

Developed in partnership with British Rowing



# 1st4sport Level 2 Award in Coaching Rowing Sessions

Qualification Specification



## About Us

Welcome to 1st4sport, established in 2000, 1st4sport Qualifications are an industry specialist recognised awarding organisation regulated in England by the Office of the Qualifications and Examinations Regulator (Ofqual), in Wales by Qualifications Wales, and in Northern Ireland by the Council for the Curriculum, Examination and Assessment (CCEA) Regulation.

Serving the needs of the sport, physical activity and active leisure industry; our niche status is emphasised through our accomplished people, network of esteemed industry partnerships and our culture of excellence. We have an outstanding reputation; evidenced through the loyalty we receive from our trusted partners, recognised centres and most importantly our learners.

We have a proven track record; offering of valid, value-added, educational solutions and services and outstanding customer care. Our offer includes sector specific qualifications and pathways, and a range of relevant high-performing educational services; underpinned by leading digital solutions. The majority of these are developed and deployed in partnership with governing bodies of sport and other sector specific professional organisations. More than any other awarding organisation, our knowledge of the industry and our continuous cross-sector network enables us to understand the direction of our sector.

Our involvement in shaping our sector has been significant and we continue to be the awarding organisation that partner and representative organisations turn to for guidance on the direction of travel, as appropriate to the needs of our partners, centres, industry employers and learners.

**Our Mission:** To deliver excellent educational solutions and value-added services to sport, physical activity and the active leisure industry.

**Our Direction:** We aim to support the ongoing professionalisation of our industry; supporting employment, growth, sustainability and success. We embrace performance, participation and health agendas. Our objective is to continue to support our respected partners, providers and learners.

## Qualification Specification

Title:	1st4sport Level 2 Award in Coaching Rowing Sessions
Qualification Overview:	Gives learners the knowledge, skills and confidence to plan, deliver and evaluate a series of linked and progressive rowing sessions
Qualification Code:	L2ACRS
Qualification Regulation Number:	601/8831/5
Guided Learning Hours (GLH):	18
Total Qualification Time (TQT):	56
Credit Value (if applicable):	Not applicable
Operational Start Date:	01/05/2016
Qualification Review Date:	30/04/2025
Learner Registration Period:	2 years
Qualification Objective:	This qualification qualifies learners to become a session coach of rowing.
Qualification Purpose:	Prepare for employment in a specific occupational area.

### Who is this qualification for?

The qualification is designed for those who wish to become involved in coaching as a Rowing session coach, and to have responsibility for the ongoing development of participants. It is directed at learners who have an interest in coaching Rowing.

### Qualification Progression

Learners could progress on to the 1st4sport Level 2 Certificate in Coaching Rowing. The skills and knowledge developed through this qualification may also be used to progress to other industry-relevant qualifications in coaching sport, activity leadership or sports development.

Successful learners are eligible to seek employment in appropriate paid or voluntary coaching roles. They should look to develop their learning and knowledge of Rowing by working with other, more experienced, coaches. Following a period of practice as a qualified coach, learners may choose to develop their skills by participating in continuing professional development (CPD) opportunities offered within Rowing and other coaching-related organisations.

## Entry Requirements

Learners must be a minimum of 16 years old at registration and 17 years old at certification.

## Pre-requisite(s) or other entry requirements

The recognised centre is required to conduct an initial assessment of learners to ensure that pre-requisites to registration and certification and any barriers that may disadvantage a learner under the Equality Act 2010 are considered and outcomes recorded during the application process.

Prior to registration learners are required to:

- be accurately identified
- be at least 16 years of age
- be able to undertake this assessment in English or Welsh (if available)

## Assessment Methods

The assessment methods used in this qualification are:

- Coursework (in 3 of 3 mandatory units),
- Practical Demonstration/Assignment (in 3 of 3 mandatory units)

## Grading Methods

This qualification will be graded Pass / Fail.

## Qualification Structure

Learners must successfully complete all mandatory units to achieve this qualification.

### Mandatory Units

Unit ID	Unit Title	GLH
K/508/3961	The role of the rowing session coach	6
A/508/3964	The rowing session coach in practice	6
F/508/3965	Technical coaching requirements for rowing	6

### Optional Units

There are no optional units in this qualification

### Pathway Units (where applicable)

There are no pathway units in this qualification

Unit Title	The role of the rowing session coach
Unit Aim	This component develops the coach's understanding of their role and responsibilities as a session coach in rowing. This component is designed to ensure duty of care through safe and equitable practice.
Unique Unit Number	K/508/3961
Unit Assessment Method(s)	- Coursework - Practical Demonstration/Assignment
Assessment Specification	Learners are required to complete a series of assessed tasks within their learner portfolio. These are set by 1st4sport and assessed by their assessor.

