Supporting Materials	<a href="#">See the supporting materials</a>

[Find out how to apply to deliver this qualification.](#)

*There are no costs involved in applying or becoming a 1st4sport recognised centre.*

Developed in partnership with British Gymnastics (BG), the education arm of gymnastics, the 1st4sport Level 1 Award in Coaching Gymnastics (QCF) is the first qualification on the gymnastics coaching ladder. The qualification is designed to provide learners with an introduction to the practical and theoretical aspects of coaching gymnastics. The foundation level of knowledge recognised in this qualification will enable them to develop an understanding of the safe, ethical and effective management and coaching of gymnastics. Those who complete this Award will be able to assist other, more qualified coaches in delivering gymnastics coaching sessions to participants of all ages.

### Frequently Asked Questions

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### What are the Learner Prerequisites?

Learners are required to be a minimum of 16 years of age prior to registration.

### How is the Qualification Structured?

The qualification is divided into the following units:

Unit Title	Accreditation Number	GLH	Credit
101 Understanding the Fundamentals of Coaching Sport	D/601/3531	6	1
102 Understanding the Principles of Planning Coaching Activities in Sport	H/601/3532	10	1
103 Understanding the Principles of Conducting Coaching Activities in Sport	K/601/3533	10	1
104 Understanding the Principles of Evaluating Coaching Activities in Sport	M/601/3534	7	1
105 Planning Gymnastics Coaching Activities	L/502/6815	9	2
106 Conducting Gymnastics Coaching Activities	R/502/6816	14	2
107 Evaluating Gymnastics Coaching Activities	Y/502/6817	8	2

### What are the Supporting Materials?

Unlike many other awarding organisations, which 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 and assess 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 Gymnastics Tutor/Assessor/Verifier Guidance Pack
- 1st4sport Level 1 Award in Coaching Gymnastics Tutor/Assessor/Verifier Guidance to Assessment Pack
- internal and independent assessment tools.

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

- 1st4sport Level 1 Award in Coaching Gymnastics Learner Pack
- internal and independent assessment tools
- discipline-specific handbook
- CD-ROM containing electronic assessment tasks and BG documentation.

What are the 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 in your qualification application pack.

How do I 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 Gymnastics (QCF), please access Athena and complete the qualification approval process. If you cannot remember your username and password, please contact us at [gmt@1st4sportqualifications.com](mailto:gmt@1st4sportqualifications.com).

The Qualifications and Credit Framework (QCF)

This qualification sits on the new QCF. Further information about the benefits of the new framework can be found by visiting [www.ofqual.gov.uk](http://www.ofqual.gov.uk).

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 [www.learningrecordsservice.org.uk/products/uln](http://www.learningrecordsservice.org.uk/products/uln).

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Other 1st4sport Qualifications you may be interested in:

- [1st4sport Level 2 Certificate in Coaching Gymnastics \(QCF\)](#)
- [1st4sport Principles of Coaching Sport Suite \(QCF\)](#)

In partnership with:



Visit the [British Gymnastics website](#)

Endorsed by:



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