

Higher National Unit Specification

General information for centres

Unit title: Developing Potential in Sport: An Introduction

Unit code: DD2G 35

Unit purpose: This unit introduces candidates to the agencies / structures and support mechanisms which underpin the development of athlete potential in Scottish sport.

This unit is undertaken by a presenting centre outside Scotland, the agencies/structures etc should be relevant to the 'home country'.

On completion of this Unit the candidate should have the knowledge and understanding to:

1. Describe the functions of agencies and structures involved in the development of athlete potential in sport in the home country.
2. Describe and evaluate the support mechanisms which assist the development of athlete potential.
3. Evaluate the contribution of the media in promoting sporting success in the home country.

Credit value: 1 HN Credit at SCQF level 8: (8 SCOTCAT credit points at SCQF level 8*)

**SCOTCAT points are used to allocate credit to qualifications in the Scottish Credit and Qualifications Framework (SCQF). Each qualification in the Framework is allocated a number of SCOTCAT points at an SCQF level. There are 12 SCQF levels, ranging from Access 1 to doctorates.*

Recommended prior knowledge and skills: It will be helpful for candidates to have developed their understanding and knowledge of sports coaching and development of sport. It would be beneficial for candidates to have achieved the following Units: - Coaching of Sports Level 1 and Development of Sport.

Core skills: There may be opportunities to gather evidence towards core skills in this Unit, although there is no automatic certification of core skills or core skills components.

Context for delivery: If this unit is delivered as part of a Group Award, it is recommended that it should be taught and assessed within the subject area of the Group Award to which it contributes. This unit is included in the framework for the HNC/D Sports Coaching with Development of Sport.

General information for centres (cont)

Assessment: The unit will be assessed by three written assignments.

An exemplar Instrument of Assessment and Marking Guidelines have been produced to indicate the National Standard of Achievement required at SCQF level 8.

Higher National Unit specification: statement of standards

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The sections of the Unit stating the Outcomes, knowledge and/or skills, and evidence requirements are mandatory.

Where evidence for Outcomes is assessed on a sample basis, the whole of the content listed in the knowledge and/or skills section must be taught and available for assessment. Candidates should not know in advance the items on which they will be assessed and different items should be sampled on each assessment occasion.

Outcome 1

Describe the functions of agencies and structures involved in the development of athlete potential in sport in the home country.

Knowledge and/or skills

- Agencies functions in supporting and developing athlete potential
- Performance and elite coach development
- Talent identification, selection and development
- Sport governing bodies
- Funding issues

Evidence requirements

To achieve this outcome each candidate will require written evidence demonstrating understanding of all elements in the knowledge and/or skills section.

Each candidate will be required to submit written evidence which demonstrate knowledge and understanding of the functions of the identified agencies/structures in the development of athlete potential in the home country.

It is unlikely that a candidate will demonstrate competence in less than 1500 words.

Assessment guidelines

This assignment should clearly describe the function of the agencies/structures and their contribution to the development of athlete potential in sport.

There should also be evidence of research. This must be acknowledged and referenced.

Higher National Unit specification: statement of standards (cont)

Unit title: Developing Potential in Sport: An Introduction

Outcome 2

Describe and evaluate the support mechanisms which assist the development of athlete potential.

Knowledge and/or skills

- Sport Science
- Sport specific coaching
- Financial
- Athlete Career and Education
- Sports medicine

Evidence requirements

To achieve this outcome each candidate will require written evidence demonstrating understanding of all elements in the knowledge and/or skills section. Candidates should describe the identified support mechanisms and evaluate how they can enhance athlete performance.

The instrument of assessment will be a written submission. It is unlikely that a candidate will fully address these issues in less than 1500 words.

All 5 support mechanisms must be addressed satisfactorily.

Assessment guidelines

This outcome will be assessed by an assignment in which candidates will describe and evaluate the support mechanisms which assist the development of athlete performance.

Outcome 3

Evaluate the contribution of the media in promoting sporting success in the home country.