### Learning Outcome: 1. Understand the role of the rowing session coach

Assessment Criteria The learner can:	Mandatory Delivery Content The learner will develop an understanding of:	Evidence Requirements The learner is required to complete:
1.1 demonstrate the role	<ul style="list-style-type: none"> <li>the role, its boundaries and adherence to codes of conduct</li> <li>the importance of building relationships and rapport with others</li> <li>the ethos of the participant-centred approach</li> <li>the role of the coach in encouraging the pursuit of a healthy lifestyle</li> <li>the importance of being a role model</li> <li>the sports or physical activity coaching process of plan – do – review</li> </ul>	

### Learning Outcome: 2. Understand the responsibilities of the rowing session coach

Assessment Criteria The learner can:	Mandatory Delivery Content The learner will develop an understanding of:	Evidence Requirements The learner is required to complete:
2.1 demonstrate the responsibilities related to rules and regulations	<ul style="list-style-type: none"> <li>the overarching legal and rowing-specific responsibilities</li> <li>rowing's organisational procedures, responsibilities and liabilities</li> <li>the rules and regulations of rowing enable the delivery of sessions</li> <li>the role of officials in rowing and the positive promotion of these</li> </ul>	
2.2 demonstrate the responsibilities related to duty of care	<ul style="list-style-type: none"> <li>the importance of operating within their own level of competence and experience</li> <li>what is acceptable in terms of the coach-participant relationship</li> </ul> <p>the guidelines for safeguarding and protecting the following participant groups, adherence to these and maintaining confidentiality:</p> <p>young people and children, including signs and symptoms of abuse</p> <p>adults at risk</p> <p>participants who share protected characteristics</p> <ul style="list-style-type: none"> <li>the requirements of the participant group, managing resources for all participants including those who share protected characteristics</li> <li>the requirements of the participant group; managing information for and about all types of participants</li> <li>the rationale and processes for referring participants whose needs cannot be met</li> </ul>	

2.3 demonstrate the responsibilities related to safe coaching practice	<ul style="list-style-type: none"> <li>• general principles of safe practice in rowing</li> <li>• health and safety requirements including basic risk assessment</li> <li>• health and safety management; knowing how to</li> </ul> <p>prepare the environment, conduct risk assessment minimise risk put contingency plans in place</p> <ul style="list-style-type: none"> <li>• emergency procedures; knowing how to follow:</li> </ul> <p>correct procedures for dealing with accidents, emergencies and incidents correct procedures for reporting issues</p>	
2.4 demonstrate the responsibilities related to inclusive coaching practice	<ul style="list-style-type: none"> <li>• inclusive delivery of coaching activities</li> <li>• coaching participants who share protected characteristics</li> <li>• communicating with a variety of participant types:</li> </ul> <p>disabled and non-disabled people children, youths and adults</p> <ul style="list-style-type: none"> <li>• recognising that different participants learn in different ways</li> <li>• different backgrounds and stages of participant development can impact on coaching:</li> </ul> <p>age emotional development skill development</p>	

### Learning Outcome: 3. Understand participants and their development needs

Assessment Criteria The learner can:	Mandatory Delivery Content The learner will develop an understanding of:	Evidence Requirements The learner is required to complete:
3.1 demonstrate how to engage with and develop a range of participants	<ul style="list-style-type: none"> <li>participants' motivations for taking part in rowing</li> <li>how to manage sessions for different backgrounds, stages of participant development and needs</li> <li>the basics of the C System; focussing on: Connection Competence Confidence</li> </ul>	
3.2 demonstrate awareness of the physical influences for participation	<ul style="list-style-type: none"> <li>the basic physical capabilities, basic hydration and nutritional requirements for rowing, and how to minimise the risk of injury</li> <li>how to apply basic hydration and nutrition advice relevant to rowing and environmental conditions</li> <li>how the physical capabilities of participants will influence the content and structure of the session</li> <li>the impact of the stages of participant development and how they impact on coaching practice</li> </ul>	
3.3 demonstrate awareness of the mental and social influences for participation	<ul style="list-style-type: none"> <li>how the mental capabilities of participant(s) will influence the content and structure of the session</li> <li>how to develop participants socially; building relationships and rapport with and between participant</li> </ul>	



Unit Title	The rowing session coach in practice
Unit Aim	This component aims to develop the coach's ability to plan, deliver and review rowing coaching sessions.
Unique Unit Number	A/508/3964
Unit Assessment Method(s)	- Coursework - Practical Demonstration/Assignment
Assessment Specification	Learners are required to demonstrate their ability to plan, deliver and review rowing activities in a 20 minute practical coaching assessment (either in their workplace or in a simulated environment).

