

1st4sport Level 2 Award in Coaching Studies



Start priming tomorrow's sport coaches today

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. Candidates 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

[Click here](#) to request an application form.

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

Frequently Asked Questions

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Who is the qualification for?

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

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Why deliver this qualification?

Motivating and engaging qualification

Newly designed candidate 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 candidates 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 candidates.

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What are the candidates prerequisites?

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

How is the qualification structured?

The qualification is divided into the following units:

Unit No	Unit Title	Guided Learning Hours
1	Safety and Ethics in Sports Coaching	20
2	Support Coaching using Sports Science	20
3	Plan for Sports Coaching	20
4	Deliver and Review Sports Coaching	20

How is the course delivered?

The qualification can be studied either part time or full time and is designed to be delivered through a mixture of both practical and classroom based activities. This includes tutor delivered sessions, home study activities and evidence gathering for assignments.

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What will candidates gain from this qualification?

Successful completion of the 1st4sport Level 2 Award in Coaching Studies will enable them to:

- understand how a fair and equitable coaching environment is established
- understand the requirements of managing a safe coaching environment
- explain the fundamental principles relating to anatomy and physiology in sport
- explain the fundamental principles relating to nutrition in sport
- explain the fundamental principles relating to psychology in sport
- understand how to improve the different components of fitness
- plan a range of sports or games related coaching sessions
- deliver a range of sports or games related coaching sessions
- evaluate coaching sessions and personal coaching practice/performance
- develop an action plan to improve personal coaching practice/performance

Students will gain an understanding of how to plan, organise and deliver a variety of sports or games related activities under supervision as well as the benefits of exercise, healthy lifestyle, safe practice and ethics in sport.

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What staff resources do I need to deliver and assess the qualification?

The key roles are:

Tutor – Responsible for and/or involved in the delivery of the learning programme and conducting aspects of the internal assessment. Might also be termed trainer-assessor and/or internal assessor.

Independent assessor – An appropriately qualified assessor, employed by the recognised centre, who has not been involved in the candidates' programme of training or internal assessment. This person is considered to be able to provide an independent assessment without prior knowledge of candidates' performance.

Internal verifier – Appointed (and employed) by the recognised centre to review the work of all those involved in the assessment of the qualification at that centre, to ensure consistency of assessment for candidates over a period of time.

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What qualifications do tutors, assessors and verifiers need?

The same person or two different people may fulfil the roles of tutor and internal assessor. Whichever option is chosen, the centre's external verifier (employed by 1st4sport Qualifications) will wish to ensure that all persons providing training or assessment for the qualification meet the qualification-specific criteria below.

Tutors will:

- have a least one current sport-specific coaching qualification at Level 2 or above
- hold a recognised teaching qualification or hold or the 1st4sport Certificate in Tutoring in Sport (CTS) or be a current sport specific coach educator or a sports coach UK Tutor or equivalent.

Independent assessors will:

- have a least one current sport-specific coaching qualification at Level 2 or above
- hold a recognised teaching qualification or hold or the 1st4sport Certificate in Tutoring in Sport (CTS) or be a current sport specific coach educator or a sports coach UK Tutor or equivalent
- hold or be working towards ENTO Units D32/33 or A1, or the 1st4sport Level 3 Introduction to Assessment Practice in Sport qualification. Where these are not held, assessors must be able to demonstrate a structured and consistent approach to the assessment process, which follows that of the national standards.

Internal verifiers will:

- hold or be working towards the ENTO Units D34 or V1 or the 1st4sport Introduction to Internal Verification Practice in Sport or equivalent. Where these are not held, verifiers must be able to demonstrate a structured and consistent approach to the verification

process, which follows that of the national standards.

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What are the fees?

Fees are charged per candidate and provide registration and certification for the qualification, as well as a 1st4sport Qualifications Candidate Pack, learning resources and certificate. Further information on fees is available from the qualification application form.

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How do I find out more?

If you are unable/would prefer not to become a recognised centre we can provide contact details for existing centres who may be able and willing to work with you and your candidates?

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How do I 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.

To apply, please [click here](#).

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](#).

It's free to apply to deliver this qualification.

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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](#)
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