

Qualification Purpose Statement: 1st4sport Level 2 Diploma in Coaching Sport and Instructing Physical Activities (Technical Certificate)

Regulation Details					
Qualification details	Qualification title	Qualification No.	Level ¹	GLHs ²	TQT ³
	1st4sport Level 2 Diploma in Coaching Sport and Instructing Physical Activities	601/7696/9	2	480	825
	Operational start date	01 September 2016			
	Review date	30 September 2018			
	Registration Period	3 Years			
Overview					
Introduction	<p>This qualification is solely awarded by 1st4sport Qualifications as the recognised awarding organisation regulated by Ofqual in England, CCEA in Northern Ireland and by Qualifications Wales in Wales. It has been approved by the Department for Education as a Technical Certificate for inclusion in the 16-19 Performance Tables. The qualification and its components are listed on the <i>Register of Regulated Qualifications</i>; component details are contained within Appendix A of this specification.</p>				
Objective	<p>This qualification provides a benefit to learners by developing their knowledge, understanding and skills required to be able to coach sport and instruct physical activities in a range of settings within the active leisure industry. It also supports academic progression should learners wish to pursue this option. The Learner will develop the knowledge, understanding and skills required to plan, deliver and review sport and physical activity sessions in a safe environment; learning how to deliver multi skills sessions and support teachers in the delivery of PE and schools sports. Learners will gain knowledge and understanding of anatomy, physiology and skill acquisition; learning how to identify talent, improve performance and deliver sport and physical activity in the community. They will also learn how to develop personally and professionally supporting their employment potential. On successful completion of the qualification learners would be able to seek employment in a number of settings including:</p> <ul style="list-style-type: none"> • supporting the delivery of Physical Education and School Sport • sports coaching • leading physical activity sessions in the wider community • multi skills coaching <p>Attendance on the qualification supports active and healthy lifestyles, in line with the <i>Sport England Participation Agenda</i> and other health and active lifestyle initiatives through both participation in practical sessions and the development of skills to be able to deliver sessions to others in the future.</p>				

¹ This qualification is equivalent to Level 3 on the European Qualifications Framework (EQF). Further information about the EQF can be found at: http://ec.europa.eu/eqf/home_en.htm

² Guided Learning Hours. GLHs for a specific qualification are defined as the number of hours of largely face-to-face tuition and assessment on-course.

³ Total Qualification Time. TQT for a specific qualification is defined as the total number of notional hours required to achieve the qualification

Structure	This qualification consists of nine mandatory units. Learners must successfully complete all nine units to achieve the qualification.						
	Unit title	Unit aim	Unit Ref No.	Assessment Type	Level	GLH	TQT
	Safeguard participants	The aim of this unit is to introduce the learner to the fundamentals of providing safe, equitable and appropriate sport and physical activity sessions, as well as the underpinning knowledge of relevant legislation, such as the Equality Act 2010 and the Data Protection Act 1998. The learner will be equipped with knowledge relevant to health and safety, safeguarding, equality and data protection.	H/507/8175	Externally assessed- Exam	2	60	90
	Develop the physique of the participant	The aim of this unit is to introduce the learner to anatomy and physiology, through the structure and functions of the anatomical systems within the human body including; the skeletal, muscular, cardiovascular, respiratory, nervous and digestive systems. Learners will be able to apply this anatomical and physiological knowledge when fulfilling the role of a coach, leader, instructor or a teacher when aiming to improve individual's performance or well-being.	K/507/8176	Externally assessed – Exam	2	60	90
	Develop the skills of the participant	The aim of this unit is to develop a learner's knowledge of skill acquisition and the environments which support them in their delivery of sport and physical activities sessions.	M/507/8177	Internally assessed	2	60	90
Deliver sport and physical activity sessions	The aim of this unit is to provide the underpinning knowledge for the introduction of different delivery styles required to deliver sport and physical activity sessions. Learners will be able to apply the relevant delivery styles between coaching, leading and instructing, depending upon the type of activity and participants.	A/507/8179	Internally assessed	2	60	90	

