Qualification Overview:
This qualification is designed to provide benefit to learners on the basis that it prepares them for employment as a gymnastics coaching assistant. They are able to lead gymnastics based activities planned by a more qualified coach, and will be able to contribute to the evaluation of the sessions.

Qualification Code: 601/8897/2
Level: 1
Age: 16
Registration Period: 1 Year
Guided Learning (GL): 32
Total Qualification Time (TQT): 50
Credit Value: 3
Operational From: 01 June 2016

Progression Opportunities:
On completion the learner will be able to progress onto the 1st4sport Level 2 Certificate in Coaching Gymnastics or the 1st4sport Level 2 Certificate in the Principles of Coaching Sport and Physical Activity. Learners may seek employment in a voluntary or employed capacity.
Qualification Objective

What does this qualification cover?

The qualification covers the roles and responsibilities, duty of care through safe and equitable practice, deliver gymnastics coaching activities. It also enables the coach to assist with the review of sessions and their own practice.

Who is the qualification for?

The qualification is designed for those who wish to become involved in gymnastics as a coaching assistant; at the start of their commencing their career pathway. It is directed at learners who have an interest in gymnastics.

Who supports this qualification?

The qualification is recognised as the industry standard level 1 qualification for coaching assistants by British Gymnastics and UK Coaching. It has been aligned to the UKCC criteria and the qualification is UKCC endorsed. 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 including a range of Sport England recognised BG and UK Coaching.

Qualification Progression

What future education could this qualification lead to?

This qualification sits within a suite of progressive coaching sport qualifications, and supports direct progression for successful learners onto the 1st4sport Level 2 Certificate in Coaching Gymnastics or the 1st4sport Level 2 Certificate in the Principles of Coaching Sport and Physical Activity. The skills and knowledge developed may also be used to enable learners to progress to other industry-relevant qualifications in coaching sport, physical activity, activity leadership, supporting PE in school sport and sports development or other qualifications within the leisure industry such as activity leadership or fitness instructing.

Qualification Achievement

Entry Requirements for the Qualification

Prior to registration for the qualification learners are required to:
- be accurately identified
- be at least 16 years of age
- be able to communicate effectively in English (this includes listening, speaking, reading and writing).

There are no additional pre-requisites to certification other than successful completion of the required assessments.

How is the Qualification Achieved?

Achievement of the qualification is normally through attendance on the BG UKCC Endorsed Programme of Learning and Assessment which ensures completion of the 1st4sport Learner Logbook and all assessed tasks.

What will be assessed?

Learners must:
- complete a series of assessed tasks contained within their coaching logbook, provided by 1st4sport.
- demonstrate their ability to coach a gymnastics sessions in a practical coaching assessment (either in their workplace or in a simulated environment). Observed assessment of coaching must cover a minimum of 15 minutes of coaching activity. This may be in one longer 15 minute observation but session must focus on gymnastics and relate to Technical coaching requirements for gymnastics.

---

1 Learners must be able to understand the requirements of, and produce the evidence required for, 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?

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:

<table>
<thead>
<tr>
<th>Learning outcomes</th>
<th>Assessment criteria</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>The learner will:</strong></td>
<td><strong>The learner can:</strong></td>
</tr>
<tr>
<td>1 <strong>understand</strong> how to ensure participants’ safety during sport specific coaching sessions</td>
<td>1.1 describe the health and safety requirements that are relevant to planned sport-specific activities and competition.</td>
</tr>
<tr>
<td></td>
<td>1.2 describe how to structure coaching sessions to minimise the risk of injury to participants.</td>
</tr>
<tr>
<td>2 <strong>be able to</strong> prepare resources for the coaching session</td>
<td>2.1 ensure that the identified resources meet the requirements of the activity.</td>
</tr>
</tbody>
</table>

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/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 which contain facilities to ensure an appropriate environment for the full programme of learning and assessment. Each delivery site must successfully pass the British Gymnastics Course and Examination Venue Approvals process. All training and/or assessment sites must have in place appropriate access arrangements. The environment must be conducive to learning; lighting, noise levels and temperature appropriate to the participant and learner needs.

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 the discipline-specific equipment requirements as specified within the British Gymnastics Course and Examination Venue Criteria.

