



1st4sport Level 2 Certificate in Coaching Fives



Qualification Specification

Qualification Overview:	This qualification develops the skills and competences required to be able to plan, deliver a series of linked and progressive Fives sessions independently, although they may work as part of a larger coaching team.						
Qualification Code:	600/6090/6	Level:	2	Age:	17+	Registration Period:	2 Years
Guided Learning (GL):	31 hours	Total Qualification Time (TQT)	131 hours	Credit Value:	13	Operational From:	01 May 2011
Progression Opportunities	Successful learners would be able to seek employment (paid or voluntary) as a Fives coach. Alternatively, learners could progress to other industry-relevant qualifications in Fives, or regional Continual Professional Development workshops.						

Qualification Objective
What does this qualification cover?
This qualification prepares learners for employment as a Fives coach. A level 2 Fives coach is able to plan, deliver and evaluate linked and progressive coaching sessions independently, although they may work as part of a larger coaching team. The qualification introduces learners to the practical and theoretical aspects of planning, delivering and evaluating linked and progressive Fives sessions.
Who is the qualification for?
The qualification is designed for those who wish to become involved in coaching as a Fives coach, and to have responsibility for the ongoing development of participants. It is directed at learners who have an interest in coaching Fives.
Who supports this qualification?
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.
Qualification Progression
What future education could this qualification lead to?
Learners could progress onto the 1st4sport Level 3 Certificate in Coaching (Sport and Physical Activity) or other industry-relevant qualifications in coaching other sports, activity leadership, supporting PE in school sport and sports development.
What future employment could this qualification lead to?
This qualification prepares learners for employment as a Fives coach.

Qualification Achievement
Entry Requirements for the Qualification
The recognised centre is required to conduct an initial assessment of learners to ensure that the pre-requisites to registration and certification are considered and the outcome recorded during the application process.
Prior to registration learners are required to:
<ul style="list-style-type: none"> be 17 years of age or over be accurately identified have some experience of playing fives be able to communicate effectively in English (this includes listening, speaking, reading and writing).
Prior to certification learners must be:
<ul style="list-style-type: none"> a minimum of 18 years of age.
How is the Qualification Achieved?
Learners will attend a programme of learning and assessment that have been developed to encompass all learning outcomes and assessment criteria.
What will be assessed?
Learners must:
<ul style="list-style-type: none"> complete written tasks contained within the 1st4sport Learner Portfolio be practically observed delivering coaching

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 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
- a licensed tutor/assessor
- a licensed 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 two 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.

The weather and environment must be conducive to learning; lighting and temperature appropriate to the participant and learner needs. The space surrounding the playing area must be safe and free of obstructions.

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 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)

The recognised centre must ensure that all learners and persons being coached wear appropriate sports apparel.

What qualification materials support this qualification?
<p>This qualification is supported by a number of additional documents which must be read by all relevant personnel within recognised centres offering this qualification. These include <i>1st4sport Level 2 Certificate in Coaching Fives</i>:</p> <ul style="list-style-type: none"> • <i>Qualification Handbook</i>, detailing the 1st4sport Qualification Approval Conditions and the Delivery, Assessment and Quality Assurance Approach for this qualification • <i>Unit Specification</i>, detailing the Learning Outcomes and Assessment criteria for the qualification • <i>Learner Portfolio</i>, containing a series of pre-standardised assessment tools and templates to support the learner's achievement of the qualification. • <i>Delivery, Assessment and Quality Assurance Approach</i>, detailing the recommended learning programme, exemplar assessment answers and levels of attainment
How much does this qualification cost?
<p>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.</p>
How to apply to deliver this qualification
<p>Contact 1st4sport Qualifications, requesting qualification approval for the 1st4sport Level 2 Certificate in Coaching Fives</p> <p>Tel: 0113 290 7610 Email: centreservices@1st4sportqualifications.com Website: www.1st4sportqualifications.com</p>

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

Qualification Structure (Rule of Combination)

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

Mandatory Units

Unit Title	Level	Credit	GL	Reference	Assessment Method(s)
Understanding the fundamentals of coaching sport	2	3	22	J/601/2101	Written Tasks, Observation of Coaching
Understanding how to develop participant(s) through coaching sport	2	2	12	Y/601/2104	Written Tasks, Observation of Coaching
Supporting participant(s)' lifestyle through coaching sport	2	2	16	H/601/2106	Written Tasks, Observation of Coaching
Understanding the principles of safe and equitable coaching practice	2	2	13	M/601/2108	Written Tasks, Observation of Coaching
Plan a series of fives coaching sessions	2	3	9	A/503/6126	Written Tasks, Observation of Coaching
Prepare the fives coaching environment	2	2	14	F/503/6127	Written Tasks, Observation of Coaching
Deliver a series of fives coaching sessions	2	2	16	J/503/6128	Written Tasks, Observation of Coaching
Monitor and evaluate fives coaching sessions	2	2	6	F/503/6130	Written Tasks, Observation of Coaching

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Developing and awarding qualifications for the active learning and leisure industry

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