

1st4sport Level 2 Certificate in Coaching Parkour/Freerunning



Qualification Specification

Qualification Overview:	This qualification focuses on the skills and competences required to be able to plan, deliver a series of linked and progressive Parkour/Freerunning sessions independently, although coaches may work as part of a larger coaching team.						
Qualification Code:	601/1191/4	Level:	2	Age:	17+	Registration Period:	2 Years
Guided Learning (GL):	40 hours	Total Qualification Time (TQT)	122 hours	Credit Value:	13	Operational From:	01 January 2014
Progression Opportunities:	Successful learners can seek employment (paid or voluntary) as a Parkour/Freerunning coach. Alternatively, learners may choose to progress on to other industry-relevant qualifications in Parkour/Freerunning, or disability sport, or regional Continual Professional Development (CPD) workshops.						

Qualification Objective
What does this qualification cover?
<p>This qualification prepares learners for employment as a Parkour/Freerunning coach. A level 2 Parkour/Freerunning 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 Parkour/Freerunning sessions.</p>
Who is the qualification for?
<p>The qualification is designed for those who wish to become involved in coaching as a Parkour/Freerunning coach, and to have responsibility for the ongoing development of participants. It is directed at learners who have an interest in coaching Parkour/Freerunning.</p>
Who supports this qualification?
<p>The qualification is recognised as the industry standard level 2 qualification for Parkour/Freerunning coaches by Parkour UK, and UK Coaching.</p>
Qualification Progression
What future education could this qualification lead to?
<p>Following a period of practice as a qualified coach, learners may choose to develop their skills by participating in continuing professional development (CPD) opportunities offered within Parkour/Freerunning and other coaching-related organisations. Learners could also choose to complete the <i>1st4sport Level 3 Certificate in Coaching (Sport and Physical Activity)</i> where they would learn how to develop and deliver effective coaching programmes.</p> <p>Learners could also progress to other industry-relevant qualifications in coaching other sports, activity leadership, supporting PE in schools sport and sports development.</p>

What future employment could this qualification lead to?
<p>Successful learners are eligible to seek employment in appropriate paid or voluntary parkour coaching roles. They should look to develop their learning and knowledge of Parkour/Freerunning by working with other, more experienced, coaches.</p>
Qualification Achievement
Entry Requirements for the Qualification
<p>The recognised centre is required to conduct and evidence the initial assessment of learners to ensure that the pre-requisites to registration and certification are considered, and that the learner has the potential to achieve the qualification.</p> <p>Prior to registration learners are required to:</p> <ul style="list-style-type: none"> • be 18 years of age or over • be accurately identified • hold the <i>1st4sport Level 1 Award in Coaching Parkour/Freerunning</i> or equivalent • hold an emergency aid certificate (minimum of 3 hours and must include CPR) • have attended a Child Protection/Safeguarding workshop recognised by UK Coaching • be able to communicate effectively in English (this includes listening, speaking, reading and writing). <p>There are no additional pre-requisites to certification.</p>
How is the Qualification Achieved?
<p>This qualification is normally achieved through attendance of a learning programme and completion of pre-set assessment tasks.</p>

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. <ul style="list-style-type: none"> 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: <ul style="list-style-type: none"> an area suitable in size and of safe construction for a maximum of 12 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 and should include: <ul style="list-style-type: none"> 2 x horses 1 x large horse 12 mats (approx. 2m x 1m) 2 x floor beams/fenders <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> a Parkour UK mobile Parkour park.
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 the <i>1st4sport Level 2 Certificate in Coaching Parkour/Freerunning</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 Parkour/Freerunning</p> <p>Tel: 0113 290 7610 Email: cst@1st4sportqualifications.com Website: www.1st4sportqualifications.com</p>

Contacts
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<p>Tel: 0203 544 5834 Email: info@parkour.uk Website: http://parkour.uk/</p>
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 qualification.

Mandatory Units

Unit Title	Level	Credit	GL	Reference	Assessment Method(s)
Understanding the fundamentals of coaching sport	2	2	6	J/601/2101	Written Tasks, Observation of Coaching
Understanding how to develop participants through coaching sport	2	3	8	Y/601/2104	Written Tasks, Observation of Coaching
Supporting participants' lifestyle through coaching sport	2	3	6	H/601/2106	Written Tasks, Observation of Coaching
Understanding the principles of safe and equitable coaching practice	2	3	6	M/601/2108	Written Tasks, Observation of Coaching
Plan a series of Parkour/Freerunning coaching sessions	2	3	4	M/505/5482	Written Tasks, Observation of Coaching
Prepare the Parkour/Freerunning coaching environment	2	3	4	T/505/5483	Written Tasks, Observation of Coaching
Deliver a series of Parkour/Freerunning coaching sessions	2	3	6	A/505/5484	Written Tasks, Observation of Coaching
Monitor and evaluate Parkour/Freerunning coaching sessions	2	3	4	F/505/5485	Written Tasks, Observation of Coaching

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Developing and awarding qualifications for the active learning and leisure industry

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