

1st4sport Level 3 Certificate in Talented Athlete Lifestyle Support (QCF)



Overview

Qualification Number	600/4384/2
Credit Value (Guided Learning Hours)	13 (46)
SFA/LAD Funding Code	600/4384/2
Entry age:	18+
Qualification Operational Start Date	05/01/2012
Qualification Review Date	01/02/2015
Certification End Date	01/02/2018
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.

Talented athletes need support to overcome the challenges they face both on and off the sports field, such as work, their family and social life, injury, illness and psychological issues, all of which can create conflict and put pressure on their training schedule and personal commitments. Developed in partnership with the Talented Athlete Scholarship Scheme (TASS), the 1st4sport Level 3 Certificate in Talented Athlete Lifestyle Support (QCF) provides learners with an introduction to the principles and practice of supporting and advising talented athletes in managing their personal development and lifestyle to balance with their sporting commitments. It has been designed to enable learners aged 18 and over to study both the theoretical and practical aspects of the support and advice process.

Prerequisites

Learners are required to:

- be at least 18 years of age to attend the programme of training
- have attended a recognised child protection workshop
- have completed and passed the UK Anti-Doping (UKAD) online workshop.

Learners must have access to an appropriate talented athlete for the four advice and support interventions, over a minimum of a three-month period.

Structure

The qualification is divided into the following units:

Ref	Title	Unit Reference No.	GLH	Level	Credit
1	Support and Advise Athletes within a Performance Environment	J/503/6758	13	3	4
2	Manage Athlete Support Networks within a Performance Environment	L/503/6759	9	3	3
3	Support and Advise Talented Athletes through Lifestyle Change	F/503/6760	9	3	2
4	Support Talented Athletes to Understand their Anti-doping Responsibilities	J/503/6761	6	2	2
5	Support and Advise Talented Athletes to Plan their Careers	D/503/6765	9	3	2

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 3 Certificate in Talented Athlete Lifestyle Support (QCF) Tutor/Assessor/Verifier Guidance to Delivery Pack
- 1st4sport Level 3 Certificate in Talented Athlete Lifestyle Support (QCF) Tutor/Assessor/Verifier Guidance to Assessment Pack
- internal and independent assessment tools.

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

- 1st4sport Level 3 Certificate in Talented Athlete Lifestyle Support (QCF) Learner Pack
- assessment tools
- SkillsActive NOS for Personal Development of Athletes and Players
- TASS TALSQ Resource.

Fees

Fees are charged per learner and provide registration and certification for the qualification, as well as a 1st4sport Learner Pack, learning resources and a 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 Certificate in Talented Athlete Lifestyle Support (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.

QCF

This qualification sits on the new QCF. Further information about the benefits of the new framework can be found by visiting the [Ofqual website](#).

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 the [Learning Records Service website](#).

Other 1st4sport Qualifications you may be interested in:

- [1st4sport Coaching Awards and Certificates](#)
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- [Learner Information](#)

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