

1st4sport Level 3 Certificate in Coaching (Sport and Physical Activity)



Qualification Specification

Qualification Overview:	The 1st4sport Level 3 Certificate in Coaching (Sport and Physical Activity) enables learners to be able to plan, deliver and evaluate annual coaching programmes, either independently or working as part of a larger coaching team.						
Qualification Code:	603/2748/0	Level:	3	Age:	16+	Registration Period:	3 years
Guided Learning (GL):	72 hours	Total Qualification Time (TQT):	151	Credit Value:	15	Operational From:	01 January 2018
Progression Opportunities:	Learners will be able to progress onto sport-specific coaching qualifications, higher level sports coaching qualifications, other industry-relevant qualifications in coaching sports, activity leadership, supporting PE in school sport and sports development. Learners may gain employment as a sports coach with responsibility for the long term planning of coaching programmes						

Qualification Objective
<p>What does this qualification cover?</p> <p>This qualification prepares learners employment, paid or voluntary, as a lead coach with responsibility for the long term planning of a coaching programme – typically following an annual cycle – either working independently (if over the age of 18), or as part of a larger coaching team. The qualification introduces learners to the practical and theoretical aspects of planning, delivering and evaluating a coaching programme in sport and physical activity.</p>
<p>Who is the qualification for?</p> <p>This qualification is for those who wish to become involved in coaching, and to have responsibility for the planning, delivery and evaluation of an annual coaching programme. It can be an entry point to coaching, depending on the ability and confidence of the learner. It is directed at learners who have an interest in sport and physical activity.</p>
<p>Who supports this qualification?</p> <p>The qualification is recognised as the industry standard level 3 qualification for the coaching sport and physical activity by UK Coaching, the lead technical agency for the development of sports coaching in the UK. It has been aligned to the UKCC criteria and will allow progression onto a UKCC-endorsed qualification</p>
Qualification Progression
<p>What future education could this qualification lead to?</p> <p>This qualification could lead to learners completing sport-specific coaching qualifications at level 3 or above. The skills and knowledge developed through this qualification may also be used enable them to progress to other industry-relevant qualifications in coaching sports, activity leadership, supporting PE in school sport and sports development.</p>
<p>What future employment could this qualification lead to?</p> <p>This qualification may lead to employment, paid or voluntary, as a lead coach in a sport and physical activity setting such as a sports club or holiday activity programme.</p>

Qualification Achievement
<p>Entry Requirements for the Qualification</p> <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 accurately identified • be at least 16 years of age • be able to communicate effectively in English (this includes listening, speaking, reading and writing).
<p>How is the Qualification Achieved?</p> <p>To achieve the 1st4sport Level 3 Certificate Coaching (Sport and Physical Activity), learners must successfully achieve six units: five mandatory units and the sport and physical activity-specific pathway unit. Achievement of the qualification is normally through attendance on a programme of learning and the successful completion of the 1st4sport Assessment Tasks contained within the 1st4sport Learner Portfolio.</p>
<p>What will be assessed?</p> <p>Learners must:</p> <ul style="list-style-type: none"> • complete a 1st4sport portfolio of evidence • demonstrate their ability to plan, deliver and evaluate deliver coaching programmes <p>Successful completion will result in the achievement of the qualification</p>

How will it be assessed?	
<p>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.</p> <p>Learning Outcomes that begin ‘The learner will understand...’ will be assessed through theory based activities.</p> <p>Learning Outcomes that begin ‘The learner will be able to...’ are assessed through practical activities.</p> <p>For example:</p>	
Learning outcomes The learner will:	Assessment criteria The learner can:
<p>1 understand how to ensure participants’ safety during sport specific coaching sessions</p>	<p>1.1 describe the health and safety requirements that are relevant to planned sport-specific activities and competition.</p>
	<p>1.2 describe how to structure coaching sessions to minimise the risk of injury to participants.</p>
<p>2 be able to prepare resources for the coaching session</p>	<p>2.1 ensure that the identified resources meet the requirements of the activity.</p>

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 an appropriately qualified assessor an appropriately qualified internal quality assurer (IQA) <p>Further information on workforce requirements is available within the Qualification Handbook, available via Athena, the 1st4sport Quality Management System.</p>
What facilities are needed to be able to deliver this qualification?
<p>The recognised centre is required to have one or more delivery sites which contain facilities to support the programme of learning and assessment. All training and/or assessment sites must include the following facilities:</p> <ul style="list-style-type: none"> a practical space for coaching sessions to be delivered. a space for theoretical sessions to be delivered with conditions conducive to learning male and female changing and toilet facilities. <p>Further information on facility requirements is available within the Qualification Handbook, available via Athena, the 1st4sport Quality Management System.</p>

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:

- sport and/or physical activity equipment to facilitate the coaching sessions.
- flip chart and a selection of coloured pens
- an overhead projector and a laptop/computer or equivalent

Further information on equipment requirements is available within the Qualification Handbook, available via Athena, the 1st4sport Quality Management System.

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:

- *1st4sport Level 3 Certificate in Coaching (Sport and Physical Activity) Qualification Handbook*, detailing the 1st4sport Qualification Approval Conditions, available via Athena
- *1st4sport Level 3 Certificate in Coaching (Sport and Physical Activity) Unit Specifications*, detailing the Learning Outcomes and Assessment criteria for the qualification, available following Qualification Approval
- *1st4sport Level 3 Certificate in Coaching (Sport and Physical Activity) Learner Portfolio*, containing a series of pre-standardised assessment tools and templates to support the learner's achievement of the qualification.
- *1st4sport Level 3 Certificate in Coaching (Sport and Physical Activity) 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 (Sport and Physical Activity)*.

Tel: 0113 290 7610

Email: enquiries@1st4sportqualifications.com

Website: www.1st4sportqualifications.com

Contacts

1st4sport Qualifications

Tel: 0113 290 7610

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

The Chartered Institute for the Management of Sport and Physical Activity (CIMSPA)

Tel: 01509 226474

Email: info@cimspa.co.uk

Website: www.cimspa.co.uk/

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 six units: five mandatory units and the sport and physical activity-specific pathway unit.

Mandatory Units

Unit Title	Level	Credit	GL	Reference	Assessment Method(s)
The role of the programme coach	3	3	25	H/616/7738	Written Tasks, Observation of Coaching
Developing skills through coaching programmes	3	3	23	K/616/7739	Written Tasks, Observation of Coaching
Plan a coaching programme	3	3	23	H/616/7741	Written Tasks, Observation of Coaching
Deliver a coaching programme	3	3	17	K/616/7742	Written Tasks, Observation of Coaching
Review a coaching programme	3	2	9	M/616/7743	Written Tasks, Observation of Coaching

Sport and Physical Activity Pathway Unit

Technical requirements for coaching sport and physical activity	3	1	10	A/616/7745	Written Tasks, Observation of Coaching
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Developing and awarding qualifications for the active learning and leisure industry

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