

## 1st4sport Level 1 Award in Coaching Tennis



### Qualification Specification

<b>Qualification Overview:</b>	The 1st4sport Level 1 Award in Coaching Tennis focuses on the skills and competences required to be able to assist the delivery of tennis coaching sessions under the direct supervision of a more tennis qualified coach.						
<b>Qualification Code:</b>	501/2334/8	<b>Level:</b>	1	<b>Age:</b>	16	<b>Registration Period:</b>	12 months
<b>Guided Learning (GL):</b>	31	<b>Total Qualification Time (TQT)</b>	59	<b>Credit Value:</b>	5	<b>Operational From:</b>	01 October 2010
<b>Progression Opportunities:</b>	Learners will be able to seek employment (paid or voluntary) as a Level 1 Coaching Assistant in Tennis or to progress to other tennis or other industry-relevant qualifications in coaching, such as the 1st4sport Level 2 Certificate in Coaching Tennis or the 1st4sport Level 2 Certificate in Coaching (Sport and Physical Activity).						

Qualification Objective
<b>What does this qualification cover?</b>
This qualification prepares learners for employment as a coaching assistant in tennis. A level 1 coaching assistant will be able to lead parts of a coaching session on an adjacent court to a Level 2 or above coach. They can also run a tennis activity session that has been set up by the Head Coach (Level 3 or above). Learners will be able to contribute to the evaluation of these sessions. The qualification introduces learners to the practical and theoretical aspects of delivering and evaluating tennis coaching activities.
<b>Who is the qualification for?</b>
This qualification is the starting point for people who want to be involved in tennis. It is designed for tennis enthusiasts who aspire to help a qualified coach to deliver <i>Mini Tennis</i> .
<b>Who supports this qualification?</b>
The qualification is recognised as the industry standard level 1 qualification for coaching assistants in tennis by the Lawn tennis Association (LTA) and UK Coaching.
Qualification Progression
<b>What future education could this qualification lead to?</b>
Learners achieving this qualification might consider progression to the following qualifications: <ul style="list-style-type: none"> <li>• 1st4sport Level 2 Certificate in Coaching Tennis</li> <li>• 1st4sport Level 2 Certificate in Coaching (Sport and Physical Activity).</li> </ul>
<b>What future employment could this qualification lead to?</b>
This qualification may lead to voluntary employment as a tennis coaching assistant in a tennis club, park site or school environment. Other roles that the learner may consider exploring include: Tennis leader; Club coach; and Sports Volunteer.

Qualification Achievement
<b>Entry Requirements for the Qualification</b>
The recognised centre is required to conduct and evidence the initial assessment of learners to ensure that the pre-requisites to registration and certification are considered, and that the learner has the potential to achieve the qualification.
Prior to registration learners are required to: <ul style="list-style-type: none"> <li>• be 16 years of age (or older) prior to the first day of the course</li> <li>• have, via the LTA Disclosure and Barring Service (DBS) department, a clear enhanced DBS check prior to registering for the qualification or have a letter of deployment.</li> </ul>
<b>How is the Qualification Achieved?</b>
To achieve the 1st4sport Level 1 Award in Coaching Tennis, learners must successfully achieve seven mandatory units. Achievement of the qualification is normally through attendance on a programme of learning and the successful completion of the 1st4sport Assessment Tasks contained within the 1st4sport Learner Portfolio
<b>What will be assessed?</b>
Learners must: <ul style="list-style-type: none"> <li>• complete written tasks contained within the 1st4sport Learner Portfolio</li> <li>• demonstrate their ability to coach tennis activities.</li> </ul> <p>Successful completion will result in the achievement of the qualification</p>

### 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 LTA licensed tutor/assessor
- an LTA licensed 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?

The recognised centre is required to have one or more delivery sites which contain facilities to support the programme of learning and assessment. These must comply with the *LTA Tennismark* standards, have in place appropriate access arrangements and/or be a school, college or institute of higher education and include the following facilities:

- one indoor tennis court or a minimum of a four-court badminton sports hall.
- male and female toilets and changing rooms.

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

#### 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:

- a minimum of four mini tennis nets
- red mini-tennis balls
- throw-down lines and cones
- mini-tennis rackets (1 per person)
- flip chart and coloured pens.

Further information on equipment requirements are available from 1st4sport Qualifications on request

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 1 Award in Coaching Tennis</i>:</p> <ul style="list-style-type: none"> <li>• <i>Qualification Manual</i>, detailing the 1st4sport Qualification Approval Conditions and the Delivery, Assessment and Quality Assurance Approach for this qualification</li> <li>• <i>Unit Specifications</i>, detailing the Learning Outcomes and Assessment criteria for the qualification</li> <li>• <i>Learner Portfolio</i>, containing a series of pre-standardised assessment tools and templates to support the learner's achievement of the qualification.</li> <li>• <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</li> </ul>
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 currently unavailable for centres looking to gain qualification approval. If you have sufficient demand and would like a course facilitating for you, please access the list of provides available at <a href="https://www.lta.org.uk/coach-teach/courses/providers/">https://www.lta.org.uk/coach-teach/courses/providers/</a></p>

Contacts
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Lawn Tennis Association (LTA)
<p>Telephone: 020-84877000          Email: info@lta.org.uk          Website: www.lta.org.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>
Chartered Institute for the Management of Sport and Physical Activity
<p>Tel: 01509 226474          Email: info@cimspa.co.uk          Website: www.cimspa.co.uk/</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 eight credits from the seven mandatory units.

### Mandatory Units

Unit Title	Level	Credit	GL	Reference	Assessment Method(s)
Understanding the fundamentals of coaching sport	1	1	6	D/601/3531	Written Tasks, Observation of Coaching
Understanding the principles of planning coaching activities in sport	1	1	10	H/601/3532	Written Tasks, Observation of Coaching
Understanding the principles of conducting coaching activities in sport	1	1	10	K/601/3533	Written Tasks, Observation of Coaching
Understanding the principles of evaluating coaching activities in sport	1	1	7	M/601/3534	Written Tasks, Observation of Coaching
Planning coaching activities in tennis	1	1	10	K/602/5701	Written Tasks, Observation of Coaching
Conducting coaching activities in tennis	1	2	15	M/602/5702	Written Tasks, Observation of Coaching
Evaluating coaching activities in tennis	1	1	9	T/602/5703	Written Tasks, Observation of Coaching

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