



## Higher National Unit specification: general information

**Unit title:** Coaching of Sports: An Introduction

**Unit code:** FW5R 34

**Superclass:** MA

**Publication date:** October 2011

**Source:** Scottish Qualifications Authority

**Version:** 01

### 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 two selected sports at beginner level.

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 review coaching sessions for two sports.
- 3 Understand and apply the rules/codes of conduct for two sports.
- 4 Identify the Coach Education structure and local provision for two sports.

### 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 the achievement of appropriate SQA Units at SCQF level 5 or 6. Performance skills gained from relevant performance based sports Units would also be of benefit to candidates. Ultimately, entry is at the discretion of the centre.

### Credit points and level

2 Higher National Unit credits at SCQF level 7: (16 SCQF credit points at SCQF level 7\*)

*\*SCQF credit 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 SCQF credit points at an SCQF level. There are 12 SCQF levels, ranging from Access 1 to Doctorates.*

## **General information (cont)**

### **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/HND Coaching and Developing Sport.

### **Assessment**

Candidates will be assessed on all Outcomes for two selected sports.

Outcomes 1, 2 and 3 will be assessed through practical exercises. In addition, Outcomes 3 and 4 are assessed by restricted response papers.

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

**Unit title:** Coaching of Sports: An Introduction

**Unit code:** FW5R 34

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

Candidates will need to provide evidence to demonstrate their Knowledge and/or Skills by showing that they can demonstrate competence in five 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 contexts.

#### 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 activity/game/full game/end product or activity.

### Outcome 2

Plan, deliver and review coaching sessions for two sports.

#### Knowledge and/or Skills

- ◆ Session planning.
- ◆ Session delivery.
- ◆ Session review.

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

**Unit title:** Coaching of Sports: An Introduction

### Evidence Requirements

Candidates will need to provide evidence to demonstrate their Knowledge and/or Skills by showing that they can provide written, recorded 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 review two sessions for each selected sport (eg two sessions for basketball and two sessions for football). For assessment purposes the candidate should prepare and deliver each session for a minimum duration of 15 minutes excluding any warm up and cool down.

### Assessment Guidelines

The practical exercise may be conducted on internal or external beginner groups. The candidate will require evidence of session plans and reviews.

### 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

Candidates will need to provide evidence to demonstrate their Knowledge and/or Skills by showing that they can:

- ◆ Answer 15 questions for each sport. Eleven at least must be correct for each sport.
- ◆ Each candidate will be required to demonstrate their knowledge and understanding of the basic rules/codes of conduct within each sport.
- ◆ 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.

The instruments of assessment will be a restricted assessment and a practical exercise.

### 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.

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

**Unit title:** Coaching of Sports: An Introduction

### Outcome 4

Identify the Coach Education structure and local provision for two sports.

#### Knowledge and/or skills

- ◆ Scottish/National Governing Body (S/NGB).
- ◆ Coach Education structure.
- ◆ Local provision.

#### Evidence Requirements

Candidates will need to provide evidence to demonstrate their Knowledge and/or Skills by showing that they can:

- ◆ provide basic knowledge about each S/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. The instrument of assessment will be a restricted response paper.

#### Assessment guidelines

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

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

## Higher National Unit specification: support notes

### Unit title: Coaching of Sports: 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 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 simple techniques in both an open and closed contexts.

Examples of techniques for a beginner:

- ◆ basketball:
  - chest pass
  - set shot
  - pivot

**Outcome 2** focuses on the coaching process within selected sports, ie session planning, session delivery and session review. 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 Scottish/National Governing Bodies and the Coach Education Structures within them. Candidates will also gain knowledge of local provision in their selected sports.

### 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.

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

**Unit title:** Coaching of Sports: An Introduction

It may be appropriate to integrate S/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.

Candidates will require time to develop their skills and knowledge before final assessment takes place.

### Open learning

This Unit could be delivered by open learning. However, while candidates can study out with the centres using materials provided, it would be necessary for the candidates to be seen in a practical setting for assessment purposes.

### Opportunities for the use of e-assessment

E-assessment may be appropriate for some assessments in this Unit. By e-assessment we mean assessment which is supported by Information and Communication Technology (ICT), such as e-testing or the use of e-portfolios or e-checklists. Centres which wish to use e-assessment must ensure that the national standard is applied to all candidate evidence and that conditions of assessment as specified in the Evidence Requirements are met, regardless of the mode of gathering evidence. Further advice is available in *SQA Guidelines on Online Assessment for Further Education (AA1641, March 2003)*, *SQA Guidelines on e-assessment for Schools (BD2625, June 2005)*.

### Opportunities for developing Core Skills

There will be opportunities to develop Core Skills in *Problem Solving* throughout the period of study and if the internet is used to carry out work and or research of rules, procedures etc, skills in *Information and Communication Technology (ICT)* will be enhanced.

Candidates may also develop skills in *Communication* — Written and in the interpretation of data and if that data is numerical, skills in *Numeracy* may be further developed.

### Disabled candidates and/or those with additional support needs

The additional support needs of individual candidates should be taken into account when planning learning experiences, selecting assessment instruments, or considering whether any reasonable adjustments may be required. Further advice can be found on our website [www.sqa.org.uk/assessmentarrangements](http://www.sqa.org.uk/assessmentarrangements)

## History of changes to Unit

Version	Description of change	Date

© Scottish Qualifications Authority 2011

This publication may be reproduced in whole or in part for educational purposes provided that no profit is derived from reproduction and that, if reproduced in part, the source is acknowledged.

Additional copies of this Unit specification can be purchased from the Scottish Qualifications Authority. Please contact the Business Development and Customer Support team, telephone 0303 333 0330.

## General information for candidates

### Unit title: Coaching of Sports: An Introduction

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 two 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 review 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 together with local provision 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 restricted response papers.

**Outcome 1** requires that you demonstrate practical technical skills at beginner level for two sports.

This means that you will have to demonstrate skill outside a game or activity situation and also within a game or activity situation.

**Outcome 2** requires you to prepare, deliver and review coaching sessions for two sports.

You will need to plan, deliver and review two sessions for each sport/activity each to be at least 15 minutes excluding any warm up or cooled down.

**Outcome 3** requires that you understand and apply the rules/codes of conduct for two sports.

You will need to answer 15 questions for each sport. Eleven at least must be correct for each sport.

You will be required to demonstrate your knowledge and understanding of the basic rules/codes of conduct within each sport. In addition, you will need to demonstrate that you can control activities and apply the appropriate rules in practical setting.

**Outcome 4** requires you to identify the Coach Education structure and local provision for two sports.

Your tutor will give guidance on this although you may have clear ideas already now where this sort of information might be found.

Governing bodies almost all have websites and they can be searched for information and local area clubs etc can be great sources of information. Even class mates may be able to offer advice if they are involved in a sport at that level.