



# 1st4sport Level 1 Award in Coaching Fives



## Qualification Specification

<b>Qualification Overview:</b>	This qualification is designed for aspiring fives coaches to be supported in the development of their knowledge of how to effectively coach a local club or participants of all ages.						
<b>Qualification Code:</b>	600/5156/5	<b>Level:</b>	1	<b>Age:</b>	15+	<b>Registration Period:</b>	1 year
<b>Guided Learning (GL):</b>	27	<b>Total Qualification Time (TQT)</b>	94	<b>Credit Value:</b>	7	<b>Operational From:</b>	01 May 2012
<b>Progression Opportunities:</b>	Learners achieving this qualification might consider progression to the following qualifications: 1st4sport Level 2 Certificate in Coaching Fives and Level 1 NVQ Award in Sport and Active Leisure. The skills and knowledge developed through this qualification may also be used to enable learners to progress to other industry-relevant qualifications in coaching fives or other related areas. Other roles that the learner may consider exploring to include: fives referee, sports volunteer.						

Qualification Objective
<b>What does this qualification cover?</b>
The objective of the 1st4sport Level 1 Award in Coaching Fives is to provide a benefit to learners through an introduction into the principles and practice of safe, ethical and effective management of coaching Fives sessions to adults and young people in an appropriate environment.
<b>Who is the qualification for?</b>
This qualification is designed for aspiring fives coaches to be supported in the development of their knowledge of how to effectively coach a local club or participants of all ages
<b>Who supports this qualification?</b>
This qualification is supported by the National Source Group (NSG) for Fives comprised of, The Eton Fives Association (EFA) The Rugby Fives Association (RFA) and Wallball UK. Technical experts from within the NSG for Fives have provided technical advice in the development of this qualification.
Qualification Progression
<b>What future education could this qualification lead to?</b>
Learners achieving this qualification might consider progression to the following qualifications: <ul style="list-style-type: none"> <li>• 1st4sport Level 2 Certificate in Coaching Fives</li> <li>• Level 1 NVQ Award in Sport and Active Leisure</li> </ul>
<b>What future employment could this qualification lead to?</b>
Successful learners may gain paid or voluntary employment as an assistant fives coach. Learners that are under the age of 16 may also gain paid or voluntary employment as an assistant fives coach operating under the supervision of a Level 2 qualified fives coach. The skills and knowledge developed through this qualification may also be used enable learners to progress to other industry-relevant qualifications in coaching fives or other related areas.

Qualification Achievement
<b>Entry Requirements for the Qualification</b>
Prior to registration learners are required to: <ul style="list-style-type: none"> <li>• be 15 years of age or over</li> <li>• be accurately identified</li> <li>• be able to communicate effectively in English<sup>1</sup> (this includes listening, speaking, reading and writing).</li> </ul> <p>Prior to certification learners must be:</p> <ul style="list-style-type: none"> <li>• be a minimum of 16 years of age.</li> </ul>
<b>How is the Qualification Achieved?</b>
The qualification is achieved via a combination of written and practical assessment either during or following the delivery of a training programme.
<b>What will be assessed?</b>
Learners must: <ul style="list-style-type: none"> <li>• complete a series of tasks in preparation for delivery of sessions</li> <li>• demonstrate the ability to deliver pre-planned activities for a minimum of 15 minutes</li> </ul>
<b>How will it be assessed?</b>
This qualification contains a range of units to be completed by the learner. Each unit is comprised of a number of learning outcomes and identified assessment criteria to be completed.
Learning Outcomes that begin ‘The learner will <b>understand...</b> ’ will be assessed through theory based activities.
Learning Outcomes that begin ‘The learner will <b>be able to...</b> ’ are assessed through practical activities.
For example:

<sup>1</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.

Learning outcomes The learner will:	Assessment criteria The learner can:
1 <b>understand</b> how to ensure participants' safety during sport specific coaching sessions	1.1 describe the health and safety requirements that are relevant to planned sport-specific activities and competition.  1.2 describe how to structure coaching sessions to minimise the risk of injury to participants.
2 <b>be able to</b> prepare resources for the coaching session	2.1 ensure that the identified resources meet the requirements of the activity.

### Qualification Delivery

#### What workforce is needed to be able to deliver this qualification?

The recognised centre is required to have a qualified and competent qualification workforce in place which includes as a minimum.

