

Qualification Purpose Statement: 1st4sport Level 2 Triathlon Coach

Regulation						
Qualification details	Qualification title	Qualification No.	Level	GLHs ¹	TQT ²	Credit
	1st4sport Level 2 Triathlon Coach	603/0404/2	2	50	110	12
	Operational start date	01 September 2016				
	Review date	31 December 2020				
	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 generic coaching content for this qualification has been developed in partnership with sports coach UK (scUK) as the UK's technical agency for sports coaching, and the technical content with British Triathlon Federation, which has worked closely with Triathlon England, Triathlon Scotland and Welsh Triathlon, the technical lead agency for Triathlon in the UK. The qualification content is derived from the National Occupational Standards for Sports Coaching (2014) and the industry's agreed common content for coaching and is directly linked to the UKCC endorsement criteria. This qualification forms part of the British Triathlon Federation's UKCC endorsed coach education programme. It is designed for learners relatively new to coaching who aspire to become a triathlon coach. The qualification sits within a progressive suite of triathlon 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: http://ec.europa.eu/eqf/home_en.htm</p>					

¹ 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.

² 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.

Objective	This qualification is designed to provide benefit to learners on the basis that it prepares them as a triathlon coach. A level 2 triathlon coach is able to plan, deliver and evaluate a series of linked and progressive triathlon coaching sessions independently, although they may work as part of a larger coaching team. Through the completion of the learning programme for this qualification, learners will be introduced to the practical and theoretical aspects of planning, delivering and evaluating progressive coaching sessions in Triathlon.					
Structure	This qualification consists of five mandatory components. Learners must successfully complete all five mandatory components.					
	Component title	Component aim	Accreditation no.	Level	GLHs	TQT
	The role of the coach in triathlon	This component assesses a Triathlon coach's understanding of their role and responsibilities and the roles of others, ensuring that their coaching is safe and inclusive.	F/615/2096	2	10	20
	Plan a series of triathlon coaching sessions	This component assesses a Triathlon coach's ability to plan a series of Triathlon coaching sessions to meet the needs of participants. The series of Triathlon coaching sessions planned will be linked and progressive in nature in order to develop participants performance within Triathlon.	R/615/2104	2	10	20
	Deliver a series of triathlon coaching sessions	This component assesses a coach's ability to deliver a series of Triathlon coaching sessions to meet the needs of participants. The series of Triathlon coaching sessions delivered will be linked and progressive in nature in order to develop participants' performance within Triathlon.	A/615/2100	2	10	20
	Review a series triathlon of coaching sessions	This component assesses a coach's ability to review a series of Triathlon coaching sessions that meet the needs of participants. The series of Triathlon coaching sessions reviewed will be linked and progressive in nature in order to develop participants' performance within Triathlon.	D/615/2106	2	10	20
	Technical coaching requirements for	This component aims to develop the coach's knowledge of the technical coaching requirements for Triathlon	M/615/2112	2	10	30

	triathlon					
Training and assessment	<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"> • complete a series of assessed tasks contained within their learner portfolio, provided by 1st4sport. • plan, deliver and evaluate a minimum of six coaching sessions in Triathlon. Four of the six sessions must be linked and progressive, and working with the same group of participants in order to monitor and review any progress made. The additional two sessions will ideally be planned for, and delivered to a different participant/player type to the linked and progressive sessions e.g. adults/youths/ children/disabled/non-disabled • demonstrate their ability to coach session(s) in the following: <ul style="list-style-type: none"> - 10 mins swimming session - 10 mins bike session - 10 mins running session - 15 mins of final summative session of any of the three disciplines <p>The learner e-portfolio and the practical demonstration are inclusive of all assessment criteria. Successful completion will result in the achievement of the qualification.</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 18 years of age • have knowledge, understanding and experience of the sport of triathlon • be able to communicate effectively in English³ (this includes listening, speaking, reading and writing). <p>Important Notes:</p> <ul style="list-style-type: none"> • It is also strongly recommended that learners have appropriate insurance cover before undertaking any coaching practice. Those working with children will be required 'by an employer' to have been positively vetted by the Disclosure and Barring Service (DBS) check.
Exit routes for learners: education	<p>The qualification will enable successful learners to progress to a higher level Triathlon coaching qualification. 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 3 Certificate in Coaching Triathlon</i>.</p>
Exit routes for learners: employment	<p>This qualification may lead to paid employment or unpaid voluntary roles in coaching Triathlon, either working independently or as part of a coaching team. Other roles that the learner may consider exploring include Activator, Technical Official or Volunteer.</p>

³ 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	
Target Audience: Learners	The qualification is designed for those who wish to become involved in Triathlon as a coach, and to have responsibility for the ongoing development of participants; it can be used as a progression from the 1st4sport Level 1 Triathlon Coach/1st4sport Level 1 Award in Coaching Triathlon, or as an entry point for coaching, depending on the ability and confidence of the learner. It is directed at learners who have an interest in Triathlon.
Target audience: centres	The qualification is designed to be delivered through a range of centres which include (but is not limited to) National Governing Bodies of Sport (NGBS), colleges, training providers and schools.
Target Audience: employers	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.
Alternatives:	<p>The 1st4sport Level 1 Triathlon Coach qualification may be more appropriate for inexperienced coaches, or those 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. A list of our coaching qualifications can be found at www.1st4sportqualifications.com/our_qualifications</p>
Support	The qualification is recognised as the industry standard level 2 qualification for Triathlon coaches by sports coach UK and with British Triathlon Federation. 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 a range of Sport England, British Triathlon Federation, and sports coach UK.