

## 1st4sport Principles of Coaching Sport Suite (QCF)



### Overview

The 1st4sport Principles of Coaching Sport Suite of qualifications provides your learners, aged 14 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 at an appropriate level that all sports coaches need to plan, conduct and evaluate safe and effective coaching activities (Level 1), sessions (Level 2) and programmes (Level 3) in sport. This includes:

- fundamentals of coaching sport
- principles of planning, conducting and evaluating coaching
- supporting participant development
- principles of safe and equitable coaching practice.

The qualifications will also provide the foundation for all UK Coaching Certificate (UKCC) sport-specific coaching programmes and have been accepted as part of the Additional and Specialist Learning Catalogue for the Diploma in Sport and Active Leisure.

The suite comprises:

- [1st4sport Level 1 Award in the Principles of Coaching Sport](#)
- [1st4sport Level 2 Award in the Principles of Coaching Sport](#)
- [1st4sport Level 2 Certificate in the Principles and Preparations for Coaching Sport \(QCF\)](#)
- [1st4sport Level 3 Award in the Principles of Coaching Sport](#)

### Prerequisites

The suite is for anyone over the age of 14, who has an interest in becoming a sports coach.

### Why Deliver

Opens the door of sport to your learners

They provide 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:

- The Football Association (The FA)
- Rugby Football Union (RFU)
- Lawn Tennis Association (LTA)

...and many more others.

Make best use of recognition of prior learning

Once these qualifications are 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.

Diploma in Sport and Active Leisure Approved

The qualifications have been accepted to form part of the Additional and Specialist Learning (ASL) Catalogue for the Diploma in Sport and Active Leisure\*.

\*Visit [www.1st4sportqualifications.com/fq/diploma](http://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.

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

## 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 any of the qualifications within the 1st4sport Principles of Coaching Sport Suite, 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).

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

---

Built on [Cubik](#)  
©2012 1st4sport Qualifications

1st4sport Qualifications is a brand of Coachwise Ltd, the trading arm of sports coach UK, the UK-registered charity leading the development of coaching. Any proceeds from your business goes directly back to sports coach UK to invest in developing coaching for all children, players and athletes in the UK.

Coachwise Ltd. is registered in England 2340767, registered offices at: Chelsea Close, Off Amberley Road, Armley, Leeds, LS12 4HP.