

1st4sport Level 2 Certificate in Coaching (Wrestling)



Qualification Specification

Qualification Overview:	The 1st4sport Level 2 Certificate in Coaching (Wrestling) focuses on the skills and competences required to be able to plan, deliver and review a series of linked and progressive wrestling coaching sessions, either working independently or as part of a coaching team.						
Qualification Number:	603/2743/1	Level:	2	Entry Age:	17	Registration Period:	2 Years
Guided Learning (GL):	31 hours	Total Qualification Time (TQT)	130 hours	Credit Value:	13	Operational From:	01 January 2018
Progression Opportunities:	Progression opportunities include employment (paid or voluntary) as a coach delivering wrestling sessions or progression onto other sport-specific and/or industry-relevant qualifications in coaching, such as the <i>1st4sport Level 3 Certificate in Coaching (Sport and Physical Activity)</i> .						

Qualification Objective
What does this qualification cover?
This qualification prepares learners for employment as a coach in wrestling. A level 2 coach is able to plan, deliver and review sport and wrestling coaching sessions, either working independently or as part of a larger coaching team. The qualification introduces learners to the practical and theoretical aspects of planning, delivering and evaluating linked and progressive coaching sessions in wrestling.
Who is the qualification for?
The qualification is designed for those who wish to become involved in coaching wrestling, and to have responsibility for the planning, delivery and evaluation of linked and progressive coaching sessions. It is directed at learners who have an interest in coaching wrestling.
Who supports this qualification?
This qualification is supported by the British Wrestling Association. Technical experts from the British Wrestling Association have provided technical advice in the development of this qualification. The qualification is recognised as the industry standard level 2 qualification for coaches by UK Coaching.
Qualification Progression
What future education could this qualification lead to?
Learners could progress on to the <i>1st4sport Level 3 Certificate in Coaching (Sport and Physical Activity)</i> . 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.
What future employment could this qualification lead to?
This qualification may lead to paid or voluntary roles as a wrestling coach at this level. Other roles that the learner may consider exploring include Activity Leader, Official and Sports Volunteer.

Qualification Achievement
Entry Requirements for the Qualification
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"> • be accurately identified • be 17 years of age or over • hold the 1st4sport Level 1 Award in Assistant Coaching (Wrestling) or equivalent (approved by BWA) • be able to communicate effectively in English (this includes listening, speaking, reading and writing)
Prior to certification learners are required to;
<ul style="list-style-type: none"> • hold a current first aid qualification • hold a safe guarding and protection of children and vulnerable adults certificate • be over 18 years of age • hold a current enhanced DBS
How is the Qualification Achieved?
To achieve the <i>1st4sport Level 2 Certificate Coaching (Wrestling)</i> , learners must successfully achieve five 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.
What will be assessed?
Learners must:
<ul style="list-style-type: none"> • complete written tasks contained within the 1st4sport Learner Portfolio • demonstrate their ability to deliver and evaluate wrestling coaching sessions

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 appropriately approved BWA tutor/assessor
- an appropriately approved BWA 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 health and safety regulations and support appropriate access arrangements. All training and/or assessment sites must include the following facilities:

- a practical space for coaching sessions to be delivered.
- a space for theoretical sessions to be delivered to hold a minimum of 16 learners with conditions conducive to learning
- appropriate changing and toilet facilities.
- each facility to comply with BWA facilities checklist

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 comply with accepted health and safety practice:

- a minimum of one 12m x 12m x 50mm wrestling mat free from potential hazards of at least 1 metre
- a standard wrestling cover must be available
- all participants to have appropriate clothing/footwear for the sport
- flip chart and a selection of coloured pens
- an overhead projector and a laptop/computer or equivalent

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

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. Which include the *1st4sport Level 2 Certificate in Coaching (Wrestling)*;

- *Qualification Handbook*, detailing the 1st4sport Qualification Approval Conditions (available via Athena)
- *Unit Specifications*, detailing the Learning Outcomes and Assessment criteria for the qualification available upon qualification approval being confirmed)
- *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, levels of attainment and guidance to 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

This qualification is only available through British Wrestling. If you would like a course facilitating, please contact British Wrestling to discuss your requirements.

Contacts

1st4sport Qualifications

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 Website: www.1st4sportqualifications.com

British Wrestling Association

Website: britishwrestling.org
 Email: admin@britishwrestling.org

UK Coaching

Tel: 0113 274 4802
 Email: via www.ukcoaching.org/contact
 Website: www.ukcoaching.org

The Chartered Institute for the Management of Sport and Physical Activity (CIMSPA)

Tel: 01509 226474
 Email: info@cimspa.co.uk
 Website: www.cimspa.co.uk/

Ofqual

Tel: 0300 303 3344
 Email: public.enquiries@ofqual.gov.uk
 Website: www.gov.uk/government/organisations/ofqual

Qualification Structure (Rule of Combination)

Learners must successfully achieve four mandatory units and the wrestling specific pathway unit.

Mandatory Units

Unit Title	Level	Credit	GL	Reference	Assessment Method(s)
The role of the coach	2	3	18	D/616/6992	Written Tasks, Observation of Coaching
Plan a series of coaching sessions	2	3	14	H/616/6993	Written Tasks, Observation of Coaching
Deliver a series of coaching sessions	2	3	14	K/616/6994	Written Tasks, Observation of Coaching
Review a series of coaching sessions	2	2	14	M/616/6995	Written Tasks, Observation of Coaching

Wrestling Pathway Unit

Unit Title	Level	Credit	GL	Reference	Assessment Method(s)
Technical coaching requirements for wrestling	2	2	10	H/618/0280	Written Tasks, Observation of Coaching

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Developing and awarding qualifications for the active learning and leisure industry

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