### Learning Outcome: 1. be able to plan rowing coaching sessions

Assessment Criteria The learner can:	Mandatory Delivery Content The learner will develop an understanding of:	Evidence Requirements The learner is required to complete:
1.1 select activities to meet participants' needs	<ul style="list-style-type: none"> <li>plan or liaise with the session's organiser/manager/provider to ensure the session meets the needs of the participants, where appropriate</li> <li>identify and gather information from relevant sources about lifestyle, and the needs of the participant group</li> <li>understand the needs of different groups and individuals</li> <li>know how to apply basic goal setting</li> <li>select a balance of activities to meet the needs of the participant group</li> </ul>	
1.2 plan a coaching session to meet participants' needs	<ul style="list-style-type: none"> <li>plan a balance of activities to meet the needs of the participant group</li> <li>plan and prepare for sessions involving realistic timings, sequences, intensity and duration of rowing activities</li> <li>know how to ensure basic hydration and nutrition advice is applied, relevant to the rowing activity and environmental conditions</li> </ul>	

## Learning Outcome: 2. be able to deliver rowing coaching sessions

Assessment Criteria The learner can:	Mandatory Delivery Content The learner will develop an understanding of:	Evidence Requirements The learner is required to complete:
2.1 prepare the coaching environment	<ul style="list-style-type: none"> <li>know how to set up the equipment required for the session</li> </ul>	
2.2 prepare the participants for the coaching session	<ul style="list-style-type: none"> <li>understand how to set ground rules</li> <li>understand physical preparation and the delivery of warm-ups</li> </ul>	
2.3 deliver a coaching session which meets participants needs	<ul style="list-style-type: none"> <li>apply range of coaching styles; listening to and motivating participants</li> <li>cater to a variety of learning styles; balancing instruction, facilitation, demonstration, questions and answers</li> <li>ensure inclusivity and consideration of participants who share protected characteristics; communicating and listening to a variety of participant types: disabled and non-disabled people, children, youths and adults</li> <li>ensure there is a balance of activities; realistic timings, sequences, intensity and duration of activities within the session</li> <li>implement contingency plans and modify plans when needed; ensuring that sessions are adapted to meet participants' needs in the time available</li> </ul>	
2.4 provide technically correct explanations and demonstrations of activities	<ul style="list-style-type: none"> <li>explain relevant technical and tactical requirements of rowing</li> <li>deliver demonstrations and explanations that are technically and tactically correct</li> </ul>	
2.5 assess participants' performance and provide them with feedback	<ul style="list-style-type: none"> <li>develop participants' rowing skill through coaching</li> <li>respond to different participants and their individual learning styles; understanding the factors that affect the development of participants' skills</li> <li>analyse performance and give feedback to participants</li> </ul>	
2.6 ensure the participants and others' safety is maintained	<ul style="list-style-type: none"> <li>manage the equipment required for the coaching session</li> <li>manage behaviours by being: positive and challenging encouraging and motivating</li> </ul>	
2.7 conclude the session	<ul style="list-style-type: none"> <li>deliver cool-downs</li> <li>take down and store the equipment following the session</li> </ul>	

### Learning Outcome: 3. be able to review rowing coaching sessions

Assessment Criteria The learner can:	Mandatory Delivery Content The learner will develop an understanding of:	Evidence Requirements The learner is required to complete:
3.1 review a coaching session	<ul style="list-style-type: none"> <li>understand how to review and evaluate sessions, using the views of participants and others; understanding how the review outcomes can be used to impact on future sessions</li> <li>know where to refer participants whose needs cannot be met</li> </ul>	
3.2 reflect on own coaching practice	<ul style="list-style-type: none"> <li>take responsibility for own development</li> <li>develop a Personal Development Plan; identifying types of personal development activities potential career progressions and the role of others.</li> </ul>	

Unit Title	Technical coaching requirements for rowing
Unit Aim	This component aims to develop the coach's knowledge, understanding and skills for coaching the technical requirements for rowing.
Unique Unit Number	F/508/3965
Unit Assessment Method(s)	<ul style="list-style-type: none"> <li>- Coursework</li> <li>- Practical Demonstration/Assignment</li> </ul>
Assessment Specification	Learners are required to demonstrate their knowledge, understanding and skills for coaching the technical requirements for rowing by completing the tasks in the learner portfolio. These are set by 1st4sport and assessed by their assessor.

