

1st4sport Level 1 Award in Coaching Parkour/Freerunning



Qualification Specification

Qualification Overview:	This qualification introduces learners to the principles/practice of safe, ethical and effective management and assistant coaching of Parkour/Freerunning sessions to adults and young people in an appropriate environment.						
Qualification Code:	600/0492/7	Level:	1	Age:	16+	Registration Period:	1 year
Guided Learning (GL):	32 Hours	Total Qualification Time (TQT)	48 Hours	Credit Value:	5	Operational From:	01 May 2011
Progression Opportunities:	Successful learners are eligible to seek employment in appropriate paid or voluntary assistant coaching roles						

Qualification Objective
What does this qualification cover?
This qualification introduces learners to the principles/practice of safe, ethical and effective management and assistant coaching of Parkour/Freerunning sessions to adults and young people in an appropriate environment, preparing learners for employment as an assistant coach of Parkour/Freerunning.
Who is the qualification for?
This qualification is designed for learners who wish to gain future employment in assistant coaching Parkour/Freerunning.
Who supports this qualification?
This qualification has been developed in partnership with Parkour UK. It is recognised as the industry standard level 1 qualification for coaching Parkour/Freerunning within the United Kingdom.
Qualification Progression
What could this qualification lead to?
Successful learners are eligible to seek employment in appropriate paid or voluntary assistant coaching roles. They should look to develop their learning and knowledge of Parkour/Freerunning by working with other, more experienced, coaches.
Qualification Achievement
Entry Requirements for the Qualification
<p>Prior to registration learners are required to:</p> <ul style="list-style-type: none"> • be 16 years of age or over • be accurately identified • be able to communicate effectively in English (this includes listening, speaking, reading and writing).

How is the Qualification Achieved?	
The recognised centre must ensure that the learners' knowledge and competence is assessed against the assessment criteria of the qualification in line with the Assessment Specification, as outlined in the Qualification Handbook.	
What will be assessed?	
Learners will be assessed via a mixture of theoretical and practical tasks contained with the Learner Portfolio.	
How will it be assessed?	
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 understand... ' will be assessed through theory based activities.	
Learning Outcomes that begin 'The learner will be able to... ' are assessed through practical activities.	
For example:	
Learning outcomes	Assessment criteria
The learner will:	The learner can:
1 understand 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 be able to 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 Parkour UK tutor to conduct training and assessment
- an approved Parkour UK internal quality assurer to conduct internal quality assurance (IQA)

Further information on workforce requirements are available from 1st4sport Qualifications on request.

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:

- an area suitable in size and of safe construction for a maximum of 16 learners
- a theory space which includes a classroom containing multimedia facilities, flip charts and flip chart pens which is a sufficient size with table space and comfort for learners

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 Parkour/Freerunning and must include:

- 2 x horses
- 1 x large horse
- 12 mats (approx. 2m x 1m)
- 2 x floor beams/fenders
- or a Parkour UK mobile Parkour park.

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 the *1st4sport Level 1 Award in Coaching Parkour/Freerunning*:

- *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

Website: www.1st4sportqualifications.com

Contacts
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UK Coaching
Tel: 0113 274 4802 Email: via www.ukcoaching.org/contact Website: www.ukcoaching.org
SkillsActive
Tel: 0330 004 0005 Website: www.skillsactive.com
Ofqual
Tel: 0300 303 3344 Email: public.enquiries@ofqual.gov.uk Website: www.gov.uk/government/organisations/ofqual

Qualification Structure (Rule of Combination)

Learners must successfully achieve all seven mandatory units to be awarded the certificate.

Mandatory Units

Unit Title	Level	Credit	GL	Reference	Assessment Method(s)
Understanding the fundamentals of coaching sport	1	1	4	D/601/3531	Written Tasks, Observation of Coaching
Understanding the principles of planning coaching activities in sport	1	1	6	H/601/3532	Written Tasks, Observation of Coaching
Understanding the principles of conducting coaching activities in sport	1	1	6	K/601/3533	Written Tasks, Observation of Coaching
Understanding the principles of evaluating coaching activities in sport	1	1	6	M/601/3534	Written Tasks, Observation of Coaching
Planning coaching activities in Parkour/Freerunning	1	1	2	K/502/9057	Written Tasks, Observation of Coaching
Conducting coaching activities in Parkour/Freerunning	1	1	2	M/502/9058	Written Tasks, Observation of Coaching
Evaluating coaching activities in Parkour/Freerunning	1	1	2	T/502/9059	Written Tasks, Observation of Coaching

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Developing and awarding qualifications for the active learning and leisure industry

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