- a qualification administrator
- a qualification coordinator
- an approved NSG for Fives tutor to conduct training and assessment
- an approved NSG for Fives internal quality assurer (IQA)

#### What facilities are needed to be able to deliver this qualification?

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

- a minimum of three courts that are suitable in size and of uniform construction and even surface for a maximum of four learners per court
- a theory space for up to nine learners which includes a classroom containing multimedia facilities, flip charts and flip chart pens.

#### What equipment is needed to be able to deliver this qualification?

The recognised centre is required to have equipment in place to facilitate the full programme of learning and assessment which must comply with accepted health and safety practice for fives and must include:

- appropriate fives gloves (learner must have availability to gloves and ideally must bring their own appropriate to code - the hand must be gloved when participating)
- ideally some form of eye protection as best practice
- correct footwear (flat, clean non marking soles – if indoors)

#### What qualification materials support this qualification?

This qualification is supported by a number of additional documents which must be read by all relevant personnel within recognised centres approved to offer this qualification. These include *1st4sport 1st4sport Level 1 Award in Coaching Fives*:

- *Qualification Handbook*, detailing the 1st4sport Qualification Approval Conditions and the Delivery, Assessment and Quality Assurance Approach for this qualification
- *Unit Specifications*, detailing the Learning Outcomes and Assessment criteria for the qualification
- *Learner Portfolio*, containing a series of pre-standardised assessment tools and templates to support the learner's achievement of the qualification.
- *Delivery, Assessment and Quality Assurance Approach*, detailing the recommended learning programme, exemplar assessment answers and levels of attainment and guidance to the internal quality assurance

#### How much does this qualification cost?

Qualification registration and certification fees are available from 1st4sport Qualifications on request. Centres need to factor in facility and workforce costs in order to determine a Qualification Fee for learners.

### How to apply to deliver this qualification

Contact 1st4sport Qualifications, requesting qualification approval for this qualification.

Tel: 0113 290 7610

Email: [enquiries@1st4sportqualifications.com](mailto:enquiries@1st4sportqualifications.com)

Website: [www.1st4sportqualifications.com](http://www.1st4sportqualifications.com)

### Contacts

#### 1st4sport Qualifications

Tel: 0113 290 7610

Email: [enquiries@1st4sportqualifications.com](mailto:enquiries@1st4sportqualifications.com)

Website: [www.1st4sportqualifications.com](http://www.1st4sportqualifications.com)

#### Fives Federation

Website: [Fivesonline.net](http://Fivesonline.net)

#### UK Coaching

Tel: 0113 274 4802

Email: via [www.ukcoaching.org/contact](http://www.ukcoaching.org/contact)

Website: [www.ukcoaching.org](http://www.ukcoaching.org)

#### SkillsActive

Tel: 0330 004 0005

Website: [www.skillsactive.com](http://www.skillsactive.com)

#### Ofqual

Tel: 0300 303 3344

Email: [public.enquiries@ofqual.gov.uk](mailto:public.enquiries@ofqual.gov.uk)

Website: [www.gov.uk/government/organisations/ofqual](http://www.gov.uk/government/organisations/ofqual)

### Qualification Structure (Rule of Combination)

Learners must successfully achieve seven credits from the seven mandatory units to receive the certificate.

### Mandatory Units

Unit Title	Credits	Level	GLH	Reference	Assessment Method(s)
Understanding the fundamentals of coaching sport	1	1	6	D/601/3531	Written Tasks, Observation of Coaching
Understanding the principles of planning coaching activities in sport	1	1	10	H/601/3532	Written Tasks, Observation of Coaching
Understanding the principles of conducting coaching activities in sport	1	1	10	K/601/3533	Written Tasks, Observation of Coaching
Understanding the principles of evaluating coaching activities in sport	1	1	7	M/601/3534	Written Tasks, Observation of Coaching
Planning Fives Coaching Activities	1	1	6	H/503/9697	Written Tasks, Observation of Coaching
Conducting Fives Coaching Activities	1	1	6	K/503/9698	Written Tasks, Observation of Coaching
Evaluating Fives Coaching Activities	1	1	4	M/503/9699	Written Tasks, Observation of Coaching

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1st4sport Qualifications  
Coachwise Ltd  
Chelsea Close Off  
Amberley Road  
Armley  
Leeds LS12 4HP

Tel: 0113 290 7610  
Fax: 0113-231 9606

Email: [enquiries@1st4sportqualifications.com](mailto:enquiries@1st4sportqualifications.com)  
Website: [www.1st4sportqualifications.com](http://www.1st4sportqualifications.com)

*Developing and awarding qualifications for the active learning and leisure industry*

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