

## Qualification Purpose Statement: 1st4sport Level 2 Award in Coaching Rowing Sessions

Regulation					
Qualification details	Qualification title	Qualification No.	Level	GLHs <sup>1</sup>	TQT <sup>2</sup>
	1st4sport Level 2 Award in Coaching Rowing Sessions	601/8831/5	2	18	56
	Operational start date	01 May 2016			
	Review date	01 May 2019			
	Registration Period	2 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. The technical content for this qualification has been developed in partnership with British Rowing, Scottish Rowing and Welsh Rowing, the National Governing Bodies, and the technical lead agency for rowing in the UK. The qualification content is derived from the National Occupational Standards for Sports Coaching (2014) and the industry-agreed common content for coaching. It is designed for learners who aspire to become a rowing session coach. The qualification sits within a progressive suite of sports coaching qualifications.</p>				
	<p>The qualification and its components are listed on the <i>Register of Regulated Qualifications</i>; component details are contained in the appendix to this specification. This qualification is equivalent to Level 3 on the European Qualifications Framework (EQF). Further information about the EQF can be found at: <a href="http://ec.europa.eu/eqf/home_en.htm">http://ec.europa.eu/eqf/home_en.htm</a></p>				

<sup>1</sup> 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; this includes all time spent on course-based learning and assessment activities.

<sup>2</sup> Total Qualification Time. TQT for a specific qualification is defined as the total number of notional hours required to achieve the qualification; this includes the GLHs, plus all off-course directed study time, including any time taken to complete any remote working/research/evidence generating activities.

<b>Objective</b>	<p>This qualification is designed to provide a benefit to learners on the basis that it prepares them for employment as a session coach in rowing. A level 2 rowing session coach is able to plan, deliver and review rowing sessions independently, although they may work as part of a larger coaching or physical activity team. In attending for the qualification, learners are introduced to the practical and theoretical aspects of planning, delivering and reviewing coaching sessions in rowing.</p>				
<b>Structure</b>	<p>This qualification consists of three mandatory components. Learners must successfully complete all mandatory components to achieve the qualification.</p>				
	Component title	Component aim	Accreditation no.	Level	GLHs
	The role of the rowing session coach	This component aims to develop the coach's understanding of their role and responsibilities as a session coach. This component is designed to ensure duty of care through safe and equitable practice.	K/508/3961	2	6
	The rowing session coach in practice	This component aims to develop the coach's ability to plan, deliver and evaluate coaching sessions.	A/508/3964	2	6
Technical coaching requirements for rowing	This component aims to develop the coach's knowledge of the technical coaching requirements for rowing	F/508/3965	2	6	
<b>Training and assessment</b>	<p>Achievement of the qualification is normally through attendance on a course of training and assessment. The assessment specification requires learners to:</p> <ul style="list-style-type: none"> <li>• complete a series of assessed written tasks contained within their learner portfolio, provided by 1st4sport.</li> <li>• demonstrate their ability to coach a rowing session in a 20 minute practical coaching assessment (either in their workplace or in a simulated environment).</li> </ul> <p>The learner portfolio and the practical demonstration are inclusive of all assessment criteria. Successful completion will result in the achievement of the qualification.</p>				

Progression	
<b>Entry routes for learners</b>	<p>Prior to registration for the qualification learners are required to:</p> <ul style="list-style-type: none"> <li>• be accurately identified</li> <li>• be at least 18 years of age</li> <li>• have completed the Safety Basics online workshops</li> <li>• have completed the Cold Water and Hypothermia online workshops</li> <li>• be able to communicate effectively in English<sup>3</sup> (this includes listening, speaking, reading and writing).</li> </ul>
<b>Exit routes for learners: education</b>	<p>The qualification will enable successful learners to progress to additional coaching qualifications. The skills and knowledge developed may also be used to enable learners to progress to other industry-relevant qualifications in coaching sport, physical activity, activity leadership, supporting PE in school sport and sports development.</p> <p>The qualification sits within a suite of progressive coaching sport qualifications, and supports direct progression onto the <i>1st4sport Level 2 Certificate in Coaching Rowing</i>.</p>
<b>Exit routes for learners: employment</b>	<p>This qualification may lead to paid employment or unpaid voluntary roles in coaching sessions in rowing (Sessional Coach) either working independently or as part of a coaching team. Other roles that the learner may consider exploring include Activity Leader, Sports Official, Sports Volunteer.</p>

<sup>3</sup> Learners must be able to understand the requirements of, and produce the evidence required for, 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.

Market and Support	
<b>Target Audience: Learners</b>	The qualification is designed for those who wish to become involved in rowing as a coach through coaching standalone sessions, rather than linked and progressive sessions; it can be used as a progression from the 1st4sport Level 1 Award in the Principles of Coaching Sport and Physical Activity depending on the ability and confidence of the learner, although this is not a requirement. It is directed at learners who have an interest in rowing.
<b>Target audience: centres</b>	The qualification is will only be delivered through the NGB approved centre (British Rowing).
<b>Target Audience: employers</b>	The qualification is designed to support employers in the sport, active leisure and physical activity sector; supporting development pathways of employees and volunteers. Qualified and competent employees and volunteers in this sector supports the professionalisation of the industry, ensures quality assured services and duty of care to stakeholders.
<b>Alternatives:</b>	<p>The <i>1st4sport Level 2 Certificate in Coaching Rowing</i> may be more appropriate for experienced coaches, or those who are looking to work with a group of participants over a sustained period of time. The <i>1st4sport Level 1 Award in the Principles of Coaching Sport and Physical Activity</i> may be appropriate for learners who need to develop their confidence delivering activities through working with smaller groups before taking overall responsibility for a coaching group.</p> <p>1st4sport Qualifications award a number of alternative sport-specific qualifications in Coaching at Level 2. If a learner wants to become a coach in an different sport, it may be more beneficial to complete the sport-specific alternative where one exists. A list of our coaching qualifications can be found at <a href="http://www.1st4sportqualifications.com/our_qualifications">www.1st4sportqualifications.com/our_qualifications</a></p>
<b>Support</b>	The qualification is recognised as the industry standard level 2 qualification for session coaches by sports coach UK. The support is focused on the benefits of the qualification for learners, the objective of the qualification and the predicted learner demand. This information was gathered through valid research and consultation with a range of stakeholders including British Rowing and sports coach UK.