

# 1st4sport Level 1 Award in Leadership in Sport and Physical Activity



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## Qualification Specification

<b>Qualification Overview:</b>	This qualification is designed to introduce and develop the skills required to support the delivery of activities to a group of participants in a safe and inclusive manner, under the support of more qualified deliverers						
<b>Qualification Code:</b>	603/1381/X	<b>Level:</b>	1	<b>Age:</b>	12	<b>Registration Period:</b>	12 months
<b>Guided Learning (GL):</b>	25	<b>Total Qualification Time (TQT):</b>	30	<b>Operational From:</b>	01 September 2017		
<b>Progression Opportunities:</b>	As a Level 1 qualification, the 1st4sport Level 1 Award in Supporting Leadership in Sport and Physical Activity is an ideal starting point for a young person interested in undertaking the 1st4sport Level 2 Certificate in Active Leisure, Sport and Physical Activities in Year 10 of secondary school.						

<b>Qualification Objective</b>
<b>What does this qualification cover?</b>
Successful achievement of the qualification enables learners to apply the principles of safe and effective sport and physical activity sessions to a group of participants, under the supervision of more qualified deliverers. Successful learners will develop an understanding of appropriate leadership skills, the benefits of active lifestyles, the rules and resources required to facilitate a sport or physical activity session and planning, delivery and evaluation skills.
<b>Who is the qualification for?</b>
This qualification provides learners with the knowledge needed to develop their confidence and start them on the road to an engagement with sport and physical activity from a delivery perspective. The target market is anyone over the age of 12 who may wish to pursue a career, or develop a deeper understanding in coaching, instructing or leading sport and physical activity sessions to a participant or group of participants.
<b>Who supports this qualification?</b>
The qualification is supported by UK Coaching.  This qualification also supports health and participation agendas, which are crucial to the nation's health and wellbeing
<b>Qualification Progression</b>
<b>What future education could this qualification lead to?</b>
The qualification will enable successful learners to progress to other qualifications in a related area, such as: <ul style="list-style-type: none"> <li>• 1st4sport Level 2 Certificate in Active Leisure, Sport and Physical Activities (ACTIVTECH)</li> <li>• 1st4sport Level 1 Award in Developing Community Activities for Youth at Risk</li> <li>• 1st4sport Level 1 Award in Assistant Coaching</li> </ul> <p>As a Level 1 qualification, the 1st4sport Level 1 Award in Supporting Leadership in Sport and Physical Activity is an ideal starting point for a young person interested in undertaking the 1st4sport Level 2 Certificate</p>

<sup>1</sup> Upon successful completion of the qualification learners are NOT eligible to coach, teach or instruct autonomously..

in Active Leisure, Sport and Physical Activities in Year 10 of secondary school
<b>What future employment could this qualification lead to?</b>
This qualification may support paid employment or unpaid voluntary roles in the sport, physical activity or active leisure sector. However, this is not the primary objective for the qualification.
<b>Qualification Achievement</b>
<b>Entry Requirements for the Qualification</b>
Prior to registration for the qualification learners are required to: <ul style="list-style-type: none"> <li>• be accurately identified</li> <li>• be 12 years of age or over<sup>1</sup></li> <li>• be able to communicate effectively in English<sup>2</sup> (this includes listening, speaking, reading and writing)</li> </ul> <p>There are no additional pre-requisites to certification other than the successful completion of the assessment criteria.</p>
<b>How is the Qualification Achieved?</b>
Achievement of the qualification is normally through attendance on a course of training and assessment.
<b>What will be assessed?</b>
Learners must: <ul style="list-style-type: none"> <li>• complete a series of written tasks and templates</li> <li>• create a safe and appropriate sport or physical activity session plan,</li> <li>• deliver an activity with the support of an appropriately qualified individual</li> <li>• evaluate the effectiveness of the activity</li> </ul>

<sup>2</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?

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.
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?

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; examples of accepted qualifications: *Level 3 Award in Education and Training; Level 3/4 Award in Preparing to Teach in the Lifelong Learning Sector (PTLLS); 1st4sport Level 3 Award in Delivering Learning (L3ADLQ); 1st4sport Level 3 Certificate in Tutoring Sport (CTS); Level 4 Certificate in Education and Training; Level 5 Diploma in Education and Training; Level 3/4 Certificate in Teaching in the Lifelong Learning Sector (CTLLS); Level 5 Diploma in Teaching in the Lifelong Learning Sector (DTLLS); Post Graduate Certificate in Education*
- an appropriately qualified assessor; examples of accepted qualifications: *Level 3 Award in Assessing Vocationally Related Achievement; Level 3 Certificate in Assessing Vocational Achievement; A1 Assess candidate performance using a range of methods.*
- an appropriately qualified internal quality assurer (IQA); examples of accepted qualifications: *Level 4 Award in Internal Quality Assurance of Assessment Processes and Practice; Level 4 Certificate in Leading the Internal Quality Assurance of Assessment Processes and Practice; 1st4sport Level 3 Certificate in Internal Verification Practice in Sport (CIVPS); V1 Conduct internal quality assurance of the assessment process.*

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 support the programme of training and assessment. All delivery sites must include the following:

- a space for theoretical sessions to be delivered with conditions conducive to learning and written assessment, including an appropriate number of desks and chairs
- a space for practical sessions to be delivered with conditions conducive to the chosen sport or physical activities
- toilet facilities
- appropriate changing rooms

### 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 training and assessment which must include:

- sport and physical activity equipment including, but not limited to: balls, bibs, goal posts, racquets, bats and other typical and traditional items required for the delivery of selected sports and physical activities.
- appropriate writing equipment
- theoretical activity equipment required to facilitate the delivery of the training and assessment programme which will include, as a minimum, a flip chart and a selection of coloured pens.

### 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 the *1st4sport Award in Leadership in Sport and Physical Activity*:

- *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.
- *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

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### 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 Leadership in Sport and Physical Activity*

Telephone: 0113 290 7610

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

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

Contacts
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<b>UK Coaching</b>
Website: <a href="http://www.ukcoaching.org">www.ukcoaching.org</a> Enquiries email: via <a href="http://www.ukcoaching.org/contact">www.ukcoaching.org/contact</a> Telephone: 0113 274 4802

SkillsActive
Website: <a href="http://www.skillsactive.com">www.skillsactive.com</a> Telephone: 0330 004 0005
Ofqual
Website: <a href="http://www.gov.uk/government/organisations/ofqual">www.gov.uk/government/organisations/ofqual</a> Enquiries email: <a href="mailto:public.enquiries@ofqual.gov.uk">public.enquiries@ofqual.gov.uk</a> Telephone: 0300 303 3344

Qualification Structure (Rule of Combination)				
This qualification consists of one mandatory component. Learners must successfully complete this component in order to achieve the qualification.				
Mandatory Units				
Unit Title	Level	GL	Reference	Assessment Method(s)
Supporting the delivery of sport and physical activity	1	25	L/615/6670	Written Tasks, Observation of Coaching

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

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