

1st4sport Level 3 Certificate in Coaching Rugby Union



Qualification Specification

Qualification Overview:	This qualification delivers the knowledge and skills to be able to plan, deliver and evaluate a safe and effective coaching programme						
Qualification Code:	600/0610/9	Level:	3	Age:	18	Registration Period:	3 Years
Guided Learning (GL):	75	Total Qualification Time (TQT):	165	Credit Value:	26	Operational From:	01 April 2011
Progression Opportunities:	Learners are able to either gain paid employment or work in a voluntary capacity as a coach at this level. The learner may choose to continue in education and may choose qualifications in refereeing or strength and conditioning for sport. The RFU offer CPD that a learner may use in order to progress in their role.						

Qualification Objective
What does this qualification cover?
The qualification is designed to provide you with an advanced knowledge of the principles/practice of safe, ethical and effective management and coaching of rugby union programmes to individual players and teams. This certificate offers an opportunity for rugby union coaches to support the development of the sport by contributing to coaching in schools, colleges, higher education institutes, rugby union clubs and local and national development schemes.
Who is the qualification for?
This qualification is the minimum required to seek employment as a coach developing individual players and teams through seasonal and annual programmes.
Who supports this qualification?
The qualification is recognised as the industry standard level 3 qualification for rugby union coaches by the national governing bodies for rugby union in the England and Wales, the RFU/WRU. RFU/WRU are also the home nation professional bodies for rugby union coaches, providing services and support to those who hold this and other coaching qualifications.
It is also recognised by and has the support of a range of employers, including Rugby Union Clubs, schools and colleges, as the sole qualification for those looking for a career in rugby union coaching. The qualification is also endorsed by the lead agency for coaching, UK Coaching, as meeting its UKCC criteria.
Qualification Progression
What future education could this qualification lead to?
Learners may choose to seek CPD opportunities provided by the RFU or other coaching roles such as strength and conditioning for sport or refereeing.

What future employment could this qualification lead to?
This qualification is the minimum required to seek employment as a coach developing individual players and teams through seasonal and annual programmes. Key employment opportunities for RFU/WRU licensed coaches include: coaching individuals or at clubs; national governing body initiatives and local coaching schemes.
Qualification Achievement
Entry Requirements for the Qualification
Learners must: <ul style="list-style-type: none"> • be at least 18 years of age • have experience of coaching rugby union, as an appropriately qualified Level 2 coach
How is the Qualification Achieved?
Each learner is required to demonstrate successful coverage of all learning outcomes and assessment criteria (usually demonstrated via successful completion of all assessed tasks available from the RFU).
What will be assessed?
Learners must: <ul style="list-style-type: none"> • answer a series of assessment tasks • plan, deliver and evaluate coaching programmes in rugby union • be observed by an appropriately qualified assessor on a minimum of two occasions.
More information is available within the qualification handbook for this 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 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
- current RFU/WRU/SRU Level 3 Coach Educators to tutor, assess and internally quality assure the qualification

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

What facilities are needed to be able to deliver this qualification?

Recognised centres are required to have:

- appropriate changing facilities and showers
- appropriate classroom space with multimedia facilities (projector/light-pro etc) for each tutor/group of 4 candidates
- a playing area this is:
 - a minimum 50 metres x 30 metres in size
 - the surface: grass or synthetic.

What equipment is needed to be able to deliver this qualification?

Each recognised centre requires the following equipment:

- rugby balls: rugby balls appropriate to the needs of the participants (minimum 1 ball for every 2 players)
- markers/cones: minimum 4 cones per player
- tackle bags: minimum 1 bag per 8 players
- contact shields: minimum 1 shield per 8 players
- tackle suits: minimum 1 suit per 8 players
- flip chart: 1 flip chart per 4 learners
- white screen.

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 the <i>1st4sport Level 3 Certificate in Coaching Rugby Union</i>:</p> <ul style="list-style-type: none"> • <i>Qualification Handbook</i>, detailing the 1st4sport Qualification Approval Conditions and the Delivery, Assessment and Quality Assurance Approach for this qualification • <i>Unit Specifications</i>, detailing the Learning Outcomes and Assessment criteria for the qualification
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>Contact 1st4sport Qualifications, requesting qualification approval for the <i>1st4sport Level 3 Certificate in Coaching Rugby Union</i>.</p> <p>Tel: 0113 290 7610 Email: enquiries@1st4sportqualifications.com Website: www.1st4sportqualifications.com</p>

Contacts
1st4sport Qualifications
<p>Tel: 0113 290 7610 Email: enquiries@1st4sportqualifications.com Website: www.1st4sportqualifications.com</p>
RFU
<p>Tel: 020-8831 6711 Website: www.rfu.com</p>
WRU
<p>Tel: 029-2082 2300 Website: www.wru.co.uk</p>
SRU
<p>Tel: 0131-346 5018 Website: www.scottishrugby.org</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 rugby union players' performance and set programme goals	3	2	5	F/502/8951	Written Tasks, Observation of Coaching
Plan rugby union coaching programmes	3	2	8	F/502/8948	Written Tasks, Observation of Coaching
Manage safe and effective rugby union coaching programmes	3	2	12	M/502/8640	Written Tasks, Observation of Coaching
Deliver rugby union coaching programmes	3	3	14	A/502/8625	Written Tasks, Observation of Coaching
Develop rugby union players' performance	3	3	22	A/502/8608	Written Tasks, Observation of Coaching
Monitor and evaluate rugby union coaching programmes	3	2	6	T/502/8591	Written Tasks, Observation of Coaching
Develop rugby union coaching practice	3	1	5	J/502/8952	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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