

# 1st4sport Level 3 Diploma in Sports Coaching and Performance



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## Qualification Specification

<b>Qualification Overview:</b>	This qualification develops the skills and knowledge required to be able to work as a sports coach in a performance environment, designing, delivering and evaluating safe and effective sports coaching programmes.						
<b>Qualification Code:</b>	603/4826/4	<b>Level:</b>	3	<b>Age:</b>	16+	<b>Registration Period:</b>	3 Years
<b>Guided Learning (GL):</b>	500 hours	<b>Total Qualification Time (TQT):</b>	690 hours	<b>Operational From:</b>	01 September 2019		
<b>Progression Opportunities:</b>	This qualification could be used to gain employment or towards entry to higher education (where accepted by the higher education institution). The skills and knowledge developed through this qualification may also be used to progress to other industry-relevant qualifications in coaching sport, activity leadership, supporting PE in school sport or sports development.						

Qualification Objective
<b>What does this qualification cover?</b>
This qualification prepares learners for employment in the sports performance environment, facilitating support roles related to performance and excellence. Alternatively, it will support them in their role as a sport performer on a performance pathway.
<b>Who is the qualification for?</b>
This qualification is designed for post-16 learners who have an active interest in sports performance and want to study a qualification, with opportunities to apply theory into practice. It is predominantly aimed at learners who are performing at a high level within a specific sport and have a realistic chance of entering, or are already on, the performance pathway with a view to becoming a full time, or podium, sports performer. It will support learners to continue their studies in higher education in a sports related context or to seek employment in the sport and active leisure sector.
<b>Who supports this qualification?</b>
The qualification is recognised as the industry standard level 3 qualification and is recognised by UK Coaching as the governing body for coaching within the UK and CIMSPA the industry lead for occupational standards.
Qualification Progression
<b>What future education could this qualification lead to?</b>
Learners could progress on to the 1st4sport Level 3 NVQ Diploma in Achieving Excellence in Sports Performance or a relevant higher education programme of study. The skills and knowledge developed through this qualification may also be used to progress to other industry-relevant qualifications in coaching sport, activity leadership, supporting PE in school sport or sports development and performance.
<b>What future employment could this qualification lead to?</b>
This qualification may lead to paid or voluntary roles in high level sports environment.

Qualification Achievement
<b>Entry Requirements for the Qualification</b>
The recognised centre is required to conduct an initial assessment of learners to ensure that pre-requisites to registration and certification are considered and outcomes recorded during the application process. Prior to registration learners are required to: <ul style="list-style-type: none"> <li>• be accurately identified</li> <li>• be at least 16 years of age</li> <li>• be able to communicate effectively in English<sup>1</sup> (this includes listening, speaking, reading and writing).</li> </ul>
<b>How is the Qualification Achieved?</b>
Learners must successfully achieve all 11 units to gain this qualification.
<b>What will be assessed?</b>
The recognised centre is required to ensure that learners: <ul style="list-style-type: none"> <li>• complete a series of assessed tasks contained within their learner portfolio, provided by 1st4sport.</li> <li>• Complete a series of pre-set oral presentations</li> <li>• demonstrate their ability to coach physical activity or sporting activities in a minimum of 120 minutes in duration either in the form of a single session, or a series of shorter micro-session.</li> </ul> <p>The <i>1st4sport Learner Portfolio</i> and the practical demonstration are inclusive of all assessment criteria. Successful completion will result in the achievement of qualification.</p>

<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.

### 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/assessor who must:
  - hold or be working towards a recognised Level 3 sports coaching qualification or above
  - hold a recognised teaching qualification
  - hold an assessing qualification
  - have experience of teaching and assessing
- an appropriately qualified internal quality assurer (IQA) who must
  - hold or be working towards a recognised Level 3 sports coaching qualification or above
  - hold or be working towards a recognised internal quality assurance qualification

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

- a practical space for coaching activities to be delivered. This may include:
  - sports field (for sports such as football, rugby union, rugby league, hockey, cricket, athletics)
  - courts (for sports such as tennis, badminton, squash, volleyball, netball, basketball)
  - sports hall and/or fitness studio (for physical activities such as group exercise)
  - swimming pool (for physical activities such as swimming, aqua aerobics)
- a space for theoretical sessions to be delivered with conditions conducive to learning
- 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:

- sports or physical activity equipment to facilitate the chosen coaching activities which may include:
  - balls
  - bats
  - bibs
  - rackets
  - marker cones
  - nets
  - goal posts
  - agility equipment (ladders, hurdles etc.)
- 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 3 Diploma in Sports Coaching and Performance*:

- *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

### 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 3 Diploma in Sports Coaching and Performance.

Tel: 0113 290 7610

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

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

### Contacts

#### 1st4sport Qualifications

Tel: 0113 290 7610

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

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

#### UK Coaching

Tel: 0113 274 4802

Email: via [www.ukcoaching.org/contact](http://www.ukcoaching.org/contact)

Website: [www.ukcoaching.org](http://www.ukcoaching.org)

#### SkillsActive

Tel: 0330 004 0005

Website: [www.skillsactive.com](http://www.skillsactive.com)

#### Ofqual

Tel: 0300 303 3344

Email: [public.enquiries@ofqual.gov.uk](mailto:public.enquiries@ofqual.gov.uk)

Website: [www.gov.uk/government/organisations/ofqual](http://www.gov.uk/government/organisations/ofqual)

### Qualification Structure (Rule of Combination)

Learners must successfully achieve all eleven mandatory units in order to gain this qualification.

### Mandatory Units

Unit Title	Level	GL	Reference	Assessment Method(s)
Apply Nutrition to Sport Performance	3	90	R/507/8169	Portfolio of Tasks
Apply Psychology for Sports Performance and Excellence	3	120	J/507/8170	Portfolio of Tasks
The Role of a Programme Coach	3	25	H/616/7738	Portfolio of tasks and observation of practical delivery
Plan a Coaching Programme	3	23	H/616/7741	Portfolio of tasks and observation of practical delivery
Deliver a Coaching Programme	3	17	K/616/7742	Portfolio of tasks and observation of practical delivery
Review a Coaching Programme	3	9	M/616/7743	Portfolio of tasks and observation of practical delivery
The Sporting Landscape and Performance Pathways	3	90	R/507/8172	Oral Presentations
The Impact of Lifestyle and the Media on Sports Performance	3	60	Y/507/8173	Portfolio of tasks
Understanding Technical Skills to Achieve Excellence in Sport	3	30	H/617/1210	Observation of practical delivery and Oral Presentations
Understanding Tactical Skills to Achieve Excellence in Sport	3	30	M/617/1212	Observation of practical delivery and Oral Presentations
Support Athletes through Lifestyle Change	3	9	F/503/6760	Portfolio of tasks and observation of practical delivery

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