

# 1st4sport Level 1 Award in Coaching Weight Lifting



**BRITISH WEIGHT LIFTING**

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## Qualification Specification

<b>Qualification Overview:</b>	The 1st4sport Level 1 Award in Coaching Weight Lifting focuses on the skills and competences required to plan, deliver and review coaching weight lifting activities to prepare the learners for employment or voluntary coaching.						
<b>Qualification Code:</b>	601/8846/7	<b>Level:</b>	1	<b>Age:</b>	16	<b>Registration Period:</b>	1 June 2016
<b>Guided Learning (GL):</b>	16	<b>Total Qualification Time (TQT)</b>	31	<b>Credit Value:</b>	3	<b>Operational From:</b>	31 December 2020
<b>Progression Opportunities:</b>	Employment (paid or voluntary) as a weight lifting coach. Progress onto the 1st4sport Level 2 Certificate in Coaching in Weight Lifting or the 1st4sport Level 2 Award in Instructing Weight Lifting. Successful learners may also progress to other industry-relevant qualifications in coaching sport, activity leadership, supporting PE in school sport and sports development.						

<b>Qualification Objective</b>
<b>What does this qualification cover?</b>
<p>This qualification is designed to provide benefit to learners on the basis that it prepares them for employment as an assistant coach in weight lifting. A level 1 coach in weight lifting is able to:</p> <ul style="list-style-type: none"> <li>• plan general warm up/ weight lifting and cool down activities</li> <li>• deliver weight lifting activities;</li> <li>• completing an evaluation</li> </ul>
<b>Who is the qualification for?</b>
<p>This qualification is designed for aspiring weight lifting coaches to be supported in the development of their knowledge of how to effectively support the delivery of coaching sessions in a local club environment.</p>
<b>Who supports this qualification?</b>
<p>The qualification is recognised as the industry standard competence level 1 qualification for participants by British Weight Lifting. The support is focused on the benefits of the qualification for learners, the objective of the qualification and the predicted learner demand. This information was gathered through valid research and consultation with a range of stakeholders. The qualification is designed to support employers in the sport, active leisure and physical activity sector; supporting development pathways of employees and volunteers. Qualified and competent employees and volunteers in this sector supports the professionalisation of the industry, ensures quality assured services and duty of care to stakeholders</p>
<b>Qualification Progression</b>
<b>What future education could this qualification lead to?</b>
<p>Learners are able to progress onto the 1st4sport Level 2 Certificate in Coaching in Weight Lifting designed to develop necessary skills, knowledge and experience to deliver progressive coaching sessions to either adults or young people. Alternatively, learners may choose the 1st4sport Level 2 Award in Instructing Weight Lifting.</p>

<p>Successful learners may also progress to other industry-relevant qualifications in coaching sport, activity leadership, supporting PE in school sport and sports development.</p>
<b>What future employment could this qualification lead to?</b>
<p>This qualification may lead to paid employment or unpaid voluntary roles working as part of a coaching team as an assistant coach. Other roles that the learner may consider exploring include Activity Leader, Official and Sports Volunteer.</p>
<b>Qualification Achievement</b>
<b>Entry Requirements for the Qualification</b>
<p>Prior to registration and certification for the qualification learners are required to:</p> <ul style="list-style-type: none"> <li>• be accurately identified</li> <li>• be at least 16 years of age</li> <li>• be able to communicate effectively in English<sup>1</sup> (this includes listening, speaking, reading and writing).</li> </ul>
<b>How is the Qualification Achieved?</b>
<p>The qualification is achieved through completion of all three mandatory units. This is normally through the attendance on a programme of learning (recognised centre are only to use materials and programmes supplied by The BWL. Recognised Centres must adhere to the learning programme as the structure has been created to facilitate a learning journey that is appropriate to the qualification) Learners must successful complete tasks contained within the BWL e-Learning and e-Assessment platform.</p>
<b>What will be assessed?</b>
<p>Learners must:</p> <ul style="list-style-type: none"> <li>• any internal assessment via BWL e-Learning and e-Assessment platform</li> <li>• delivery sessions in line with the BWL technical model.</li> </ul>

<sup>1</sup> Learners must be able to understand the requirements of the qualification and the information within the qualification materials in English without assistance. Where there is demand, this qualification may also be available in Welsh or Irish.

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 <b>understand...</b>’ will be assessed through theory based activities.</p> <p>Learning Outcomes that begin ‘The learner will <b>be able to...</b>’ are assessed through practical activities.</p> <p>For example:</p>	
Learning outcomes The learner will:	Assessment criteria The learner can:
1 <b>understand</b> 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 <b>be able to</b> 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"> <li>• a qualification administrator</li> <li>• a qualification coordinator</li> <li>• an approved BWL Educator</li> <li>• an approved BWL Internal Quality Assurer (IQA)</li> </ul> <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?
<ul style="list-style-type: none"> <li>• a practical space for coaching activities to be delivered</li> <li>• toilet facilities.</li> </ul>
What equipment is needed to be able to deliver this qualification?
<ul style="list-style-type: none"> <li>• 1 squat rack</li> <li>• 1 lifting platform to a maximum 6 participants</li> <li>• Minimum of 6 broom sticks. Ideally venues would have a broomstick or light (7kg) training bar for each participant</li> <li>• 1 Olympic bar per platform</li> <li>• Assortment of small discs and bumper discs</li> <li>• Various collars to fit the Olympic bars</li> </ul>
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"> <li>• <i>Qualification Manual</i>, detailing the 1st4sport Qualification Approval Conditions and the Delivery, Assessment and Quality Assurance Approach for this qualification</li> <li>• Unit Specifications, detailing the Learning Outcomes and Assessment criteria for the qualification</li> <li>• <i>Learner Portfolio</i>, containing a series of pre-standardised assessment tools and templates to support the learner’s achievement of the qualification.</li> <li>• <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</li> </ul>
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>

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### How to apply to deliver this qualification

Contact 1st4sport Qualifications, requesting qualification approval for the 1st4sport Level 1 Award in Coaching Weight Lifting

Tel: 0113 290 7610

Email: [enquiries@1st4sportqualifications.com](mailto:enquiries@1st4sportqualifications.com)

Website: [www.1st4sportqualifications.com](http://www.1st4sportqualifications.com)

### Contacts

#### 1st4sport Qualifications

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Website: [www.1st4sportqualifications.com](http://www.1st4sportqualifications.com)

#### UK Coaching

Tel: 0113 274 4802

Email: via [www.ukcoaching.org/contact](http://www.ukcoaching.org/contact)

Website: [www.ukcoaching.org](http://www.ukcoaching.org)

#### SkillsActive

Tel: 0330 004 0005

Website: [www.skillsactive.com](http://www.skillsactive.com)

#### Ofqual

Tel: 0300 303 3344

Email: [public.enquiries@ofqual.gov.uk](mailto:public.enquiries@ofqual.gov.uk)

Website: [www.gov.uk/government/organisations/ofqual](http://www.gov.uk/government/organisations/ofqual)

### Qualification Structure

Learners must successfully achieve three mandatory units.

### Mandatory Units

Unit Title	Level	Credit	GL	Reference	Assessment Method(s)
The Role of the Assistant Weight Lifting Coach	1	N/A	8	K/508/4480	Written Tasks, Observation of Coaching
The Assistant Weight Lifting Coach in Practice	1	N/A	8	M/508/4481	Written Tasks, Observation of Coaching
Technical Requirement for coaching weight lifting	1	N/A	8	T/508/4482	Written Tasks, Observation of Coaching

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*Developing and awarding qualifications for the active learning and leisure industry*

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