Knowledge and/or skills

- Forms of media and their importance to sport
- The role of the media in promoting sporting success

Higher National Unit specification: statement of standards (cont)

Unit title: Developing Potential in Sport: An Introduction

Evidence requirements

To achieve this outcome each candidate will require written evidence demonstrating understanding of all elements in the knowledge and/or skills section. Candidates should evaluate the influence of the media in promoting success in sport in the home country. The instrument of assessment will be a case study of approximately 2000 words. In this the candidate should discuss and evaluate a minimum of 4 forms of media. An acceptable standard would be to produce responses which demonstrate research, understanding and discussion of the issues.

Assessment guidelines

The assessment of this outcome will be a case study where candidates will be required to produce written evidence of their research, discussion and evaluation of the contribution of the media in promoting success in sport in the home country.

Administrative Information

Unit code: DD2G 35

Unit title: Developing Potential in Sport: An Introduction

Superclass category: MA

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Higher National Unit specification: support notes

Unit title: Developing Potential in Sport: An Introduction

This part of the Unit specification is offered as guidance. The support notes are not mandatory.

While the exact time allocated to this Unit is at the discretion of the centre, the notional design length is 40 hours.

Guidance on the content and context for this Unit

This Unit is likely to form part of a group award and is designed to provide candidates with the knowledge of the agencies, structures and support mechanisms involved in the development of athletes' potential in sport.

Candidates will develop their knowledge of coaching in the HNC/D Sports Coaching qualification and it is important that the candidates recognise the range of opportunities available to the development of athletes and coaches and the mechanisms, which are progressing sport in Scotland.

It is necessary for candidates to develop their knowledge of coaching, athletes and the sport development structures before undertaking this Unit; it would therefore be appropriate for this Unit to be delivered in Year 2 of the HND award.

Outcome 1 looks at the role of selected agencies / structures in developing potential in sport. Candidates should demonstrate knowledge of the agencies / structures and the impact they have on sport. The following content could be used:

- SportsScotland
- Scottish Institute of Sport
- Area Institutes of Sport
- Performance and Elite Coach Development
- Visions of the C21 strategy (updated March '03)
- Management structure in SportsScotland, related to developing potential
- Vision/Development Plan/Staffing Structure
- Target Sports – Priority 1/2
- Facilities
- Funding
- Communication Flow
- Management Structure
- Business Plan
- Target Sports
- Facilities
- Coaching Scotland role
- Performance coach development opportunities

Higher National Unit specification: support notes (cont)

Unit title: Developing Potential in Sport: An Introduction

- Talent Identification, Selection and Development
- Sport Governing Bodies
- Lottery
- SportsScotland role
- Current talent identification selection and development opportunities
- Development planning process
- Governing body personnel who assist the development of athlete potential
- Athlete funding opportunities (e.g. talented athlete programme)
- Facility development
- Junior group development

Outcome 2 looks at the support mechanisms, which assist the development of athlete potential in sport. Candidates should demonstrate an understanding of the impact these mechanisms can have on athlete performance and the continued development of athlete potential. Candidates should develop their knowledge and understanding of support mechanisms: -

- Sport Science
- **Psychological Support**
 - Mental preparation techniques
 - Relaxation techniques
 - Competition preparation
 - Anxiety and its effect
- **Physiological Support**
 - Fitness testing
 - Fitness programming
 - Strength and conditioning
- **Biomechanical Support**
 - Biomechanical analysis/development
 - Technical facilities/equipment
- **Nutritional Support**
 - Dietary analysis
 - Dietary manipulation
 - Dietary Planning

Higher National Unit specification: support notes (cont)

Unit title: Developing Potential in Sport: An Introduction

- Sport Specific Coaching
- Financial
- Athlete Career and Education
- Sports Medicine
- Skills analysis and development
- Role of the coach
- Training/competition planning
- Lottery funding
- Scottish /Area Institute of Sport support
- University scholarship programme
- Sponsorship
- Scottish Institute of Sport ACE support
- The role of the sports doctors and physiotherapists
- Sports medicine facilities

