

1st4sport Level 1 in Coaching Strength and Conditioning for Sport



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Qualification Specification

Qualification Overview:	This qualification introduces learners to the principles and practice of safe, ethical and effective management and coaching of strength and conditioning for sport sessions for adults and young people in an appropriate environment, as an assistant normally under the supervision of an established, and ideally more substantially qualified strength and conditioning coach						
Qualification Code:	600/0199/9	Level:	1	Age:	16+	Registration Period:	1 Year
Guided Learning (GL):	24	Total Qualification Time (TQT)	60	Credit Value:	4	Operational From:	01 January 2011
Progression Opportunities	This qualification leads to further learning or training in the area of coaching strength and conditioning for sport and/or other related areas. This qualification can lead to paid or voluntary roles as a strength and conditioning coach within a sporting context.						

Qualification Objective
What does this qualification cover?
The objective of the Level 1 Award in Coaching Strength and Conditioning for Sport is to provide a benefit to learners through an introduction into the principles and practice of safe, ethical and effective management and coaching of strength and conditioning for sport sessions for adults and young people in an appropriate environment, as an assistant normally under the supervision of an established, and ideally more substantially qualified strength and conditioning coach.
Who is the qualification for?
This qualification is designed for aspiring strength and conditioning coaches to be supported in the development of their knowledge of how to effectively support the delivery of coaching in a local community sports club.
Who supports this qualification?
This qualification is supported by the RFU and employers.
Qualification Progression
What future education could this qualification lead to?
This qualification is recognised by the RFU and employers as the industry standard level 1 qualification for coaching strength and conditioning for sport in the UK. Learners achieving this qualification might consider progression to the 1st4sport Level 2 Certificate in Coaching Strength and Conditioning for Sport or other industry/employment relevant qualifications such as the 1st4sport Level 2 Award in the Principles for Coaching Sport and the 1st4sport Level 1 Award in Coaching Weight Lifting.
What future employment could this qualification lead to?
This qualification can lead to paid or voluntary roles as a strength and conditioning coach within a sporting context

Qualification Achievement
Entry Requirements for the Qualification
Prior to registration learners are required to: <ul style="list-style-type: none"> • be accurately identified • be at least 16 years of age • be able to communicate effectively in English (this includes listening, speaking, reading and writing).
How is the Qualification Achieved?
Each learner is required to demonstrate successful coverage of all learning outcomes and assessment criteria (usually demonstrated via successful completion of all assessed tasks in the <i>1st4sport Learner Portfolio</i>).
What will be assessed?
Learners must: <ul style="list-style-type: none"> • complete a series of written tasks • plan, deliver and evaluate two coaching activities which must be of a minimum of 15 minutes. Both activities are to be observed
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. <p>Learning Outcomes that begin ‘The learner will understand...’ will be assessed through theory based activities.</p> <p>Learning Outcomes that begin ‘The learner will be able to...’ are assessed through practical activities.</p> <p>For example:</p>

Learning outcomes The learner will:	Assessment criteria 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 appropriately qualified tutor
- an appropriately qualified assessor
- an appropriately qualified internal quality assurer (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. All training and/or assessment sites must include the following facilities:

- indoor and outdoor areas for safe practice of speed and agility activities
- a gym or training area
- suitable classroom space for all 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 include:

- tables and chairs for each participant
- gym/training area must include:
 - dumb-bells
 - medicine ball
 - swiss ball
 - floor space for bodyweight exercises.
- multimedia facilities for learning programme deliver (eg projector, laptop) clear wall or screen for projection
- flip chart

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 Strength and Conditioning*:

- *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 the <i>1st4sport Level 1 Award in Coaching Strength and Conditioning</i> . Tel: 0113 290 7610 Email: enquiries@1st4sportqualifications.com Website: www.1st4sportqualifications.com

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UK Coaching
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SkillsActive
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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 receive the qualification.

Mandatory Units

Unit Title	Level	GL	Reference	Assessment Method(s)
Understanding the fundamentals of coaching sport	1	6	D/601/3531	Written Tasks, Observation of Coaching
Understanding the principles of planning coaching activities in sport	1	10	H/601/3532	Written Tasks, Observation of Coaching
Understanding the principles of conducting coaching activities in sport	1	10	K/601/3533	Written Tasks, Observation of Coaching
Understanding the principles of evaluating coaching activities in sport	1	7	M/601/3534	Written Tasks, Observation of Coaching
Planning coaching activities in Strength and conditioning for sport	1	4	L/502/6510	Written Tasks, Observation of Coaching
Conducting coaching activities in Strength and conditioning for sport	1	6	Y/502/6512	Written Tasks, Observation of Coaching
Evaluating coaching activities in Strength and conditioning for sport	1	4	T/502/6517	Written Tasks, Observation of Coaching

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