

Qualification Purpose Statement: 1st4sport Level 3 Diploma in Sport and Physical Activities

| Regulation Details | | | | | |
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| Qualification details | Qualification title | Qualification No. | Level¹ | GLHs² | TQT³ |
| | 1st4sport Level 3 Diploma in Sport and Physical Activities | 601/7671/4 | 3 | 750 | 1020 |
| | Operational start date | 01 September 2016 | | | |
| | Review date | 30 September 2019 | | | |
| | 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 and Northern Ireland and by Qualifications Wales in Wales. It has been approved by the Department for Education as an Applied General for inclusion in the 16-19 Performance Tables.</p> <p>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 knowledge, understanding and skills required to establish an academic and/or career pathway within the sport and physical activity sector. Successful learners will be eligible to progress to higher education or alternatively they will be able to source employment within the sector.</p> <p>Learners will develop the knowledge understanding and skills required to plan, deliver and evaluate sport and physical activity programmes within a physical education, school sport and a community setting; applying scientific knowledge related to physiology, nutrition and psychology. Finally, learners will develop key transferable research skills whilst also being offered the opportunity to understand and engage with innovation and enterprise within the sector.</p> <p>The qualification structure and content is designed specifically to enable successful learners to contribute to local and national initiatives prioritising on active and healthy lifestyles in line with the <i>Sport England Participation Agenda</i> and other health and active lifestyle initiatives.</p> | | | | |

¹ This qualification is equivalent to Level 4 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 eight mandatory units. Learners must successfully complete all eight mandatory units to achieve the qualification. | | | | | | |
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| | Unit title | Unit aim | Unit Ref Nu. | Assessment Type | Level | GLH | TQT |
| | Apply Physiology to sport and physical activity | The aim of this unit is to assess the structure and function of the various internal systems and how they respond, in both the short and long-term, to sport and physical activity. The musculoskeletal, cardiovascular, circulatory and respiratory systems will all be examined. | D/507/8126 | Externally assessed | 3 | 120 | 150 |
| | Apply Nutrition to sport and physical activity | The aim of this unit is to assess the learner's understanding of the links between nutrition, health, physical activity and performance in sport. Learners will be assessed on the fundamental knowledge of nutrition including healthy diet, dietary requirements of the general population and develop an understanding of the influence of nutrition on sport and physical activity performance levels. | H/507/8127 | Externally assessed | 3 | 90 | 120 |
| | Apply Psychology for sport and physical activity | The aim of this unit is to investigate the various psychological factors that affect the performance of an individual when participating or performing within a sport or physical activity. This unit will explore the relationship between performance and personality, the effect of motivation on performance, the relationship between aggression and performance, the impact of arousal, stress and anxiety and performance and the ways through which we can change our behaviour towards exercise and physical activity. | T/507/8133 | Internally assessed / Externally assessed | 3 | 120 | 150 |
| Develop the community through sport and physical activity | The aim of this unit is to consider the benefits of participating in sport and the importance of providing opportunities for individuals to engage in sport and physical activity. It also evaluates the reasons that obstruct access to participation and strategies that can be implemented to overcome barriers, encourage and motivate participants to get involved and the benefits. | K/507/8128 | Internally assessed / Externally assessed | 3 | 60 | 90 | |

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| | Design and deliver sport and physical activity programmes | The aim of this unit is to discuss the roles and responsibilities of the coach and assesses the learner's ability to design, plan, deliver and evaluate a coaching programme. | M/507/8129 | Internally assessed | 3 | 120 | 150 |
| | Deliver physical education and school sport | The aim of this unit requires the learner to show that they can effectively plan, conduct and evaluate Physical Education and School Sport (PESS) activity programmes in line with school policy and procedure and taking account of the national curriculum across the key stages. | H/507/8130 | Internally assessed | 3 | 120 | 180 |
| | Apply Research methods for sport and physical activity | The aim of this unit is to enable learners to understand how to plan and conduct research in sport and physical activity. Learning will cover how to produce a research proposal, how to use data collection and analysis methods to conduct research in a particular domain within sport or physical activity and how to report research outcomes in an appropriate and professional format. | K/507/8131 | Internally assessed | 3 | 60 | 90 |
| | Enterprise and innovation in the sport and active leisure industry | The aim of this unit is to enable learners to understand the impact of enterprise in sport and active leisure on the community; supporting local and national initiatives. It also enables learners to understand how to develop their own enterprise activities as a response to a perceived gap in local and national markets. Learners will understand how to initiate and engage in enterprise, offering innovative solutions to existing enterprises or businesses through employer engagement. | M/507/8132 | Internally assessed | 3 | 60 | 90 |

