

1st4sport Level 2 Certificate in Coaching Strength and Conditioning for Sport



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Qualification Specification

Qualification Overview:	The Level 2 Certificate in Coaching Strength and Conditioning for Sport is to provide a benefit to learners through an introduction into the principles/practice of safe, ethical and effective management and coaching of strength and conditioning for sport coaching sessions to adults and young people in an appropriate environment.						
Qualification Code:	600/0200/1	Level:	2	Age:	16	Registration Period:	2 years
Guided Learning (GL):	40	Total Qualification Time (TQT):	165	Credit Value:	19	Operational From:	01 January 2011
Progression Opportunities	Learners could progress on to the 1st4sport Level 3 Certificate in Coaching Strength and Conditioning for Sport or progress to other industry-relevant qualifications in weight lifting such as 1st4sport Level 2 Certificate in Coaching Weight Lifting or 1st4sport Level 3 Certificate in Personal Training. Learners may be able to seek employment either paid or in a voluntary capacity as a strength and conditioning coach.						

Qualification Objective
What does this qualification cover?
This qualification will provide the learner with the knowledge to plan, deliver and monitor linked and progressive sessions for improving a participant's strength/ speed or endurance. The learner will be able to profile their participants before and after a period of training and have the knowledge to know which fitness tests to apply and modes/methods of training.
Who is the qualification for?
This qualification is designed for individuals preparing to work in a strength and conditioning coaching environment who wish to independently coach strength and conditioning to young people and adults, usually within a club environment.
Who supports this qualification?
The qualification is recognised as the industry standard level 2 qualification for strength and conditioning is supported by the RFU and also by a range of employers whom employ strength and conditioning coaches.
Qualification Progression
What future education could this qualification lead to?
Learners could progress on to the 1st4sport Level 3 Certificate in Coaching Strength and Conditioning for Sport. The skills and knowledge developed through this qualification may also be used to progress to other industry-relevant qualifications in weight lifting such as 1st4sport Level 2 Certificate in Coaching Weight Lifting or 1st4sport Level 3 Certificate in Personal Training.
What future employment could this qualification lead to?
This qualification may lead to paid or voluntary roles in strength and conditioning for sport coach or they may wish to explore other industry-relevant roles which include: <ul style="list-style-type: none"> • Sports Volunteer • Weight Lifting Coach.

Qualification Achievement
Entry Requirements for the Qualification
In order to register 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).
In order to achieve certification learners are required to have undertaken training for emergency first aid that includes cardiopulmonary resuscitation (CPR).
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 and a multiple choice question paper • plan, deliver and evaluate two coaching activities which must be of a minimum of 45 minutes in duration. Both activities are to be observed for 15 minutes. • In addition learners must produce linked a progressive sessions for strength and speed or endurance.
An in-depth assessment specification is contained within the qualification handbook for this qualification.

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
- 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?

All delivery sites must include the following:

- A theory space which includes a classroom containing adequate number of seats (not benches)
- Toilets and changing room facilities for both male and female learners/participants
- A gym with the appropriate equipment listed in the following section of this specification
- Indoor and outdoor facilities appropriate for safe practice of speed and agility activities.

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:

- Free weights
- Olympic bars
- Squat/power rack
- Dumb-bells
- Bench and incline press (or adjustable)
- Medicine ball
- Swiss balls.

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:</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 • Unit Specifications, 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 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 Strength and Conditioning for Sport:</p> <p>Tel: 0113 290 7610 Email: enquiries@1st4sportqualifications.com Website: www.1st4sportqualifications.com</p>

Contacts
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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)

The 1st4sport Level 2 Certificate in Coaching Strength and Conditioning for Sport is comprised of eight units: Learners must successfully complete all eight units to achieve the qualification.

Mandatory Units

Unit Title	Level	Credit	GL	Reference	Assessment Method(s)
Understanding the fundamentals of coaching sport	2	3	22	J/601/2101	Portfolio of Evidence, Multiple Choice Question
Understanding how to develop participant(s) through coaching sport	2	2	12	Y/601/2104	Portfolio of Evidence, Multiple Choice Question
Supporting participant(s)' lifestyle through coaching sport	2	2	16	H/601/2106	Portfolio of Evidence, Multiple Choice Question
Understanding the principles of safe and equitable coaching practice	2	2	13	M/601/2108	Portfolio of Evidence, Multiple Choice Question
Plan a series of strength and conditioning for sport coaching sessions	2	3	14	A/502/6552	Portfolio of Evidence, Observation of Practical
Prepare the strength and conditioning for sport coaching environment	2	2	14	F/502/6553	Portfolio of Evidence, Observation of Practical
Deliver a series of strength and conditioning for sport coaching sessions	2	3	17	J/502/6554	Portfolio of Evidence, Observation of Practical
Monitor and evaluate strength and conditioning for sport coaching sessions	2	2	10	K/502/6577	Portfolio of Evidence, Observation of Practical

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