The recognised centre must ensure that all learners and persons being coached wear appropriate gymnastics clothing.
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:

- **Qualification Handbook**, detailing the 1st4sport Qualification Approval Conditions and the Delivery, Assessment and Quality Assurance Approach for this qualification
- Unit Specifications, detailing the Learning Outcomes and Assessment criteria for the qualification
- **Learner Logbook**, containing a series of pre-standardised assessment tools and templates to support the learner’s achievement of 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
- British Gymnastics discipline specific resource pack
- British Gymnastics eLearning

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 1 Award in Coaching Gymnastics (Tel: 0113 290 7610
Email: enquiries@1st4sportqualifications.com
Website: www.1st4sportqualifications.com

---

**Contacts**

<table>
<thead>
<tr>
<th></th>
<th>1st4sport Qualifications</th>
<th>British Gymnastics</th>
<th>UK Coaching</th>
<th>SkillsActive</th>
<th>Ofqual</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tel</td>
<td>0113 290 7610</td>
<td>Tel: <a href="mailto:information@british-gymnastics.org">information@british-gymnastics.org</a></td>
<td>Tel: 0113 274 4802</td>
<td>Tel: 0330 004 0005</td>
<td>Tel: 0300 303 3344</td>
</tr>
<tr>
<td>Email</td>
<td><a href="mailto:enquiries@1st4sportqualifications.com">enquiries@1st4sportqualifications.com</a></td>
<td>Enquiries e-mail: <a href="mailto:information@british-gymnastics.org">information@british-gymnastics.org</a></td>
<td>Email: via <a href="http://www.ukcoaching.org/contact">www.ukcoaching.org/contact</a></td>
<td>Website: <a href="http://www.skillsactive.com">www.skillsactive.com</a></td>
<td>Email: <a href="mailto:public.enquiries@ofqual.gov.uk">public.enquiries@ofqual.gov.uk</a></td>
</tr>
<tr>
<td>Website</td>
<td>Website: <a href="http://www.1st4sportqualifications.com">www.1st4sportqualifications.com</a></td>
<td>Website: <a href="http://www.british-gymnastics.org">www.british-gymnastics.org</a></td>
<td>Website: <a href="http://www.ukcoaching.org">www.ukcoaching.org</a></td>
<td>Website: <a href="http://www.skillsactive.com">www.skillsactive.com</a></td>
<td>Website: <a href="http://www.gov.uk/government/organisations/ofqual">www.gov.uk/government/organisations/ofqual</a></td>
</tr>
</tbody>
</table>
### Qualification Structure (Rule of Combination)

Learners must successfully achieve all the mandatory units in order to achieve the qualification.

#### Mandatory Units

<table>
<thead>
<tr>
<th>Unit Title</th>
<th>Level</th>
<th>Credit</th>
<th>GL</th>
<th>Reference</th>
<th>Assessment Method(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>The role of the gymnastics coaching assistant</td>
<td>1</td>
<td>1</td>
<td>8</td>
<td>K/508/5113</td>
<td>Written Tasks, Observation of Coaching</td>
</tr>
<tr>
<td>The gymnastics coaching assistant in practice</td>
<td>1</td>
<td>1</td>
<td>8</td>
<td>M/508/5114</td>
<td>Written Tasks, Observation of Coaching</td>
</tr>
<tr>
<td>Technical coaching requirements for gymnastics</td>
<td>1</td>
<td>1</td>
<td>16</td>
<td>T/508/5115</td>
<td>Written Tasks, Observation of Coaching</td>
</tr>
</tbody>
</table>
This document is copyright under the Berne Convention. All rights are reserved. Apart from any fair dealing for the purposes of private study, research, criticism or review, as permitted under the Copyright, Designs and Patents Act 1998, no part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, electrical, chemical, mechanical, optical, photocopying, recording or otherwise, without the prior written permission of the copyright owner. Enquiries should be addressed to 1st4sport Qualifications.

1st4sport Qualifications
Coachwise Ltd
Chelsea Close Off
Amberley Road
Armley
Leeds LS12 4HP

Tel: 0113 290 7610
Fax: 0113-231 9606

Email: enquiries@1st4sportqualifications.com
Website: www.1st4sportqualifications.com

Developing and awarding qualifications for the active learning and leisure industry

1st4sport Qualifications is an awarding organisation recognised and regulated by the Office of the Qualifications and Examinations Regulation (Ofqual) in England, Council for the Curriculum, Examinations and Assessment (CCEA) Regulation in Northern Ireland, Qualifications Wales in Wales and was created with the aim of offering vocational and occupational qualifications in areas of sport, recreation and allied occupations. 1st4sport Qualifications is a division of Coachwise Ltd, the trading arm of The National Coaching Foundation (known as UK Coaching), the UK-registered charity leading the national development of coaches and the coaching system. Any proceeds go directly back to UK Coaching to help them develop and advance sport nationwide.