



1st4sport Level 2 Award in Coaching Rowing Sessions



Qualification Specification

Qualification Overview:	The 1st4sport Level 2 Award in Coaching Rowing Sessions focuses on the skills and competences required to be able to plan, deliver and evaluate Rowing sessions independently, although they may work as part of a larger coaching team, preparing them for employment as an Rowing session coach.						
Qualification Code:	601/8831/5	Level:	2	Age:	18+	Registration Period:	2 Years
Guided Learning (GL):	18 hours	Total Qualification Time (TQT)	56 hours	Credit Value:	6	Operational From:	01 May 2016
Progression Opportunities:	Employment (paid or voluntary) as a Rowing session coach. Progress to other industry-relevant qualifications in Rowing, or disability sport, or regional Continual Professional Development workshops.						

Qualification Objective
What does this qualification cover?
This qualification prepares learners for employment as a Rowing session coach. A level 2 Rowing session coach is able to plan, deliver and evaluate coaching sessions independently, although they may work as part of a larger coaching team. The qualification introduces learners to the practical and theoretical aspects of planning, delivering and evaluating Rowing sessions.
Who is the qualification for?
The qualification is designed for those who wish to become involved in coaching as a Rowing session coach, and to have responsibility for the ongoing development of participants. It is directed at learners who have an interest in coaching Rowing.
Who supports this qualification?
The qualification is recognised as the industry standard level 2 qualification for session coaches by UK Coaching. 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 British Rowing and UK Coaching.
Qualification Progression
What could this qualification lead to?
Successful learners are eligible to seek employment in appropriate paid or voluntary assistant coaching roles. They should look to develop their learning and knowledge of Rowing by working with other, more experienced, coaches. Following a period of practice as a qualified coach, learners may choose to develop their skills by participating in continuing professional development (CPD) opportunities offered within Rowing and other coaching-related organisations.

Qualification Achievement
Entry Requirements for the Qualification
The recognised centre is required to conduct an initial assessment of learners to ensure that pre-requisites to registration and certification are considered and outcomes recorded during the application process. Prior to registration learners are required to: <ul style="list-style-type: none"> • be accurately identified • be at least 18 years of age • have completed the Safety Basics online workshops • have completed the Cold Water and Hypothermia online workshops • be able to communicate effectively in English¹ (this includes listening, speaking, reading and writing).
There are no additional pre-requisites to certification other than successful completion of all learning outcomes and assessment criteria; normally achieved through completion of the learner portfolio.
How is the Qualification Achieved?
The recognised centre must ensure that the learners' knowledge and competence is assessed against the assessment criteria of the qualification in line with the Assessment Specification, as outlined in the Qualification Handbook.

¹ 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.

What will be assessed?	
<p>Learners must:</p> <ul style="list-style-type: none"> complete written tasks contained within the 1st4sport Learner Portfolio be practically observed delivering coaching 	
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 understand...’ will be assessed through theory based activities.</p> <p>Learning Outcomes that begin ‘The learner will be able to...’ are assessed through practical activities.</p> <p>For example:</p>	
Learning outcomes The learner will:	Assessment criteria The learner can:
<p>1 understand how to ensure participants’ safety during sport specific coaching sessions</p>	<p>1.1 describe the health and safety requirements that are relevant to planned sport-specific activities and competition.</p> <p>1.2 describe how to structure coaching sessions to minimise the risk of injury to participants.</p>

<p>2 be able to prepare resources for the coaching session</p>	<p>2.1 ensure that the identified resources meet the requirements of the activity.</p>
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 workforce² in place which includes as a minimum³:</p> <ul style="list-style-type: none"> a qualification administrator a qualification coordinator a National Source Group for Rowing licensed tutor a National Source Group for Rowing licensed assessor a National Source Group for Rowing internal quality assurer (IQA)⁴. <p>In deploying the workforce, the recognised centre must ensure that each course operates with a maximum of 12 learners to one approved tutor/ assessor.</p> <p>The observed assessments must be conducted on a 1:1 basis.</p>	
What facilities are needed to be able to deliver this qualification?	
<p>The recognised centre is required to have one or more delivery sites which contain facilities to support the programme of training and assessment. These must comply with accepted health and safety practices for rowing and have in place appropriate access arrangements. All delivery sites must include the following:</p> <ul style="list-style-type: none"> a practical space for rowing activities to be delivered. Learning 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 a space for theoretical sessions to be delivered to up to 12 learners with conditions conducive to learning toilet facilities. 	

² The centre must ensure that any conflicts with regards to the delivery, assessment or IQA activities are reported to 1st4sport in accordance with 1st4sport Position Statement: Conflict Management for mitigation or management purposes. This can be sourced via the 1st4sport website in the *About us/* Policies and procedure section.

³ One person may fulfil a number of the required roles.

⁴ Internal quality assurers must not tutor or assess on a course where they are involved in the internal quality assurance.

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 accepted health and safety practice for rowing and must include:

- rowing equipment – boats, vessels and equipment suitable for the water, location and environment
- safety equipment suitable for the water, location and environment
- the specific equipment required to facilitate the delivery of the training and assessment programme eg flip chart and a selection of coloured pens, an overhead projector and a laptop/computer or equivalent

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 offering this qualification. These include:

- *1st4sport L2ACRSQ Qualification Handbook*, detailing the 1st4sport Qualification Approval Conditions and the Delivery, Assessment and Quality Assurance Approach for this qualification
- *1st4sport L2ACRSQ Unit Specification*, detailing the Learning Outcomes and Assessment criteria for the qualification
- *1st4sport L2ACRSQ Learner Portfolio*, containing a series of pre-standardised assessment tools and templates to support the learner's achievement of the qualification.
- *1st4sport L2ACRSQ Delivery, Assessment and Quality Assurance Approach*, detailing the recommended learning programme, exemplar assessment answers and levels of attainment

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 2 Award in Coaching Rowing Sessions

Tel: 0113 290 7610

Email: cst@1st4sportqualifications.com

Website: www.1st4sportqualifications.com

Contacts
British Rowing
Website: www.britishrowing.org Enquiries e-mail: info@britishrowing.org Telephone: 0208 237 6700
1st4sport Qualifications
Tel: 0113 290 7610 Email: cst@1st4sportqualifications.com Website: www.1st4sportqualifications.com

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 all three mandatory units to be awarded the certificate.					
Mandatory Units					
Unit Title	Level	Credit	GL	Reference	Assessment Method(s)
The role of the rowing session coach	2	2	6	K/508/3961	Written Tasks, Observation of Coaching
The rowing session coach in practice	2	2	6	A/508/3964	Written Tasks, Observation of Coaching
Technical coaching requirements for rowing	2	2	6	F/508/3965	Written Tasks, Observation of Coaching

© Coachwise Ltd, 2018

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: cst@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 SQA Accreditation in Scotland, 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.