

## Higher National Unit Specification

### General information for centres

**Unit title:** Coaching of Sports: Level 1

**Unit code:** DD2W 34

**Unit purpose:** This Unit is designed to provide the candidate with practical experience allowing them to develop their competence as both a performer and coach in **2 selected sports**.

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

1. Demonstrate practical technical skills at beginner level for two sports.
2. Prepare, deliver and evaluate coaching sessions for two sports.
3. Understand and apply the rules/codes of conduct for two sports.
4. Identify the Coach Education structure for two sports.

**Credit value:** 2 HN Credits at SCQF level 7: (16 SCOTCAT credit points at SCQF level 7\*)

*\*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 would be beneficial for candidates to possess knowledge and/or practical experience in sports leadership or coaching. This may be evidenced by achievement of NC Units D68711 Leading Sporting Activities, Basic Sports Coaching Techniques, or equivalent. Performance skills gained from NC Units entitled Sporting Activity would also be of benefit to candidates. 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:** Coaching of Sports: Level 1

**Assessment:** Candidates will be assessed on all outcomes for **2 selected sports**. Outcomes 1, 2 and 3 will be assessed through practical exercises. In addition, Outcome 3 is supported by a short answer question paper. Outcome 4 will also be assessed by a short answer question paper.

Exemplar instruments of assessment and marking guidelines have been produced to indicate the national standard of achievement required at SCQF level 7.

## **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**

Demonstrate practical technical skills at beginner level for two sports.

#### **Knowledge and/or skills**

- Demonstration of skills – closed context – (in isolation)
- Demonstration of skills – open context – (within performance)

#### **Evidence requirements**

To achieve this Outcome each candidate will be required to demonstrate competence in 5 basic skills within two sports. The instrument of assessment will be a practical exercise that will be used to allow the candidate to demonstrate their competence in the chosen skills both in the open and closed context.

#### **Assessment guidelines**

The assessment of the basic skills should be carried out during practices/drills and within the game context.

Closed context - performance of an isolated demonstration

Open context - performance of skills within conditioned game/full game/end product or activity

## **Higher National Unit specification: statement of standards (cont)**

**Unit title:** Coaching of Sports: Level 1

### **Outcome 2**

Plan, deliver and evaluate coaching sessions for two sports.

#### **Knowledge and/or skills**

- session planning
- session delivery
- session evaluation

#### **Evidence requirements**

To achieve this Outcome each candidate will require written and/or practical evidence which demonstrates their competence in all aspects of the knowledge and/or skills section. The instrument of assessment will be a practical exercise. Each candidate will be required to, prepare, deliver and evaluate **2** sessions for each selected sport e.g. 2 sessions for basketball **and** 2 sessions for football. For assessment purposes the candidate should prepare and deliver each session for a minimum duration of 15 minutes.

#### **Assessment guidelines**

The practical exercise may be conducted on peers or appropriate external groups. The candidate will require written evidence of session planners and evaluations.

### **Outcome 3**

Understand and apply the rules/codes of conduct for two sports.

#### **Knowledge and/or skills**

- Basic rules/codes of conduct
- Application of the rules/codes of conduct

#### **Evidence requirements**

To achieve this Outcome each candidate will require written and practical evidence to demonstrate their competence on all aspects of the knowledge and/or skills section. The instruments of assessment will be a short answer assessment and a practical exercise. Each candidate will be required to demonstrate their knowledge and understanding of the basic rules/codes of conduct within each sport by achieving a 70% pass mark in the short answer assessment. In addition, candidates will be required to demonstrate their competence in controlling the sport by applying the basic rules/codes of conduct in a practical context.

## **Higher National Unit specification: statement of standards (cont)**

**Unit title:** Coaching of Sports: Level 1

### **Assessment guidelines**

To ensure that candidates have a thorough understanding of the basic rules/codes of conduct it is recommended this be assessed towards the end of the unit. Exemplar material is available to illustrate the standard expected. Centres devising alternative assessments should ensure that these reflect the same level of demand.

### **Outcome 4**

Identify the Coach Education structure for two sports.

#### **Knowledge and/or skills**

- National Governing Body (NGB)
- Coach Education structure
- Local provision

#### **Evidence requirements**

To achieve this Outcome each candidate will require written evidence to demonstrate their understanding on both aspects of the knowledge and/or skills section. The instrument of assessment will be a short answer assignment. Each candidate will be required to provide basic knowledge about each NGB, be able to outline the Coach Education structure and provide details of local provision within each sport. An acceptable standard of achievement would be to provide accurate responses to all questions.

