

1st4sport Level 3 Certificate in Coaching Rowing



Qualification Specification

Qualification Overview:	This qualification provides learners with the skills and knowledge required to develop high level rowers through creative and thoughtful coaching practice.						
Qualification Code:	600/3002/1	Level:	3	Age:	18+	Registration Period:	3 Years
Guided Learning (GL):	64	Total Qualification Time (TQT):	184	Credit Value:	26	Operational From:	01 September 2011
Progression Opportunities:	This qualification leads to paid or voluntary roles in coaching rowing within a club environment. The skills and knowledge developed through this qualification may also be used enable you to progress to other industry-relevant qualifications in coaching other sports, leadership, supporting PE in school sport and sports development. Other roles that the learner may consider exploring to include rowing referee/judge, boat operator, or sports volunteer.						

Qualification Objective
What does this qualification cover?
This qualification provides learners with the skills and knowledge required to develop high level rowers through creative and thoughtful coaching practice.
Who is the qualification for?
The qualification is designed to prepare aspiring coaches for employment as a Rowing Coach in paid or voluntary roles, potentially within a high performance team. It is appropriate for existing Level 2 rowing coaches wishing to further develop, refine and enhance their coaching skills in rowing.
Who supports this qualification?
The qualification is recognised as the industry standard level 3 qualification for coaching rowing to adults and young people by the National Governing Body (NGB) for Rowing in the UK; British Rowing, Scottish Rowing, and Welsh Rowing.
The qualification is also endorsed by the agency 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 completion of this qualification may also 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 rowing in a variety of settings including working as a head coach within a rowing club or working as a coach within a high performance team.

Qualification Achievement
Entry Requirements for the Qualification
The recognised centre is required to conduct an initial assessment of learners to ensure that the pre-requisites to registration and certification are considered and the outcome recorded during the application process.
Prior to registration learners are required to:
<ul style="list-style-type: none"> • be accurately identified • be 18 years of age or over • hold the 1st4sport Level 2 Certificate in Rowing or equivalent • hold current Emergency First Aid certificate (including CPR) <i>(throughout the qualification registration period)</i> • hold a current Safeguarding & Protecting Children certificate • be working towards the 1st4sport Level 2 Certificate in Coaching Strength and Conditioning or equivalent • be able to communicate effectively in English (this includes listening, speaking, reading and writing).
Prior to certification learners are required to:
<ul style="list-style-type: none"> • complete Safety Basics online workshop • complete Cold Water & Hypothermia Basics online workshop • hold the 1st4sport Level 2 Certificate in Coaching Strength and Conditioning or equivalent.
How is the Qualification Achieved?
To achieve the 1st4sport Level 3 Certificate in Coaching Rowing, learners must successfully achieve eleven units. 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.

What will be assessed?

Learners must:

- an appropriate understanding of the Level 3 knowledge units and the specific technical knowledge underpinning the coaching of Rowing
- planning, delivering and evaluating a rowing coaching programme

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
- a National Source Group for Rowing licensed tutor to conduct training
- a National Source Group for Rowing licensed internal assessor to conduct assessment
- a National Source Group for Rowing licensed independent assessor to conduct assessment
- National Source Group for Rowing licensed internal quality assurer to conduct internal quality assurance

In deploying the workforce, the recognised centre must ensure that each course operates with a maximum of 20 learners to one National Source Group for Rowing licensed tutor.

The observed assessments must be conducted on a 1:1 basis.

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 for Rowing and have in place appropriate access arrangements. All facilities must include provision for disabled learners.

All training and/or assessment sites must include the following facilities:

- Rowing Equipment
- Boats, vessels and equipment suitable for the water, location and environment
- a theory space for the appropriate number of learners which includes a classroom containing multimedia facilities flip charts and flip chart pens.

Learning programme delivery and assessment should only take place in environmental conditions where the level of light and temperature are appropriate to the needs of participants and learners.

What equipment is needed to be able to deliver this qualification?
<p>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 for Rowing and must include:</p> <ul style="list-style-type: none"> • Boats, vessels and equipment suitable for the water, location and environment • Safety equipment suitable for the water, location and environment • Tools and equipment for rigging boats <p>The recognised centre must ensure that all learners and persons being coached wear appropriate sports apparel.</p>
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 3 Certificate in Coaching Rowing</i>:</p> <ul style="list-style-type: none"> • <i>Qualification Manual</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>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>This qualification is only available through British Rowing. For more details, please visit britishrowing.org/knowledge/courses-qualifications/</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)

Learners must successfully achieve the following eleven units in order to be considered eligible for certification of the qualification.

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 participant(s)' performance and set programme goals in Rowing	3	2	5	D/503/3428	Written Tasks, Observation of Coaching
Plan coaching programmes in Rowing	3	3	10	K/503/3481	Written Tasks, Observation of Coaching
Manage safe and effective Rowing coaching programmes	3	2	12	M/503/3482	Written Tasks, Observation of Coaching
Deliver Rowing coaching programmes	3	5	17	R/503/3491	Written Tasks, Observation of Coaching
Develop rower(s)' performance in Rowing	3	3	22	M/503/3546	Written Tasks, Observation of Coaching
Monitor and evaluate Rowing coaching programmes	3	2	6	D/503/3560	Written Tasks, Observation of Coaching
Develop coaching practice in Rowing	3	1		K/503/3562	Written Tasks, Observation of Coaching

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Developing and awarding qualifications for the active learning and leisure industry

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