

1st4sport Level 3 Certificate in Coaching Rugby League



Copyright Rugby Football League

Qualification Specification

Qualification Overview:	The 1st4sport Level 3 Certificate in Coaching Rugby League will provide the skills and knowledge to be able to develop players in the either youth, talent or elite environments. Learners will learn to profile players, develop session for player positions for a detailed discrete cycle or phase.						
Qualification Code:	501/2220/4	Level:	3	Age:	20	Registration Period:	3 Years
Guided Learning (GL):	94 hours	Total Qualification Time (TQT):	140 hours	Credit Value:	26	Operational From:	01 November 2010
Progression Opportunities:	This qualification leads to paid or voluntary roles in coaching the sport of rugby league in a variety of settings including working as a head coach within an amateur rugby league club, working as a coach within the professional game or working within the rugby league performance programmes as a regional head coach, national camp coach or international coach.						

Qualification Objective
What does this qualification cover?
The 1st4sport Level 3 Certificate in Coaching Rugby League is designed to provide learners with the skills and knowledge required to enable them to develop high level rugby league players in the youth, talent or elite environments through effective rugby league coaching. The qualification is composed of eleven mandatory units.
Who is the qualification for?
The qualification is designed to prepare aspiring coaches for employment as a Rugby League Coach in paid or voluntary roles, potentially within the professional game. It is appropriate for existing Level 2 Rugby League Coaches (UKCC Level 2) wishing to develop coaching skills in Rugby League.
Who supports this qualification?
This qualification is supported by the NSG for Rugby League comprised of the National Governing Bodies (The Rugby Football League (RFL) , Wales Rugby League and Scotland Rugby League) as the trade association and employers for rugby league. A range of technical experts from within the National Source Group for Rugby League have provided technical input in the development of this qualification.
Qualification Progression
What future education could this qualification lead to?
The skills and knowledge developed through this qualification may enable learners to progress to other industry-relevant qualifications in coaching other sports, supporting PE in school sport and sports development. Following a period of practice as a Level 3 qualified rugby league coach, you may also choose to access the Postgraduate Elite Coaching Practice programme run through the University of Central Lancashire (UCLAN).

What future employment could this qualification lead to?
This qualification leads to paid or voluntary roles in coaching the sport of rugby league in a variety of settings including working as a head coach within an amateur rugby league club, working as a coach within the professional game or working within the rugby league performance programmes as a regional head coach, national camp coach or international coach.
Qualification Achievement
Entry Requirements for the Qualification
Prior to registration for this qualification, learners are required to: <ul style="list-style-type: none"> • be at least 20 years of age • have evidence of being able to work with a range of players at the appropriate level that enables the learner to meet the assessment specification of the qualification • hold a minimum of the 1st4sport Level 2 Certificate in Coaching Rugby League and provide current/recent evidence of a minimum of two years' practical experience since achieving this • have attended a relevant programme of continued professional development (CPD) RFL workshops. • be able to communicate effectively in English (listening, speaking, reading and writing).
How is the Qualification Achieved?
To qualify for the 1st4sport Level 3 Certificate in Coaching Rugby League, learners must successfully achieve 26 credits from the 11 mandatory units. Achievement of the qualification is normally through attendance on a course of training and completion of the <i>1st4sport Learner Portfolio</i> inclusive of all assessed tasks.
What will be assessed?
Learners must: <ul style="list-style-type: none"> • complete a series of written tasks relating to the role of a coach, and the coaching process and the laws of the game • plan, deliver and evaluate a rugby league coaching programme

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 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 RFL licensed tutor
- an RFL licenced assessor:
- an RFL licenced 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?

All training and/or assessment sites must include the following facilities:

- a grassed or AstroTurf playing area that is a minimum size of 100m x 68m (half the size of a regular rugby league pitch)
- an alternative facility for practical sessions (eg sports hall, gym)
- a theory space for a minimum of eight learners which includes a classroom containing multimedia facilities, flip charts and flip chart pens.

Further information on facility requirements are available from 1st4sport Qualifications on request.

What equipment is needed to be able to deliver this qualification?
<p>All training and/or assessment sites must have the following equipment available during course delivery:</p> <ul style="list-style-type: none"> • a minimum of 10 rugby balls of appropriate size to the needs of the players (sizes 3, 4 and 5) • a minimum of 50 multi-coloured marker cones • a minimum of four tackle shields <p>The recognised centre must ensure that all learners and persons being coached wear appropriate sports apparel, including any required protective wear (eg gum shields) and the correct footwear for the playing surface.</p> <p>Further information on equipment requirements are available from 1st4sport Qualifications on request.</p>
What qualification materials support this qualification?
<p>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 <i>1st4sport Level 3 Certificate in Coaching Rugby League</i>:</p> <ul style="list-style-type: none"> • <i>Qualification Handbook</i>, detailing the 1st4sport Qualification Approval Conditions • <i>Unit Specifications</i>, detailing the Learning Outcomes and Assessment criteria for the qualification • <i>Unit Tasks</i> containing a series of pre-standardised assessment tools and templates to support the learner's achievement of the qualification. • <i>Delivery, Assessment and Quality Assurance Approach</i>, 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?
<p>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.</p>

How to apply to deliver this qualification
<p>This qualification is only available for delivery through the Rugby Football League. Please visit therfl.co.uk/play/coach/coaching_courses/level_3 for more details</p>
Contacts
1st4sport Qualifications
<p>Tel: 0113 290 7610 Email: enquiries@1st4sportqualifications.com Website: www.1st4sportqualifications.com</p>
RFL
<p>Tel: 01443 843737 Email: info@walesrugbyleague.co.uk Website: walesrugbyleague.co.uk</p>
UK Coaching
<p>Tel: 0113 274 4802 Email: via www.ukcoaching.org/contact Website: www.ukcoaching.org</p>
SkillsActive
<p>Tel: 0330 004 0005 Website: www.skillsactive.com</p>
Ofqual
<p>Tel: 0300 303 3344 Email: public.enquiries@ofqual.gov.uk Website: www.gov.uk/government/organisations/ofqual</p>

Qualification Structure (Rule of Combination)

Learners must successfully achieve 26 credits from the 11 mandatory units. Achievement of the qualification is normally through attendance on a course of training and completion of all assessed tasks.

Mandatory Units

Unit Title	Level	Credit	GL	Reference	Assessment Method(s)
Understanding the Principles of Safe and Equitable Coaching Practice	2	2	13	M/601/2108	Written Tasks, Observation of Coaching
Understanding the fundamentals of coaching programmes	3	3	18	T/601/3535	Written Tasks, Observation of Coaching
Understanding the principles of planning coaching programmes	3	3	18	A/601/3536	Written Tasks, Observation of Coaching
Understanding how to support participants' lifestyle through coaching programmes	3	3	18	F/601/3537	Written Tasks, Observation of Coaching
Analyse players' performance and set rugby league programme goals	3	2	5	J/602/5771	Written Tasks, Observation of Coaching
Plan rugby league coaching programmes	3	2	8	D/602/5775	Written Tasks, Observation of Coaching
Manage safe and effective rugby league coaching programmes	3	2	12	K/602/5777	Written Tasks, Observation of Coaching
Deliver rugby league coaching programmes	3	3	15	T/602/5779	Written Tasks, Observation of Coaching
Develop players' performance in rugby league	3	3	22	K/602/5780	Written Tasks, Observation of Coaching
Monitor and evaluate rugby league coaching programmes	3	2	6	M/602/5781	Written Tasks, Observation of Coaching
Develop rugby league coaching practice	3	1	5	T/602/5782	Written Tasks, Observation of Coaching

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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

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