Outcome 3 looks at the contribution of the media in promoting sporting success in Scotland. Candidates should demonstrate their understanding of the identified forms of media and their role in sports promotion: -

- Forms of media and their importance to sport. Looking at 4 forms of media.
- Roles of the media in promoting sporting success in Scotland
- **Television/Radio**
- Rules and regulations of sports broadcasting
- TV friendly sport
- Advertising/Sponsorship
- **Newspapers**
- Advertising/Sponsorship
- Reporting
- **Internet**
- Online results
- Live web footage
- Online magazines
- Information exchange
- Developing role models
- Developing National Identity
- The positive effects of the media on sporting success

Higher National Unit specification: support notes (cont)

Unit title: Developing Potential in Sport: An Introduction

Guidance on the delivery and assessment of this Unit

The advice contained in this section has been produced on the assumption that the Unit will be delivered in a Scottish context. In the event of the Unit being delivered in a country other than Scotland, the contexts should reflect the “home country”.

This unit is best delivered in year 2 of the HND Sports Coaching with Development of Sport award after candidates have completed the unit Development of Sport. This will ensure that candidates understand the development continuum in sport and the structures, which assist the sport development pathways.

Although the assessment for this unit is assignment based, visiting speakers from the Scottish Institute, Sportsotland, Institute athletes/coaches and sport governing bodies will be beneficial in developing the learning experience.

Visits to facilities/institutions, which support the athletes, would also support the candidates learning. The delivery of this unit would benefit from students having access to ICT facilities to allow tasks to be set to investigate websites; students could then discuss the information with the lecturer and class group.

All three outcomes are assessed using assignments and candidates could work in groups in ICT labs to research the information for their work. Lecturers may decide to develop a resources pack if their ICT facilities are not available; however it is expected that candidates will develop their research skills during the unit delivery/assessment.

Open learning

This unit could be delivered and assessed by distance learning. For further information on open and distance learning, please refer to the SQA publication, *Assessment and Quality Assurance of Open and Distance Learning*. (SQA 2000)

Special needs

This Unit specification is intended to ensure that there are no artificial barriers to learning or assessment. Special needs of individual candidates should be taken into account when planning learning experiences, selecting assessment instruments or considering special alternative Outcomes for Units. For information on these, please refer to the SQA document *Guidance on Special Assessment Arrangements* (SQA, 2001).

General information for candidates

Unit title: Developing Potential in Sport: An Introduction

This unit introduces candidates to the agencies/structures involved in the development of athlete potential in Scotland and the support mechanisms, which assist athletes to achieve improved performance.

Much of the framework for developing athlete potential in sport has been built during the last five years with the introduction of the Scottish Institute of Sport and the Area Institutes. There has been a formalisation of the athlete support and this area of development is dynamic with changes being the norm.

The priorities of the Scottish Executive also accelerated issues in the development of potential and SportsScotland's C21 strategy document, and the three visions, clearly framed the stages of sport development. Funding also followed C21 with the introduction of the lottery and the strategy together with the money created momentum for sport.

The delivery of this unit should continue to reflect this dynamic area and candidates should be encouraged to access websites to research new developments. Candidates should also be encouraged to speak to athletes who have benefited from the agencies/support mechanisms in their role in developing potential.

On completion of the unit, candidates should understand further the sport development process and in particular be able to evaluate the frameworks, which have developed athlete opportunities to excel in sport.

The outcomes will be assessed individually and all assessments will take the form of an assignment. Some centres may develop their resources in the form of a study pack and a workbook; and if designed to include the knowledge and skills, these workbooks may form all or part of the assignments.

General information for candidates (cont)

Unit title: Developing Potential in Sport: An Introduction

BIBLIOGRAPHY

INTERNET SITES

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www.sportscoachuk.org.uk
www.uksport.gov.uk
www.sisport.com
www.culture.gov.uk
www.bbc.co.uk
www.smg.plc.uk
www.scotsman.com

NEWSLETTERS/PUBLICATIONS

Scottish Institute of Sport – Goldzone (Biannual)
Area Institute of Sport – Annually
Area Institute of Sport – Business Plan