	Deliver multi skills sessions	The aim of this unit is to provide an introduction to the processes and principles of supporting child development through multi-skills. This will include understanding how to support child development through multi-skills via the practical coaching of linked and progressive multi-skills sessions	M/507/8180	Internally assessed	2	30	60
	Support teachers to deliver PE and School Sport	The aim of this unit is to introduce the learner to a number of roles in providing Physical Education and School Sport (PESS), and develop their knowledge and skills to be able to support the delivery of PE and sport activities in a school sport environment. Learners will be required to deliver sessions within a real school environment.	T/507/8181	Internally assessed	2	60	180
	Develop personally and professionally	The aim of this unit is to enable learners to understand the range of professional skills required to be successful in preparing for and maintaining employment or roles in the sport and active leisure sector. This unit will assess learners on their ability to apply study techniques in order to gain relevant qualifications. It also supports the development of communication skills and enables learners to manage their personal and professional development with the sport and active leisure industry. Assessment will involve engaging with a relevant employer.	A/507/8182	Internally assessed	2	30	45
	Identify talent and improve performance	The aim of this unit is to introduce the concept of talent identification and how this can be used to influence coaching activities in order to support the development young sports performers along performance pathways	F/507/8183	Internally assessed	2	60	90
	Deliver sport and physical activity in the community	The aim of this unit is to provide the learner with an understanding of the principles of healthy living, as well as issues relating to the identification and overcoming of barriers to participation in physical activity and exercise. Learners will also investigate the various national initiatives intended to improve the general health of the population, and examples of organisations working in partnership to achieve this goal.	J/507/8184	Internally assessed	2	60	90

<p>Training and assessment</p>	<p>Achievement of the qualification is normally through attendance on a programme of learning and assessment. The learning programme for the <i>1st4sport Level 2 Diploma in Coaching Sport and Instructing Physical Activities</i> can be delivered over one year full time or two years in conjunction with other qualifications. It consists of 480 guided learning hours and has been developed to meet the Department for Education Technical Certificate qualification requirements. Learners will have the opportunity for engagement with an employer, through the completion of the unit '<i>Support teachers to deliver PE and School Sport</i>' where they will be required to work within a school environment to support the delivery of physical education sessions over time, and through the completion of <i>Develop Personally and Professionally</i> where they are required to research potential career pathways in the active leisure industry.</p> <p>The assessment specification requires learners to:</p> <ul style="list-style-type: none"> • complete written examinations covering the learning outcomes and assessment criteria of <i>Safeguard Participants</i> and <i>Develop the Physique of the Participant</i>. These will both be externally assessed by 1st4sport • complete a portfolio of evidence consisting of written tasks, presentations, practical demonstration and synoptic assessment for the units: <i>Develop the Skills of the Participant, Deliver Sport and Physical Activity Sessions, Deliver Multi Skills Sessions, Support Teachers to Deliver PE and School Sport</i> and <i>Develop Personally and Professionally, Identify Talent and Improve Performance</i> and <i>Deliver Sport and Physical Activity in the Community</i> <p>Learners will be awarded a grade of Pass, Merit or Distinction, assuming they successfully complete all assessments. Grades are calculated using a matrix system.</p>
<p>Employer Engagement</p>	<p>Learners will be required to undertake a work placement within a school setting in order to achieve the unit '<i>Support Teachers to Deliver PE and School Sport</i>'. This placement will see the learner supporting established physical education staff in the delivery of activity sessions to pupils over a period of time. This is a mandatory element of the qualification and learners and centres are encouraged to secure placements as early as possible within the programme of learning.</p> <p>Learners are also required to work with a suitable employer for <i>Develop Personally and Professionally</i> where they are required to research potential career pathways in the active leisure industry.</p>

Progression	
Entry routes for learners	<p>Prior to registration for the qualification learners are required to:</p> <ul style="list-style-type: none"> • be accurately identified • be at least 16 years of age • be able to communicate effectively in English⁴ (this includes listening, speaking, reading and writing). <p>There are no formal entry requirements for entry onto this qualification, although it would be beneficial for learners to have studied human Biology/Physiology or Physical Education at GCSE level. As part of a suite of Technical qualifications, it would also benefit learners to have completed the 1st4sport Level 2 Certificate in Active Leisure, Sport and Physical Activities, which is a qualification aimed at learners aged 14-16. This is not, however, a pre-requisite.</p> <p>This qualification sits within a progressive suite of technical and applied general qualifications offered by 1st4sport. The 1st4sport Level 2 Diploma in Coaching Sport and Instructing Physical Activities has been written for the 16+ learner. Learners who have achieved five GCSEs grades A*-C or 9-4 may be better suited to the 1st4sport Level 3 Diploma in Sport and Physical Activities or the 1st4sport Level 3 Diploma in Sports Performance and Excellence, depending on their areas of interest.</p>
Exit routes for learners: education	<p>General Exit Routes: The qualification will prepare learners for entry onto Advanced Level Apprenticeships in the following: <i>Supporting Teaching and Learning in Physical Education and School Sport, Sports Development and Leisure Management</i>. Learners may also progress to on to other Level 2 and Level 3 qualifications, such as A-levels, Technical Certificates, Technical Levels and Applied Generals.</p> <p>1st4sport-specific Exit Routes: Learners who complete this qualification successfully may progress onto the following technical and applied general qualifications offered by 1st4sport (depending on overall academic performance):</p> <ul style="list-style-type: none"> • 1st4sport Level 3 Diploma in Sport and Physical Activities (16 – 19 Performance Tables, Applied General category) • 1st4sport Level 3 Diploma in Sports Performance and Excellence (16 – 19 Performance Tables, Applied General category) <p>Alternatively, learners may progress onto a range of 1st4sport Level 2 and Level 3 vocational qualifications including:</p> <ul style="list-style-type: none"> • 1st4sport Level 2 Certificate in Supporting Learning in Physical Education and School Sport • 1st4sport Level 2 NVQ Certificate in Activity Leadership • 1st4sport Level 3 Certificate in Leisure Management • 1st4sport Level 3 Award in the Principles for Coaching Sport

