

1st4sport Level 2 Certificate in Coaching Wrestling



Qualification Specification

Qualification Overview:	This qualification provides learning with the skills and knowledge to effectively plan, conduct and evaluate wrestling coaching sessions for participants of all ages, either working independently or as part of a larger coaching team.						
Qualification Code:	600/1487/8	Level:	2	Age:	17	Registration Period:	2 years
Guided Learning (GL):	45	Total Qualification Time (TQT):	123	Credit Value:	18	Operational From:	01 January 2012
Progression Opportunities	On achieving the qualification learners may seek employment as a coach or work in a voluntary capacity. Learner may consider other avenues such as refereeing, judging or time keeping. Progression may undertaken via CPD or other coaching roles such as strength and conditioning.						

Qualification Objective
What does this qualification cover?
This qualification introduces learners to the practical and theoretical aspects of coaching wrestling, including how to effectively plan, conduct and evaluate wrestling coaching sessions for participants of all ages.
Who is the qualification for?
The qualification is designed to prepare coaches for employment in paid or voluntary roles in wrestling clubs or schools, either working independently or as part of a larger coaching team.
Who supports this qualification?
This qualification is supported by the British Wrestling Association (BWA), the national governing body for the sport in the UK. The content also meets UK Coaching's – the lead technical agency for coaching in the UK – requirements for a coach operating at this level.
Qualification Progression
What future education could this qualification lead to?
The skills and knowledge developed through this qualification may be used enable learners to progress to 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?
Roles that the learners may consider exploring could be as a wrestling coach at this level or activity leader, wrestling referee, sports volunteer.

Qualification Achievement
Entry Requirements for the Qualification
Prior to registration for this qualification, learners are required to: <ul style="list-style-type: none"> • be 17 years of age or over • hold the 1st4sport Level 1 Award in Coaching Wrestling or a BWA recognised equivalent • be able to communicate effectively in English (this includes listening, speaking, reading and writing)
How is the Qualification Achieved?
Achievement of the qualification is normally through attendance on <i>BWA Programme of Learning and Assessment</i> which ensures completion of the <i>1st4sport Learner Portfolio</i> inclusive of all assessed tasks.
What will be assessed?
Learners are required to: <ul style="list-style-type: none"> • complete a series of written tasks • plan, deliver and evaluate a series of coaching sessions plans for wrestling • be observed coaching wrestling sessions
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?	
<p>The recognised centre is required to have a qualified and competent qualification workforce in place which includes as a minimum.</p> <ul style="list-style-type: none"> • a qualification administrator • a qualification coordinator • an appropriately qualified tutor/ assessor: • an appropriately • an appropriately qualified internal quality assurer (IQA) <p>Further information on workforce requirements are available from 1st4sport Qualifications on request.</p>	
What facilities are needed to be able to deliver this qualification?	
<p>All training and/or assessment sites must include the following facilities:</p> <ul style="list-style-type: none"> • an area suitable in size and of safe construction for a maximum of six learners. • a theory space for up to 12 learners. The area must have moveable furniture (no fixed chairs/tables) and is safe free from obstruction. 	

What equipment is needed to be able to deliver this qualification?
<p>All training and/or assessment sites must include the following equipment:</p> <ul style="list-style-type: none"> • one 12m x 12m x 50mm wrestling mat
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 approved to offer this qualification. These include the <i>1st4sport Level 2 Certificate in Coaching Wrestling</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 Specifications</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>Qualification Handbook Delivery, Assessment and Quality Assurance Approach</i>, 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?
<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 Wrestling</p> <p>Tel: 0113 290 7610 Email: enquiries@1st4sportqualifications.com Website: www.1st4sportqualifications.com</p>

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 18 credits from the eight mandatory units.

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 wrestling coaching sessions	2	2	8	T/503/7016	Written Tasks, Observation of Coaching
Prepare the wrestling coaching environment	2	2	13	M/503/7015	Written Tasks, Observation of Coaching
Deliver a series of wrestling coaching sessions	2	3	16	K/503/7014	Written Tasks, Observation of Coaching
Monitor and evaluate wrestling coaching sessions	2	2	8	H/503/7013	Written Tasks, Observation of Coaching

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Developing and awarding qualifications for the active learning and leisure industry

1st4sport Qualifications is an awarding organisation recognised and regulated by the Office of the Qualifications and Examinations Regulation (Ofqual) in England, Council for the Curriculum, Examinations and Assessment (CCEA) Regulation in Northern Ireland and Qualifications Wales in Wales and was created with the aim of offering vocational and occupational qualifications in areas of sport, recreation and allied occupations. 1st4sport Qualifications is a division of Coachwise Ltd, the trading arm of The National Coaching Foundation (known as UK Coaching), the UK-registered charity leading the national development of coaches and the coaching system. Any proceeds go directly back to UK Coaching to help them develop and advance sport nationwide.