

# 1st4sport Level 2 Award in Instructing Cycle Training



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## Qualification Specification

<b>Qualification Overview:</b>	This qualification provides learners with the knowledge and skills required to be able to deliver cycle training to groups and individuals in line with the National Standard for Cycle Training						
<b>Qualification Code:</b>	603/3812/X	<b>Level:</b>	2	<b>Age:</b>	18+	<b>Registration Period:</b>	1 year
<b>Guided Learning (GL):</b>	32 hours	<b>Total Qualification Time (TQT):</b>	108 hrs	<b>Credit Value:</b>	N/A	<b>Operational From:</b>	01 May 2019
<b>Progression Opportunities</b>	1st4sport Level 3 Award in Developing Cycle Training Instructors						

## Qualification Objective

### What does this qualification cover?

This qualification prepares learners for employment as a cycle training instructor, specifically working to, and delivering, the [National Standard for Cycle Training](#). The qualification content is derived from Role 6 of the National Standard for Cycle Training. It is relevant for learners who aspire to become a cycle training instructor in England and it sits within a progressive suite of cycle training qualifications.

The qualification and its units are listed on Ofqual's *Register of Regulated Qualifications*; unit details are contained in the unit Specification, available to centres following qualification approval.

This qualification is equivalent to Level 3 on the European Qualifications Framework (EQF). Further information about the EQF can be found at: [http://ec.europa.eu/eqf/home\\_en.htm](http://ec.europa.eu/eqf/home_en.htm)

### Who is the qualification for?

This qualification is designed for learners who are wishing to become cycle training instructors with responsibility for delivering sessions to groups of adults and children in line with the National Standard for Cycle Training.

### Who supports this qualification?

The qualification is recognised as the industry standard level 2 qualification for cycle training instructors. It has been developed in partnership with, and is supported by, The Bikeability Trust – the national charity for the UK government's cycle education programme.

## Qualification Progression

### What future education could this qualification lead to?

Learners could progress on to the 1st4sport Level 3 Award in Developing Cycle Training Instructors. The skills and knowledge developed through this qualification may also be used to progress to other industry-relevant qualifications in sport and physical activity

including coaching and sports development. A list of our qualifications can be found at [www.1st4sportqualifications.com/our\\_qualifications](http://www.1st4sportqualifications.com/our_qualifications)

### What future employment could this qualification lead to?

This qualification may lead to paid or voluntary roles in instructing cycle training to groups of adults or children in line with the National Standard for Cycle Training. This could be in a variety of settings including schools, sports clubs and leisure centre provision.

## Qualification Achievement

### Entry Requirements for the Qualification

Prior to registration learners are required to:

- be accurately identified
- be at least 18 years of age
- be able to cycle competently, confidently and consistently to Bikeability Level 3 standard
- be able to communicate effectively in English<sup>1</sup> (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 and the post-course practical assessment.

NB. Learners will be expected to have a reasonable level of fitness as this qualification, and its associated learning programme has significant amounts of cycling activity.

### How is the Qualification Achieved?

The qualification is achieved via assessment through the completion of a learner portfolio and also through observed practical delivery on course and post course for a 4-6 month period.

<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.

### What will be assessed?

Learners must:

- complete an externally assessed knowledge test
- complete a series of assessed tasks contained within their learner portfolio, provided by 1st4sport.
- demonstrate their ability to instruct cycle training activities:
  - on course in a simulated environment for a total of 80 minutes
  - post course, in the normal instructing environment, for a minimum of 2 hours

The *1st4sport Learner Portfolio*, multiple choice examination and the post-course practical assessment are inclusive of all assessment criteria. Successful completion will result in the achievement of qualification.

### 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 <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.

### 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
- a registered Bikeability tutor/assessor (cycle training instructor trainer)
- a registered Bikeability internal quality assurers.