#### **Assessment guidelines**

It is expected that candidates will undertake research to complete this assignment. This will involve the use of reference materials from NGBs.

Exemplar material is available to illustrate the standard expected. Centres devising alternative assessments should ensure that these reflect the same level of demand.

## **Administrative Information**

**Unit code:** DD2W 34

**Unit title:** Coaching of Sports: Level 1

**Superclass category:** MA

**Date of publication:** August 2003

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## **Higher National Unit specification: support notes**

### **Unit title:** Coaching of Sports: Level 1

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 80 hours.

### **Guidance on the content and context for this Unit**

This Unit is likely to form part of a group award and is primarily designed to provide candidates with practical experience allowing them to develop their competence as both a performer and coach, in two selected sports.

Outcome 1 focuses on the demonstration of practical, technical skills in both an open and closed context. The closed context requires the candidate to demonstrate the technical skills in an environment which reflects how they would be taught e.g. through drills or isolated practices showing the whole skill or a breakdown/part of the skill.

Example of technical skills for a beginner - Rugby

Running  
Passing  
Kicking  
Tackling  
Ball into contact

**Outcome 2** focuses on the coaching process within selected sports i.e. session planning, session delivery and session evaluation. Candidates should be encouraged to utilise the knowledge gained from Sports Coaching Theory and Practice on how to carry out the coaching process.

**Outcome 3** looks at the understanding and application of rules/codes of conduct. Sufficient rules/codes of conduct need to be covered to allow candidates to be able to control the activity for beginner level.

**Outcome 4** is intended to provide candidates with basic information about their selected sports with regards to the appropriate National Governing Bodies and the Coach Education Structures within them.

## **Higher National Unit specification: support notes (cont)**

**Unit title:** Coaching of Sports: Level 1

### **Guidance on the delivery and assessment of this Unit**

It is intended that this Unit will be delivered mainly in a practical context. With assessor led practical sessions, candidates are able to learn the technical skills and utilise this experience in their own coaching sessions for outcome 2. Rules/codes of conduct can also be introduced via the practical sessions although the assessment for outcome 3 would be better left until nearer the end of the unit. The information required for outcome 4 could either be provided by the assessor, or it could be that candidates are required to research the information on their own or in small groups.

It would be appropriate to integrate NGB awards along with the delivery of this Unit. This will not only enhance the practical experience for candidates but also provide them with additional qualifications. This is not a mandatory requirement for the unit.

### **Open learning**

This Unit could be delivered by distance learning. However, while candidates can 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:** Coaching of Sports: Level 1

This unit is designed to provide you with practical experience to allow you to develop your competence as both a performer and a coach in 2 selected sports.

The unit allows you to demonstrate practical performance skills and it is intended that these skills will enhance your ability to perform as a coach when you prepare, deliver and evaluate coaching sessions. In addition, the unit covers basic rules/codes of conduct and provides an opportunity to apply these rules/codes of conducts in controlling the sport in a practical context. Furthermore, you will identify the coach education structure, which will broaden your overall knowledge of the selected sports.

The unit will be assessed using two different instruments of assessment. Outcomes 1, 2 and 3 will be assessed through practical exercises. In addition, part of outcome 3 and outcome 4 are assessed by short answer questions.

### **Bibliography**

#### Football

The Successful Coach, guidelines for coaching practice  
1999 uksportscoach

#### Coaching Young Performers

Martin Hagger  
1999 uksportscoach

Booklet: Early Touches, Skill, fun and activity for 5-11 year olds 2002 SFA

Development Activities, Skill activities and practice routines for 13-18 year olds

#### Hockey

#### The Hockey Workshop

David Whitaker  
1992 The Crowood Press Ltd

#### International Hockey Federation

<http://www.fihockey.org/>

#### Field Hockey

<http://www.fieldhockey.com/>

[www.sportscoachuk.org](http://www.sportscoachuk.org)

## **General information for candidates (cont)**

**Unit title:** Coaching of Sports: Level 1

Swimming

[www.britishswimming.org](http://www.britishswimming.org)

Rugby

[www.sru.org.uk](http://www.sru.org.uk)

Handball

Handball: Rules, technique, tactics  
Jean-Jacques Curelli - Paul Landure  
1996 Editions MILAN

Team Handball: Steps to Success  
Reita E Clanton/Mary Phyl Dwight  
1997 Human Kinetics Publishers. Inc.