

## Qualification Purpose Statement: 1st4sport Level 1 Award in Leadership in Sport and Physical Activity

Regulation					
Qualification details	Qualification title	Qualification No.	Level	GLHs <sup>1</sup>	TQT <sup>2</sup>
	1st4sport Level 1 Award in Leadership in Sport and Physical Activity	603/1381/X	1	25	30
	Operational start date	1 September 2017			
	Review date	30 August 2020			
	Registration Period	12 months			
Overview					
Introduction	<p>This qualification is solely awarded by 1st4sport Qualifications. 1st4sport Qualifications are recognised by Ofqual in England, CCEA Regulation in Northern Ireland, Qualifications Wales in Wales and the SQA in Scotland.</p> <p>The qualification and its component 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 2 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.

<p><b>Objective</b></p>	<p>This qualification is designed to provide a benefit to learners on the basis that it offers an introduction to the sport, physical activity and active leisure industry, namely from an activity delivery perspective. Depending on the age of the learner, this qualification may support a role in the workplace, either in paid or voluntary occupations, as support for a Level 2 or Level 3 qualified activity deliverer, such as a coach, instructor, leader or facilitator.</p> <p>This qualification is designed to introduce and develop the skills required to support the delivery of activities to a group of participants in a safe and inclusive manner, under the support of more qualified deliverers. This Level 1 qualification, therefore, is also designed to provide suitable support and progression for those learners intending to develop within this area at higher levels.</p> <p>Successful achievement of the qualification enables learners to apply the principles of safe and effective sport and physical activity sessions to a group of participants, under the supervision of more qualified deliverers. Successful learners will develop an understanding of appropriate leadership skills, the benefits of active lifestyles, the rules and resources required to facilitate a sport or physical activity session and planning, delivery and evaluation skills.</p> <p>The qualification has been designed specifically to support the Health Agenda whilst also encouraging participation in-line with the Sport England Participation Agenda.</p>					
<p><b>Structure</b></p>	<p>This qualification consists of one mandatory component. Learners must successfully complete this component in order to achieve the qualification.</p>					
<p><b>Component title</b></p>	<p><b>Component aim</b></p>	<p><b>Accreditation no.</b></p>	<p><b>Level</b></p>	<p><b>GLHs</b></p>	<p><b>TQT</b></p>	
<p>Supporting the delivery of sport and physical activity</p>	<p>The aim of this component is to introduce learners to the skills and knowledge required to assist in the delivery of sport and physical activity sessions, under the supervision of an appropriately qualified individual. This will involve identifying and deploying the skills required to be an effective leader, an understanding of basic rules and the resources required to effectively deliver an activity session and the potential benefits of sustained sport or physical activity. Learners are required to use this knowledge to plan an activity session and deliver an activity under the supervision of a qualified individual.</p>	<p>L/615/6670</p>	<p>1</p>	<p>25</p>	<p>30</p>	

<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 complete standardised assessment tasks designed by 1st4sport which are contained within the learner portfolio for this qualification, and include:</p> <ul style="list-style-type: none"> <li>• completion of a series of written tasks and templates</li> <li>• the creation of a safe and appropriate sport or physical activity session plan, including one main 10-minute activity</li> <li>• the delivery of the main 10-minute activity with the support of an appropriately qualified individual</li> <li>• the evaluation of the effectiveness of the main 10-minute activity, considering future improvements to the activity or overall session plan.</li> </ul> <p>The learner portfolio for this qualification is inclusive of all assessment criteria.</p>
<b>Progression</b>	
<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 12 years of age or over<sup>3</sup></li> <li>• be able to communicate effectively in English<sup>4</sup> (this includes listening, speaking, reading and writing)</li> </ul> <p>There are no additional pre-requisites to certification other than the successful completion of the assessment criteria.</p>
<b>Exit routes for learners: education</b>	<p>The qualification will enable successful learners to progress to other qualifications in a related area, such as:</p> <ul style="list-style-type: none"> <li>• 1st4sport Level 2 Certificate in Active Leisure, Sport and Physical Activities (ACTIVTECH)</li> <li>• 1st4sport Level 1 Award in Developing Community Activities for Youth at Risk</li> <li>• 1st4sport Level 1 Award in the Principles for Coaching Sport</li> </ul> <p>As a Level 1 qualification, the 1st4sport Level 1 Award in Supporting Leadership in Sport and Physical Activity is an ideal starting point for a young person interested in undertaking the 1st4sport Level 2 Certificate in Active Leisure, Sport and Physical Activities in Year 10 of secondary school. More information on this qualification, which is fully funded through schools, can be found <a href="#">here</a>.</p>

<sup>3</sup> Upon successful completion of the qualification learners are NOT eligible to coach, teach or instruct autonomously..

<sup>4</sup> 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.

<b>Exit routes for learners: employment</b>	<p>This qualification may support paid employment or unpaid voluntary roles in the sport, physical activity or active leisure sector. However, this is not the primary objective for the qualification.</p>
<b>Market and Support</b>	
<b>Target Audience: Learners</b>	<p>This qualification provides learners aged 12 years and over with the knowledge needed to develop their confidence and start them on the road to an engagement with sport and physical activity from a delivery perspective. The target market is anyone over the age of 12 who may wish to pursue a career, or develop a deeper understanding in coaching, instructing or leading sport and physical activity sessions to a participant or group of participants.</p>
<b>Target audience: centres</b>	<p>The qualification is designed to be delivered by schools, colleges, community centres, training providers or governing bodies of sport. 1st4sport have provided a number of delivery and assessment models within the relevant supporting documents which will support a variety of organisations.</p>
<b>Target Audience: employers</b>	<p>Depending on the age of the learner, this qualification is designed to support employers in the sport, physical activity or active leisure sector; supporting development pathways of volunteers and employees into the next generation. Employers include schools, sports clubs, governing bodies of sport, gyms, spas and organisations delivering community sport and physical activity sessions.</p>
<b>Alternatives:</b>	<p>There are no identified alternatives at this level for a learner aged 12-13 years offered by 1st4sport Qualifications. Older learners may wish to pursue other qualifications, such as Level 1 or Level 2 coaching qualifications.</p>
<b>Support</b>	<p>The qualification is supported by sports coach UK. Sports coach UK 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 in the fields of physiology, biomechanics, psychology, sociology, philosophy and other sports-related subjects.</p> <p>This qualification also supports health and participation agendas, which are crucial to the nation's health and wellbeing.</p>