

Higher National Unit Specification

General information for centres

Unit title: Assisting Sports for Disability

Unit code: DD2H 35

Unit purpose: This unit develops the competences necessary to work with clients with a disability in a Sport / Physical recreation environment.

On completion of the Unit the candidate should be able to:

- 1 Identify the main types of disabilities and relate them to the sporting environment.
- 2 Identify and describe the factors involved in working with client(s) with a disability in a sports / physical recreation environment.
- 3 Plan and conduct a sports / physical recreation session for client(s) with one main type of disability.
- 4 Evaluate a sports / physical recreation session for client(s) with a disability.

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: Candidates should possess good communication skills. Other knowledge, skills and experience relevant to the unit would also be beneficial. Successful completion of the following HN units would also be beneficial:- Conduct and Ethics for Sports Coaches; Working with Children in a Sporting Context; Sports Coaching Theory & Practice.

Ultimately, entry is at the discretion of the centre.

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)

Unit title: Assisting Sports for Disability

Assessment: Outcomes 1 and 2 each require a written submission in the region of a 1000 to 1500 words.

Outcome 3 requires that candidates work in a supervised capacity with clients with a disability for at least 4 separate sessions. Evidence of planning and delivering/assisting must be provided along with a review of health and safety considerations for the area and group.

Outcome 4 requires that candidates complete an evaluation after each session and this must include a review of the role of the candidate in the work. Competence will be confirmed by an assessor report.

For outcomes 3 and 4 candidates are required to produce a portfolio containing all the above.

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

Identify the main types of disabilities and relate them to the sporting environment.

Knowledge and/or skills

- Main types of disability.
- Sports Classification System.
- Adapted/specifically designed sports for disability.

Evidence requirements

The candidate will provide written evidence of approximately 1000 – 1500 words to demonstrate their understanding of all aspect of the knowledge and skills section.

Each candidate must provide written evidence to show that they can identify the purpose of a Sports Classification System. Candidates must also be able to categorise types of disability including Physical, Sensory and Learning difficulties.

Assessment guidelines

Outcome 1 may be assessed discretely however it would be appropriate to assess Outcome 1 and Outcome 2 together as an integrated assessment.

Candidates will be required to give an explanation of the Paralympic Classification system and to give a detailed explanation of one type of disability.

Higher National Unit specification: statement of standards (cont)

Unit title: Assisting Sports for Disability

Outcome 2

Identify and describe the factors involved when working with client(s) with a disability in a sports/physical recreation environment.

Knowledge and/or skills

- The specific demands of working with clients with a disability.
- Additional facilities which may be required.
- Additional safety provision which may be required.

Evidence requirements

The candidate will provide written evidence in the form of an assignment of approximately 1000 – 1500 words showing that the candidate has identified and described all of the knowledge and /or skills section.

Written evidence will be required to show that the candidate has assessed the differing requirements / factors involved when working with clients with a disability.

Assessment guidelines

Outcome 1 may be assessed discretely however it would be appropriate to assess Outcome 1 and Outcome 2 together as an integrated assessment.

Outcome 3

Plan and conduct a sports/physical recreation session for client(s) with one main type of disability.

Knowledge and/or skills

- Session preparation.
- Personal skills required to assist in the delivery of a sports programme.
- Observation and feedback.
- Application of Health, Safety and Security procedures

Evidence requirements

The candidate will provide practical and written evidence showing that they have achieved all of the section on knowledge and/or skills.

Higher National Unit specification: statement of standards (cont)

Unit title: Assisting Sports for Disability

Candidates will complete a suitable placement under the supervision of a suitably qualified adult. Candidates will assist in the provision of a minimum of 4 sports / physical recreation sessions. Candidates must work with client(s) who are disabled according to the categories defined in Outcomes 1 and 2. It is a requirement that the sessions are carried out following the relevant health, safety and security procedures. The candidate will be required to keep a log of the work and this will include their lesson plans and session evaluations.

Assessment guidelines

Candidates will be assessed on their ability to plan and deliver a suitably adapted series of sessions to client(s) with disability.

Outcome 3 may be assessed discretely however it would be unusual to assess Outcome 4 using sessions not delivered and assessed for Outcome 3.

Outcome 4

Evaluate a sports/physical recreation session for client(s) with a disability.

Knowledge and/or skills

- Observation factors
- Session evaluation

Evidence requirements

The candidate will provide written evidence showing that the candidate has achieved all of the section on knowledge and/or skills. Candidates will provide a written evaluation of their activity sessions which relate to the stated aims and objectives.

The assessor will witness and evaluate at least one session in its entirety and this will be supported by a report by the supervisor(s) if this was not seen by an assessor. The assessor will carry out an interview with the candidate the purpose of which is to debrief the candidate. The assessor will give a short written report on the candidate's performance and the candidate's comments.

Assessment guidelines

This outcome follows on from Outcome 3 and may be best assessed after the placement for outcome 3 has been completed.

Candidates will be assessed on their ability to evaluate a suitably adapted session to client(s) with disability.

The assessor should spend approximately 10 minutes in discussion with the candidate to establish the candidate's perceptions of the session.

