

1st4sport Level 3 Award in the Principles of Coaching Sport (QCF)



Overview

Qualification Accreditation Number	500/8753/8
Credit Value (Guided Learning Hours)	11 (67)
Diploma in Sport and Active Leisure	Additional and specialist learning (ASL) catalogue approved
SFA/LAD Funding Code	500/8753/8
Entry Age	16+
Qualification Accreditation Start Date	01/04/10
Qualification Accreditation End Date	28/02/15
Certification End Date	28/02/18
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 3 Award in the Principles of Coaching Sport provides your learners, aged 16 years and over, with the knowledge needed to develop their confidence and start them on the road to an engagement with coaching sport. Utilising the new QCF common-knowledge units for coaching, learners gain the required generic knowledge that all sports coaches need to plan, conduct and evaluate safe and effective coaching programmes in sport. This includes:

- the principles of safe and equitable coaching practice
- the fundamentals of coaching programmes
- the principles of planning coaching programmes
- how to support participants' lifestyles through coaching programmes.

The qualification also provides the foundation for all Level 3 UK Coaching Certificate (UKCC) sport-specific coaching programmes and forms part of the Additional and Specialist Learning (ASL) Catalogue for the Diploma in Sport and Active Leisure.*

*Visit www.1st4sportqualifications.com/fq/diploma for updates on qualifications accepted as part of the ASL Catalogue for the National Diploma in Sport and Active Leisure.

Who is the Qualification for?

Anyone over the age of 16, who has an interest in becoming a sports coach.

Why Deliver this Qualification?

Opens the door of sport to your learners

It provides an excellent way to develop your learners' knowledge and understanding of coaching, which can support progression to UKCC sport-specific programmes.

Save time with flexible delivery options

Should you or a governing body of sport wish to offer a sport-specific coaching course to learners, you can now support the option of delivering the generic content, enabling the governing body of sport to focus on the sport-specific content, which could save you both time and money.

The coaching experts

As with all 1st4sport qualifications, we work in partnership with industry experts to develop the most meaningful and relevant qualifications that meet end-user needs. Our partnerships include:

1. The Football Association (The FA)
2. Rugby Football Union (RFU)
3. Lawn Tennis Association (LTA)

...and many more others.

Make best use of recognition of prior learning

Once this qualification is attained, it can be used as recognition of prior learning (RPL), meaning learners only have to cover generic coaching content at level once, rather than duplicate it.

For more reasons why you should deliver this qualification download the [1st4sport Principles of Coaching Sport Suite promotional flyer](#) (PDF).

Prerequisites

Learners are required to be aged 16 years or over, prior to registration.

Structure

The qualification is divided into the following units:

Unit Title	Accreditation No.	Credit*
Understanding the principles of safe and equitable coaching practice	M/601/2108	2
Understanding the fundamentals of coaching programmes	T/601/3535	3
Understanding the principles of planning coaching programmes	A/601/3536	3
Understanding how to support participant(s)' lifestyle through coaching programmes	F/601/3537	3

*Each credit is equivalent to 10 hours of learning time. When learning time is not exactly in a multiple of 10, it must be rounded up or down as credit can only be represented in whole numbers (*14 hours of learning would be rounded down to represent 1 credit, 17 hours of learning would be rounded up to represent 2 credits*).

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.

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 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 3 Award in the Principles of Coaching Sport, please access Athena and complete the qualification approval process. If you cannot remember your username and password, please contact us at qmt@1st4sportqualifications.com.

Other 1st4sport Qualifications you may be interested in:

- [1st4sport Level 1 Award in the Principles of Coaching Sport](#)
- [1st4sport Level 2 Award in the Principles of Coaching Sport](#)
- [1st4sport Level 2 Award in Supporting Physical Education, Sport and Learning in Schools](#)
- [1st4sport Level 2 Award in Leadership through Football \(OCF\)](#)

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

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