

1st4sport Level 3 Certificate in Coaching Strength and Conditioning for Sport



Qualification Specification

Qualification Overview:	This qualification provides the knowledge for learners to profile participants and identify the current and potential level of participant performance and/ or development. Learners will be taught how to produce detailed plans for a discrete cycle or phase for both strength and speed/endurance.						
Qualification Code:	600/0337/6	Level:	3	Age:	18	Registration Period:	3 Years
Guided Learning (GL):	80	Total Qualification Time (TQT):	200	Credit Value:	26	Operational From:	01 January 2011
Progression Opportunities:	The qualification could lead to voluntary or paid employment as a strength and conditioning coach at this level. The learner may also progress into personal training, fitness instructing or other coaching related qualifications.						

Qualification Objective
What does this qualification cover?
The objective of the Level 3 Certificate in Coaching Strength and Conditioning for Sport is to provide a benefit to learners via the skills and knowledge required to enable them to develop high level strength and conditioning programmes through effective strength and conditioning for sport coaching.
Who is the qualification for?
This qualification is designed to prepare aspiring coaches for employment as a strength and conditioning for sport coach in paid or voluntary roles, potentially within professional sport. It is appropriate for existing Level 2 strength and conditioning for sport coaches wishing to develop coaching skills in strength and conditioning for sport.
Who supports this qualification?
The qualification is recognised as the industry standard level 3 qualification for coaching by Rugby Football Union for Strength and Conditioning. The qualification is also endorsed by the trade association for coaches, UK Coaching, as meeting its UKCC criteria.
Qualification Progression
What future education could this qualification lead to?
The skills and knowledge developed through this qualification may be used enable you to progress to other industry-relevant qualifications in coaching other sports, supporting PE in school sport and sports development.
What future employment could this qualification lead to?
This qualification leads to paid or voluntary roles in coaching strength and conditioning for sport in a variety of settings including working as head strength and conditioning coach within an amateur sports club or working as a coach within professional sport.

Qualification Achievement
Entry Requirements for the Qualification
Prior to registration learners are required to: <ul style="list-style-type: none"> • be appropriately identified • be at least 18 years of age • hold the 1st4sport Level 2 Certificate in Coaching Strength and Conditioning for Sport or equivalent • able to communicate effectively in English
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 task • plan, deliver and evaluate coaching programmes for strength and conditioning • be observed by an appropriately qualified assessor on a minimum of two occasions. <p>More information is available within the qualification handbook for this qualification.</p>

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/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. These must comply with accepted health and safety practices and have in place appropriate access arrangements. All training and/or assessment sites must include the following facilities:

- 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 comply with accepted health and safety practice and must include:

The recognised centre will require as a minimum the following:

- A Gym containing:
 - 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?

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 3 Certificate in Coaching Strength and Conditioning for Sport*.

- *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 1st4sport Level 3 Certificate in Coaching Strength and Conditioning for Sport

Tel: 0113 290 7610

Email: enquiries@1st4sportqualifications.com

Website: www.1st4sportqualifications.com

Contacts

1st4sport Qualifications

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Email: enquiries@1st4sportqualifications.com

Website: www.1st4sportqualifications.com

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 26 credits from the 11 mandatory units.

Mandatory Units

Unit Title	Level	Credit	GL	Reference	Assessment Method(s)
Understanding the Principles of Safe and Equitable Coaching Practice	2	2	13	M/601/2108	Written Tasks, Observation of Coaching
Understanding the fundamentals of coaching programmes	3	3	18	T/601/3535	Written Tasks, Observation of Coaching
Understanding the principles of planning coaching programmes	3	3	18	A/601/3536	Written Tasks, Observation of Coaching
Understanding how to support participants' lifestyle through coaching programmes	3	3	18	F/601/3537	Written Tasks, Observation of Coaching
Analyse participants' performance and set programme goals in strength and conditioning for sport	3	2	5	H/502/8246	Written Tasks, Observation of Coaching
Plan coaching programmes in strength and conditioning for sport	3	2	8	K/502/8247	Written Tasks, Observation of Coaching
Manage safe and effective strength and conditioning for sport coaching Programmes	3	2	12	T/502/8249	Written Tasks, Observation of Coaching
Deliver strength and conditioning for sport coaching programmes	3	3	15	K/502/8250	Written Tasks, Observation of Coaching
Develop participants' performance in strength and conditioning for sport	3	3	22	M/502/8251	Written Tasks, Observation of Coaching
Monitor and evaluate strength and conditioning for sport coaching Programmes	3	2	6	T/502/8252	Written Tasks, Observation of Coaching
Develop coaching practice in strength and conditioning for sport	3	1	5	A/502/8253	Written Tasks, Observation of Coaching

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Developing and awarding qualifications for the active learning and leisure industry

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