Administrative Information

Unit code: DD2H 35

Unit title: Assisting Sports for Disability

Superclass category: MA

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Higher National Unit specification: support notes

Unit title: Assisting Sports for Disability

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

Outcome 1

Paralympic and other systems.

Physical: Amputation; paraplegia; Cerebral Palsy; Stroke; Muscular Dystrophy / Multiple Sclerosis; Hidden disabilities; Spina Bifida

Sensory : Partially sighted; registered blind; partially hearing; deaf and learning difficulties.

Learning difficulties: Dyslexia; Dyspraxia; Autism

Outcome 2

Physical; Sensory; Support for Learning
Supervision
Support
Medical history
Risk assessment

Outcome 3

Assistance is appropriate and relevant for clients.
Assistance is appropriate and relevant for activities available.
Demonstrate good procedures to ensure the health, safety and security.
Explain accurately the importance of health, safety and security of clients in accordance with accepted practice.
Demonstrations are to be visible.
Highlighting coaching points.
Voice projection, pitch, tone, and movement within class.
Eye contact.
Sustains an enjoyable and caring approach.
Name specific client group.
Highlight organisational skills required for client group.
Provide activity outline.
Demonstrate clear and concise communications.
Presentation of general appearance and dress is appropriate when carrying out activity session.

Higher National Unit specification: support notes (cont)

Unit title: Assisting Sports for Disability

Outcome 4

Fault recognition; verbal / manual correction.

Individual / group correction.

Positive verbal feedback.

Class feedback

Self feedback / self reflection

Content of sessions.

Management of sessions

Delivery of sessions.

The Unit is likely to form part of a group award and is primarily designed to provide candidates with knowledge of the broad nature of assisting sport for disability. The Unit also introduces the candidate to the importance of the various categories of disabilities and highlights the differences between the physical, sensory and learning difficulties. The Unit will also give candidates the opportunity to experience differing requirements required to assist in the provision of sports activities in accordance with accepted practice. As such candidates will benefit from studying relevant subject based units prior to studying this Unit. In these circumstances it is likely the Unit will be delivered in year 2 of a HNC / D award. This should allow the Unit to be delivered in such a way that enables candidates to appreciate the relevance of the Unit in the context of current research and developments in sport. It is recognised that terminology is subject to change. Current terminology and current practice should be applied where this is appropriate.

This would enable candidates to broaden their perspective and lead towards a more comprehensive understanding of sport in the UK.

- **Assisting Sports for Disability** has been designed for candidates who wish to develop the competences necessary to work effectively with clients with a disability in a sport or physical recreation environment.
- The candidates will also be able to utilize current international research and developments in sport. This would enable candidates to broaden their perspective and lead towards a more comprehensive understanding of sport in the UK.

Guidance on the delivery and assessment of this Unit

It is envisaged that an integrated approach to teaching the Unit will be adopted. Examples should be relevant to disability in sport.

One possible approach may be as follows:-

Outcomes 1/2 - Assignment

Outcomes 3/4 - Lesson Plans and Logs.

Higher National Unit specification: support notes (cont)

Unit title: Assisting Sports for Disability

Candidates should be encouraged to research and identify the various disabilities and relate them to the sporting environment. It is important that candidates identify Main Sports / Specific Sports in which different client groups may participate. Candidates should also explore the main factors that are involved when working with clients in a practical context. Candidates will have to assess the needs of clients with a disability in a sports / physical recreation environment and wherever possible give assistance in the provision of sporting activity sessions, whilst ensuring the health, safety and security of the clients is in accordance with accepted practice.

Open learning

Open learning implies that, while candidates study out-with the centres using materials provided, it would be necessary to attend the centre for assessment purposes. 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: Assisting Sports for Disability

The Unit introduces you to the broad nature of working with clients with a disability in a sporting environment. It introduces the competences necessary to work with clients with a disability and how to assess these factors in a practical setting. Candidates should understand the various categories which exist, ranging from Physical, Sensory to Support for sportspersons with Learning difficulties. Specific sports should be identified for different client groups and the assessment of the differing requirements involved when working in a practical context.

Sports Coaches will often use verbal and non-verbal communications along with practical demonstrations, analysing individual / group performance throughout the lesson plan on an on-going basis.

On completion of the Unit, you will be able to identify, assess and assist in the delivery of sports activity sessions for clients with a disability. Candidates will also demonstrate the importance of all major aspects of coaching clients with a disability.

The candidate will be assessed by an assignment in Outcomes 1 & 2 covering all factors from the evidence requirements. Assessment for Outcomes 3 & 4 will be completed during a placement and the candidate will submit a log book which will cover all factors from the evidence requirements. Candidates will plan and conduct activity sessions whilst giving assistance in the provision of sports activity sessions for clients with a disability.

Finally, candidates will evaluate their own sports activity sessions when the placement is completed.

(Bibliography or suggested reading list)

The delivery of materials may be drawn upon the following mechanisms currently available :-

Journals of Sport
The Internet
International Conferences
Networks

Disability and sport (DePauw / Gavron) Human Kinetics 1995
Beyond Disability (Gerald Hales) SAGE Pub 1999
Coaching Disabled Performers (Annie Kerr) SportscoachUK 1998