Cycle training instructor trainers are required to:

EITHER

- hold, or be working towards, the 1st4sport Level 3 Award in Developing Cycle Training Instructors

OR

- hold, or be working towards, QTS status or have a PGCE

OR

- hold, or be working towards, a level 3 or above, regulated qualification in delivering education, and
- hold, or be working towards, a level 3 or above, regulated qualification in assessment practice

AND

currently deliver Bikeability and have at least two years’ continuous experience successfully delivering Bikeability.

Internal quality assurers are required to:

- hold, or be working towards, a level 4 or above, regulated qualification in internal quality assurance

Whilst Bikeability experience is not a requirement for the internal quality assurer, it is recommended they have recognised or appropriate cycling experience and complete the Bikeability Level 3.

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 equipment in place to facilitate the full programme of learning and assessment which must include:

- a practical space for cycle instructing activities. This must include access to:
  - a motor traffic-free environment (eg playground, tennis courts, coned off area within a car park)
  - a variety of road environments with motorised traffic including single lane roads and junctions, and more complex, often busier or faster, cycling environments.
- a space for theoretical sessions to be delivered with conditions conducive to learning
- kitchen and toilet facilities.

### 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:

- cones
- hi-visibility tabards (minimum of one per learner)
- protective cycling helmet (minimum of one per learner, although learners may supply their own, or choose not to wear one)
- access to cycles for learners if requested
- 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 approved to offer this qualification. These include *1st4sport Level 2 Award in Instructing Cycle Training*:

- *Qualification Handbook*, detailing the 1st4sport Qualification Approval Conditions
- *Unit Specifications*, detailing the Learning Outcomes and Assessment criteria for the qualification
- *Learner Portfolio*, containing a series of pre-standardised assessment tools and templates to support the learner's achievement of the qualification.
- *Qualification Handbook 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 2 Award in Instructing Cycle Training*:

Tel: 0113 290 7610

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

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

<b>Contacts</b>
<b>1st4sport Qualifications</b>
Tel: 0113 290 7610 Email: <a href="mailto:enquiries@1st4sportqualifications.com">enquiries@1st4sportqualifications.com</a> Website: <a href="http://www.1st4sportqualifications.com">www.1st4sportqualifications.com</a>
<b>UK Coaching</b>
Tel: 0113 274 4802 Email: via <a href="http://www.ukcoaching.org/contact">www.ukcoaching.org/contact</a> Website: <a href="http://www.ukcoaching.org">www.ukcoaching.org</a>
<b>SkillsActive</b>
Tel: 0330 004 0005 Website: <a href="http://www.skillsactive.com">www.skillsactive.com</a>
<b>Ofqual</b>
Tel: 0300 303 3344 Email: <a href="mailto:public.enquiries@ofqual.gov.uk">public.enquiries@ofqual.gov.uk</a> Website: <a href="http://www.gov.uk/government/organisations/ofqual">www.gov.uk/government/organisations/ofqual</a>
<b>Bikeability Trust</b>
Website: <a href="http://www.bikeability.org.uk">www.bikeability.org.uk</a>

### Qualification Structure (rule of combination)

The 1st4sport Level 2 Award in Instructing Cycle Training is comprised of five mandatory units. Learners must successfully complete all five units to achieve the qualification.

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<b>Mandatory Units</b>	<b>Level</b>	<b>GL</b>	<b>Reference</b>	<b>Assessment Method(s)</b>			
Understand the role and responsibilities of the cycle training instructor	2	10	A/617/3366	Written tasks, practical observation instructing, Multiple Choice Exam.			
Plan cycle training and assessment	2	8	F/617/3367	Written tasks, practical observation instructing			
Deliver cycle training and assessment	2	11	J/617/3368	Written tasks, practical observation instructing			
Reviewing cycle training and assessment	2	5	L/617/2269	Written tasks, practical observation instructing			
Plan to improve professional practice	2	4	F/617/3370	Written tasks, practical observation instructing			

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

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