⁴ Learners must be able to understand the requirements of the qualification and the information within the qualification materials in English without assistance. Where there is demand, this qualification may also be available in Welsh or Irish.

Exit routes for learners: employment	<p>This qualification may lead to paid employment or unpaid voluntary roles in coaching, leading or instructing sport or physical activity within the Active Leisure Industry. This could include supporting the delivery of activities within physical education and school sports, coaching sports or multi skills or securing a role within a leisure facility, holiday club or a community based participation programme.</p> <p>It is essential to note that learners are not able to lead activities autonomously until they are 18 years old.</p> <p>The qualification will support an application for an advanced apprenticeship in Supporting Teaching and Learning in Physical Education and School Sport, Sports Development and Leisure Management for learners seeking to progress to a paid in-training role rather than opting for traditional post-16 educational routes.</p>
Market and Support	
Target Audience: Learners	<p>This qualification is designed for post-16 learners who wish to study a vocational sport and physical activity qualification, and be provided with the opportunity to apply theory through a number of practical activities, such as coaching and leading physical activity sessions. It is directed at learners who have an interest in sport and physical activity.</p> <p>This qualification sits within a progressive suite of technical and applied general qualifications offered by 1st4sport. The 1st4sport Level 2 Diploma in Coaching Sport and Instructing Physical Activities has been written for the post-16 learner, to be studied alongside A Level and/or other technical qualifications.</p> <p>Learners who hold five grades (A* – C or 9 – 4) at GCSE level may wish to study the <i>1st4sport Level 3 Diploma in Sport and Physical Activity</i> instead, which has similar content and is aimed at a higher level, with the enhanced responsibilities of designing and leading sports and physical activity programmes within Physical Education and School Sport roles. Alternatively, learners who hold five grades (A* – C or 9 – 4) at GCSE level may also wish to study the <i>1st4sport Level 3 Diploma in Sports Performance and Excellence</i> qualification</p>
Target audience: centres	<p>The qualification is designed to be delivered through a range of centres which include (but is not limited to) schools, colleges and training providers.</p> <p>The qualification has been approved by The Department for Education and has been included within the 2018 16-19 Performance Tables: Technical Certificate Category.</p>
Target Audience: employers	<p>The qualification is designed to support progression into employment in the active leisure, sport and physical activity industry; supporting development pathways of employees and volunteers. Employers who offer apprenticeship and trainee opportunities may use this qualification as part of their recruitment criteria.</p>

Alternatives:	<p>This qualification exists within a progressive suite of technical and applied general qualifications offered by 1st4sport. The 1st4sport Level 2 Diploma in Coaching Sport and Instructing Physical Activities has been written for the post-16 learner to be studied alongside A Levels and/or other technical qualifications.</p> <p>Learners who hold five grades (A* – C or 9 – 4) at GCSE level may wish to study the <i>1st4sport Level 3 Diploma in Sport and Physical Activity</i> instead, which has similar content and is aimed at a higher level, with the enhanced responsibilities of designing and leading sports and physical activity programmes within physical education, school sport and community settings. Alternatively, learners who hold five grades (A* – C or 9 – 4) at GCSE level may also wish to study the <i>1st4sport Level 3 Diploma in Sports Performance and Excellence</i> qualification which focuses on the performance sport environment, developing an understanding of how to pursue a career within it.</p> <p>A list of our available qualifications can be found at www.1st4sportqualifications.com/our_qualifications</p>
Support: Professional Bodies	<p>The qualification is supported by the Association for Physical Education (AfPE) and sports coach UK (scUK).</p> <p>AfPE is the only physical education subject association in the UK. AfPE are committed to being the representative organisation of choice for people and organisations delivering or supporting the delivery of physical education in schools and in the wider community. AfPE objectives focus on the up skilling of the PE and sport workforce, advocacy work with government agencies and supporting the needs of the members.</p> <p>scUK is the UK's technical agency for coaching, established as a charity more than 30 years ago to promote for the public benefit the education of sports coaches, youth and community sports leaders, physical education teachers and other people engaged in the teaching and encouragement of sporting skills.</p> <p>Support letters can be viewed here.</p>