

1st4sport Level 3 Diploma in Sporting Excellence



Qualification Specification

Qualification Overview:	This qualification is for learners who have potential to achieve excellence in their sport and are seeking to perform at the highest level. It will prepare learners for employment by confirming competence within the elite sports arena, specifically the training environment of a learner's chosen sport, for both the theoretical and practical aspects of elite sports performance						
Qualification Code:	603/3337/6	Level:	3	Age:	16-18	Registration Period:	3 Years
Guided Learning (GL):	780 hours	Total Qualification Time (TQT):	864 hours	Operational From:	01 September 2018		
Progression Opportunities:	Upon achievement it is intended that learners will be prepared to continue to compete in their sport at elite level or use their knowledge, skills and competency to gain employment in sport or within an alternative career pathway.						

Qualification Objective
What does this qualification cover?
The objective of the Sporting Excellence Diploma is to provide learners with the opportunity to gain the skills, competencies, knowledge and a qualification in performing within the elite sports training and competition environment, specifically within their chosen sport. The learner will be able to plan, implement and review their training and competition cycle and the extent to which their sport influences their life whilst also balancing their educational demands
Who is the qualification for?
The Diploma in Sporting Excellence is a qualification specifically designed for learners with an opportunity to be assessed on their ability to work towards and fulfil the role and requirements of an elite sports performer. The qualification is aimed at talented sports performers identified by the National Governing Body (NGB) upon the Talent Pathway who have entered in to a training and competition programme within their sport in order to compete at the highest level.
Who supports this qualification?
This qualification is supported by Skills Active, The Department for Education (DfE), the Department for Culture, media and Sport (DCMS) and a range of governing bodies.
Qualification Progression
What future education could this qualification lead to?
Learners could progress on to a university pathway UCAS have allocated XX tariff points to this qualification. The skills and knowledge developed through this qualification may also be used to progress to other industry-relevant qualifications in sport.
What future employment could this qualification lead to?
Upon achievement it is intended that learners will be prepared to continue to compete in their sport at elite level or use their knowledge, skills and competency to gain employment within an alternative career in the elite sports environment, such as sports coach, sports nutritionist, sports psychologist, lifestyle coach, sport performance analyst or employment within a sporting National Governing Body.

Qualification Achievement
Entry Requirements for the Qualification
<ul style="list-style-type: none"> • be accurately identified • be between the ages of 16 and 18 years of age • be engaged in a Skills Active/NGB Sporting Excellence programme • be able to communicate effectively in English (this includes listening, speaking, reading and writing).
How is the Qualification Achieved?
Each learner is required to demonstrate successful coverage of all learning outcomes and assessment criteria. Learners must achieve all 19 mandatory units. All units will be internally assessed using a range of methods. This could include direct observation within the workplace, a portfolio of evidence, written assignments, simulation and expert witness testimonies.
What will be assessed?
<p>Learners must:</p> <ul style="list-style-type: none"> • gather evidence to show they have met required standard in the assessment criteria. • undertake 370 hours of placement in a real work environment • be observed, to a competent standard, on a minimum of one occasion for required units • evidence a sound knowledge and understanding of the requirements and demands placed on an athlete in the elite sports performance • be observed participating in a training and competition programme within the elite sports performance over a period of time

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	Assessment criteria
The learner will:	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
- an appropriately qualified 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 with facilities to support the programme of training and assessment. All delivery sites must include training facilities to meet the needs of the sporting context in which the qualification is being delivered. This includes sport-specific facilities and generic training facilities such as fitness suites. Centres must also provide a space for theoretical sessions to be delivered with conditions conducive to learning and toilet and changing facilities.

Any training or assessment site must meet the requirements of accepted health and safety regulations for the sporting context in which the learner is to be assessed and provide an appropriate learning environment, with sufficient light, heat and ventilation.

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 include training equipment to meet the needs of the sporting context in which the qualification is being delivered.

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 Diploma in Sporting Excellence*:

- *Qualification Handbook*, detailing the 1st4sport Qualification Approval Conditions and Workforce requirements.
- *Unit Specifications*, detailing the Learning Outcomes and Assessment criteria for the qualification
- *Learner Pack* including Mapping Templates; to allow learners and assessors reference evidence of learning into 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 Diploma in Sporting Excellence Tel: 0113 290 7610 Email: centreservices@1st4sportqualifications.com Website: www.1st4sportqualifications.com
Centre's must have a partnership in place with an NGB engaged in the Diploma in Sporting Excellence to deliver this qualification.
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Contacts
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				
Learners must successfully achieve all 19 mandatory units				
Mandatory Units				
Unit Title	Level	GLH	Reference	Assessment Method(s)
Develop own technical skills to achieve excellence in a sport	3	160	M/617/1209	Observation, Portfolio of Evidence, Professional Discussion
Understanding technical skills to achieve excellence in sport	3	30	H/617/1210	Observation, Portfolio of Evidence, Professional Discussion
Develop own tactical skills to achieve excellence in a sport	3	160	K/617/1211	Observation, Portfolio of Evidence, Professional Discussion
Understanding tactical skills to achieve excellence in sport	3	30	M/617/1212	Observation, Portfolio of Evidence, Professional Discussion
Develop own physical capability to achieve excellence in a sport	3	130	A/617/1214	Observation, Portfolio of Evidence, Professional Discussion
Understanding physical capability to achieve excellence in sport	3	30	J/617/1216	Observation, Portfolio of Evidence, Professional Discussion
Develop own nutritional programme to achieve excellence in a sport	3	15	L/617/1217	Observation, Portfolio of Evidence, Professional Discussion
Understanding nutrition to achieve excellence in sport	3	20	Y/617/1219	Observation, Portfolio of Evidence, Professional Discussion
Develop own psychological skills to achieve excellence in a sport	3	30	L/617/1220	Observation, Portfolio of Evidence, Professional Discussion
Understanding psychological skills in relation to excellence in sport	3	30	Y/617/1222	Observation, Portfolio of Evidence, Professional Discussion
Manage own lifestyle to achieve excellence in a sport	3	10	M/617/1226	Observation, Portfolio of Evidence, Professional Discussion
Understanding lifestyle to achieve excellence in sport	3	15	T/617/1227	Observation, Portfolio of Evidence, Professional Discussion
Develop own career in a sport	2	15	F/617/1229	Observation, Portfolio of Evidence, Professional Discussion
Understanding how to develop own career in sport	2	15	T/617/1230	Observation, Portfolio of Evidence, Professional Discussion
Communicate effectively with other people to achieve excellence in a sport	3	20	A/617/1231	Observation, Portfolio of Evidence, Professional Discussion
Understanding communication and teamwork to achieve excellence in sport	3	30	F/617/1232	Observation, Portfolio of Evidence, Professional Discussion
Work in a healthy and safe way at training and competition venues	3	10	J/617/1233	Observation, Portfolio of Evidence, Professional Discussion
Understanding health and safety at training and competition venues	3	15	L/617/1234	Observation, Portfolio of Evidence, Professional Discussion
Culture, values and behaviours in a sport pathway	3	15	R/617/1235	Observation, Portfolio of Evidence, Professional Discussion

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Developing and awarding qualifications for the active learning and leisure industry

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