

1st4sport Level 2 Certificate in Coaching Cycling



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Qualification Specification

Qualification Overview:	The qualification is designed to provide learners with a development of their knowledge and skills as a cycling coach, developing their ability to effectively plan, conduct and evaluate cycling coaching sessions.						
Qualification Code:	501/1872/9	Level:	2	Age:	18	Registration Period:	2 Years
Guided Learning (GL):	30	Total Qualification Time (TQT):	170	Credit Value:	17	Operational From:	01 October 2010
Progression Opportunities	Learners may seek employments as a cycling coach or alternatively learners may also choose to follow a programme of training for the <i>1st4sport Level 3 Certificate in Coaching Cycling (available in a range of disciplines)</i> .						

Qualification Objective
What does this qualification cover?
The qualification is designed to provide learners with a development of their knowledge and skills as a cycling coach, developing their ability to effectively plan, conduct and evaluate cycling coaching sessions. This key level of knowledge and skills developed by British Cycling will enable learners to develop an understanding of the safe, ethical and effective management and coaching of cycling to riders of all ages. The qualification is composed of eight mandatory units giving you 17 credits
Who is the qualification for?
The qualification is designed to prepare those with some experience of coaching and enable learners to independently deliver technically appropriate and safe cycling coaching sessions to riders of all ages.
Who supports this qualification?
The qualification is recognised as the industry standard level 2 qualification for coaching cycling by the national governing body for cycling in the UK: British Cycling. British Cycling is also the professional body for cycling coaches, providing services and support to those who hold this and other cycling qualifications.
It is also recognised by and has the support of a range of employers, including the Cycling Clubs, Bikeability Schemes in England, schools and colleges, as the sole qualification for those looking for a career in coaching cycling. The qualification is also endorsed by the lead agency for coaching, UK Coaching, as meeting the UKCC criteria.
Qualification Progression
What future education could this qualification lead to?
Following a period of practice as a qualified Level 2 coach, you may also choose to follow a programme of training for the <i>1st4sport Level 3 Certificate in Coaching Cycling (available in a range of disciplines)</i> or such qualifications as the <i>1st4sport Level 2 Certificate in Supporting Learning in Physical Education and School Sport</i> .

What future employment could this qualification lead to?
This qualification leads to paid or voluntary roles in coaching the sport of cycling in schools, colleges and local cycling clubs.
Qualification Achievement
Entry Requirements for the Qualification
Prior to registration learners are required to: <ul style="list-style-type: none"> • have their identity confirmed • 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"> • be at least 18 years of age.
How is the Qualification Achieved?
Achievement of the qualification is normally through attendance on a course of training and completion of the <i>British Cycling assessment tasks</i> .
What will be assessed?
Learners must: <ul style="list-style-type: none"> • Plan, prepare, deliver and evaluate six session plans. • four of which must be linked and progressive. The planned sessions must be of a minimum of one hour in duration. • the delivery of a minimum of two cycling coaching sessions, each of which are 15 minutes in duration, that must be observed by an appropriately qualified assessor
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 coach educator • 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>Any training or assessment site must meet the requirements of accepted safe practice in cycling, as detailed in the relevant British Cycling publications, and provide an appropriate learning and assessment environment as described within the qualification handbook.</p>	

What equipment is needed to be able to deliver this qualification?
<p>In order to deliver the qualification the following is required:</p> <ul style="list-style-type: none"> • Bike • Appropriate clothing and footwear • Helmet <p>British Cycling strongly recommends that cyclists wear a cycle helmet when engaged in any cycling activity. This is to prevent additional injuries occurring should a collision or incident happen. Additional information is provided with the qualification handbook.</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:</p> <ul style="list-style-type: none"> • <i>1st4sport Level 2 Certificate in Coaching Cycling Qualification Handbook</i>, detailing the 1st4sport Qualification Approval Conditions and the Delivery, Assessment and Quality Assurance Approach for this qualification • <i>1st4sport 2 Certificate in Coaching Cycling Unit Specifications</i>, detailing the Learning Outcomes and Assessment criteria for the qualification
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</p> <p>Tel: 0113 290 7610 Email: enquiries@1st4sportqualifications.com Website: www.1st4sportqualifications.com</p>

Contacts

1st4sport Qualifications

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British Cycling

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Website: www.britishcycling.org.uk

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 17 credits from completion of 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 Cycling coaching sessions	2	2	9	J/602/5379	Written Tasks, Observation of Coaching
Prepare the Cycling coaching environment	2	2	14	R/602/5384	Written Tasks, Observation of Coaching
Deliver a series of Cycling coaching sessions	2	2	16	Y/602/5385	Written Tasks, Observation of Coaching
Monitor and evaluate Cycling coaching sessions	2	2	6	H/602/5387	Written Tasks, Observation of Coaching

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Developing and awarding qualifications for the active learning and leisure industry

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