### Learning Outcome: 1. Be able to coach participants in developing their rowing skills

Assessment Criteria The learner can:	Mandatory Delivery Content The learner will develop an understanding of:	Evidence Requirements The learner is required to complete:
1.1 Identify the key skill/technical elements of rowing.	Risk Management	

	<ul style="list-style-type: none"> <li>Identifying hazards</li> <li>Managing Risk</li> </ul>
	<p>Getting afloat</p> <ul style="list-style-type: none"> <li>Identifying Suitable Equipment</li> <li>Lifting and carrying</li> <li>Getting in</li> <li>Safe position</li> <li>Getting out</li> </ul>
	<p>Confidence and Start tests</p> <ul style="list-style-type: none"> <li>Circle hands</li> <li>Rock by lowering/raising handles</li> <li>Raising handles to dip riggers in the water</li> <li>Rock and remove one hand</li> <li>Rock and remove both hands</li> <li>Rock using heels, hands off</li> <li>Slapping blades on the water</li> <li>Slapping alternate blades on the water</li> <li>Balance, blades off water, handles over feet</li> <li>Balance, blades off water in safe position</li> <li>Standing up in the boat</li> <li>Standing up riggers in the water</li> <li>Any other drill</li> </ul>
	<p>Manoeuvrability</p> <ul style="list-style-type: none"> <li>Single side</li> <li>Alternate side</li> <li>Both sides together</li> <li>Forwards</li> <li>Backwards</li> <li>Spoons at different depths</li> <li>Leaving and returning safely to launching area</li> <li>Steering</li> <li>Any other drill</li> </ul>
	<p>Emergency stops</p> <ul style="list-style-type: none"> <li>Single side</li> <li>Both sides</li> <li>Forwards</li> <li>Backwards</li> <li>At speed</li> </ul>
	<p>Moving the boat</p> <ul style="list-style-type: none"> <li>Roll-ups</li> <li>Backing down and suspending the weight on the handles</li> <li>Stationary and suspending the weight on the handles</li> <li>Single strokes</li> <li>Linked strokes (1-10)</li> <li>Distance per stroke</li> </ul>
	<p>Fewest strokes over a fixed distance</p>

1.2 Describe the key skill/ technical coaching points of rowing.		
1.3 Deliver a coaching session that develops a participants rowing skills		

## Qualification Conditions: Delivery and assessment requirements

To complete the delivery, assessment, and internal quality assurance of the qualification, providers will be required to adhere to the guidance set out in the Recognised Centre Handbook.

## Qualification Approval Conditions: Workforce requirements

In addition to the workforce requirements stated in the Recognised Centre Handbook, the following qualification specific requirements must be met and evidenced.

### Tutor(s):

For this qualification, the minimum requirements stated in the centre handbook apply in addition to any further qualification specific requirements stated below

- hold the 1st4sport Level 2 Certificate in Coaching Rowing, or ARA Bronze Coaching Award or recognised equivalent
- hold a recognised teaching/tutor qualification
- have attended the British Rowing qualification induction

### Assessor(s):

For this qualification, the minimum requirements stated in the centre handbook apply in addition to any further qualification specific requirements stated below

- hold the 1st4sport Level 2 Certificate in Coaching Rowing, or ARA Bronze Coaching Award or recognised equivalent
- hold a recognised assessing qualification
- have attended the British Rowing qualification induction.

### Internal Verifier(s) and Quality Assurer(s):

For this qualification, the minimum requirements stated in the centre handbook apply in addition to any further qualification specific requirements stated below

- hold the 1st4sport Level 2 Certificate in Coaching Rowing, or ARA Bronze Coaching Award or recognised equivalent
- hold a recognised Internal Quality Assurance qualification
- have attended the British Rowing qualification induction

## Additional Qualification Requirements

The minimum venue, facility and requirements stated in the centre handbook apply.

The recognised centre is required to have one or more delivery sites which contain facilities to support the programme of training and assessment. These must comply with accepted health and safety practices for rowing and have in place appropriate access arrangements. All delivery sites must include the following:

- a practical space for rowing activities to be delivered. Learning delivery and assessment should only take place in environmental conditions where the level of light and temperature are appropriate to the needs of participants and learners
- a space for theoretical sessions to be delivered to up to 12 learners with conditions conducive to learning

This qualification is regulated by Ofqual (601/8831/5), CCEA and QiW (C00/1301/1 - Regulated).

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UK Coaching  
2 City Walk  
Leeds  
LS11 9AR

T: 0113 274 4802  
E: [centreservices@1st4sportqualifications.com](mailto:centreservices@1st4sportqualifications.com)

[www.1st4sport.com](http://www.1st4sport.com)