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| Training and assessment | <p>Achievement of the qualification is normally through attendance on a programme of learning and assessment. The learning programme can be delivered over one year full time or two years in conjunction with other level 3 qualifications. It consists of 750 guided learning hours and it has been developed to meet the Department of Education Applied General Qualification requirements. Learners will also have the opportunity for engagement with an employer, which could be in the form of work placement in a school, sports club, leisure facility, community activity programme, sports development unit, sports camp or a project in conjunction with a local sports or physical activity organisation. This will develop employability skills and to enable learners to gain an invaluable insight into the working environment.</p> <p>The assessment specification requires learners to:</p> <ul style="list-style-type: none"> • complete written examination covering the learning outcomes and assessment criteria of Apply Physiology to sport and physical activity <i>This will be externally assessed by 1st4sport</i> • complete written examination and a case study covering the learning outcomes and assessment criteria of Apply Nutrition to sport and physical activity <i>This will be externally assessed by 1st4sport</i> • complete internally assessed project work, including a presentation, and externally assessed case study for Apply Psychology for sport and physical activity • complete an internally assessed presentation and externally assessed case study for Develop the community through sport and physical activity • complete a portfolio of evidence consisting of written tasks, report, assignments, research project, practical demonstration and synoptic assessment for <i>Design and deliver sport and physical activity programmes, Deliver physical education and school sport, Apply research methods for sport and physical activity, Enterprise and innovation in the sport and active leisure industry.</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> |
| 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>It is recommended that learners hold five GCSEs grades A*-C or 9-4 or the 1st4sport Level 2 Diploma in Sports Coaching and Instructing Physical Activities, which provides direct progression onto this qualification. It would be beneficial for learners to have studied human biology/physiology or physical education previously, but this is not essential.</p> |

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.

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| Exit routes for learners: education | <p>General Exit Routes: This qualification can help to support progression to higher education in the areas of sports science, sports and exercise studies, sports coaching, leisure management, sports development or initial teacher training. Higher education institutions may require learners to achieve additional level 3 qualifications in order to meet their entry requirements. Alternatively learners may look to progress to a HND or foundation degree rather than progressing straight to an undergraduate programme.</p> <p>1st4sport-specific Exit Routes: Learners who complete this qualification successfully may progress onto the following applied general qualification offered by 1st4sport (depending on overall academic performance):</p> <ul style="list-style-type: none"> • 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 3 vocational qualifications including:</p> <ul style="list-style-type: none"> • 1st4sport Level 3 NVQ Diploma in Supporting the Delivery of Physical Education and School Sport • 1st4sport Level 3 Certificate in Leisure Management • 1st4sport Level 3 Certificate in Coaching (in the context of a specific sport) |
| Exit routes for learners: employment | <p>Learners could also move into employment in the Sport and Active Leisure industry, in roles related to the delivery of PE and school sport, sports coaching, instructing, leading or delivering physical activity programmes in the wider community. It is essential to note that learners are not able to lead activities autonomously until they are 18 years old.</p> <p>The 1st4sport Level 3 Diploma in Sport and Physical Activities provides an access route to several Advanced Level Apprenticeships including Supporting Teaching and Learning in Physical Education and School Sport, Sports Development and Leisure Management.</p> |
| Market and Support | |
| Target Audience: Learners | <p>The qualification is designed for post-16 learners who have an active interest in the sport and active leisure sector and want to study a qualification, with opportunities to apply theory into practice. It is suitable for learners who wish to continue their studies in higher education in a sport or teaching related subject or to seek employment in the sport and active leisure sector.</p> <p>This qualification sits within a progressive suite of technical and applied general qualifications offered by 1st4sport. The 1st4sport Level 3 Diploma in Sport and Physical Activities has been written for the post-16 learner, to be studied alongside A Level and/or other technical qualifications.</p> <p>It is recommended that learners hold five GCSEs grades A*-C or 9-4 or the 1st4sport Level 2 Diploma in Sports Coaching and Instructing Physical Activities, which provides direct progression onto this qualification. It would be beneficial for learners to have studied human biology/physiology or physical education previously, but this is not essential.</p> |

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| 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: Applied General 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 the recruitment criteria.</p> |
| Alternatives: | <p>For learners without five GCSEs grades A*-C or 9-4 it is recommended that they complete the 1st4sport Level 2 Diploma in Coaching Sports and Instructing Physical Activities prior to progressing onto this qualification. This qualification is part of a suite of qualifications offered by 1st4sport which includes a Technical Award for 14-16 learners, a Technical Certificate and two Applied General qualifications. For learners who are currently training within a sports performance programme or who have an interest in working or studying in the area of sport performance of elite athletes rather than participation level sport, the 1st4sport Level 3 Diploma in Sport Performance and Excellence, which is also an Applied General qualification, would be more appropriate than this qualification.</p> <p>A list of our available qualifications can be found at www.1st4sportqualifications.com/our_qualifications</p> |
| Support: Educational Institutions | <p>A list of Higher Education Institutions who recognise the value of this qualification, and who will recognise this qualification when considering entry applications can be viewed here. This list is regularly updated as additional support is received.</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 sole 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> |