



## Higher National Unit specification: general information

**Unit title:** Improving Coaching in Sport

**Unit code:** FX9M 35

**Superclass:** MA

**Publication date:** October 2011

**Source:** Scottish Qualifications Authority

**Version:** 01

### Unit purpose

This Unit covers the main areas involved in coaching complex skills, analysis of complex skills and improving skills performer who are developing their skills.

The Unit introduces the candidate to researching and critically analysing methods suitable for coaching and applying them to practical sporting situations.

On completion of this Unit, the candidate will be able to:

- 1 Contribute to a safe coaching session.
- 2 Coach skills to a mixed ability group.
- 3 Identify and describe coaching styles.
- 4 Coach a complex skill or tactic.
- 5 Use image recording to analyse a complex skill or tactic.

### Recommended prior knowledge and skills

It is expected that candidates will have successfully completed HN Unit *Sports Coaching Theory and Practice*.

### Credit points and level

2 Higher National Unit Credits at SCQF level 8: (16 SCQF credit points at SCQF level 8\*).

*\*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**

Opportunities to develop aspects of Core Skills are highlighted in the Support Notes of this Unit specification.

There is no automatic certification of Core Skills or Core Skill components in this Unit.

### **Context for delivery**

This Unit is part of a Group Award and is one mandatory Unit leading to the *Coaching and Developing Sport* HNC/HND award and may also be used for other awards.

### **Assessment**

There is potential for the integration of assessment of the Outcomes of this Unit.

- ◆ Outcomes 1 and 2 could be assessed together.
- ◆ Outcome 3 could be assessed separately.
- ◆ Outcomes 4 and 5 could be assessed together.

Centres may however make their own decisions regarding production of evidence for each Outcome. Exemplar instruments of assessment 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

Contribute to a safe coaching session.

#### Knowledge and/or Skills

- ◆ Risk assessment
- ◆ Health and Safety at Work Act.
- ◆ Session planning for a mixed ability group

#### Evidence Requirements

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

- ◆ complete a risk assessment procedure for a sport
- ◆ produce a safety leaflet based on risk assessment and health and safety issues (approximately 500 words or equivalent)
- ◆ Complete a 45 minute lesson plan for a mixed ability group in one sport

#### Assessment Guidelines

Outcomes 1 and 2 could be assessed together.

Risk assessment and safety leaflet may be completed as an assignment. Lesson plan may be completed in the centre with the aid of reference materials.

- ◆ Analyse the task of (a) completing Risk Assessment and (b) producing a safety leaflet for a selected sport and venue.
- ◆ A record of the individual's strengths and weaknesses regarding the task will be recorded.

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

**Unit title:** Improving Coaching in Sport

### Outcome 2

Coach skills to a mixed ability group.

#### Knowledge and/or Skills

- ◆ Class management.
- ◆ Appropriate practices.
- ◆ Feedback.
- ◆ Review.

#### Evidence Requirements

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

- ◆ produce a 45 minute session plan to meet Scottish/National Governing Body requirements for the selected activity
- ◆ effectively coach a mixed ability group for 45 minutes
- ◆ open questioning should provide five questions that produce significant feedback from the mixed ability participants
- ◆ complete a session review, taking account of feedback from participants

#### Assessment Guidelines

Outcomes 1 and 2 may be addressed by the integration of assessments. Outcome 1 refers to the development and planning of sessions while Outcome 2 is the delivery and review stages of the session.

### Outcome 3

Identify and describe coaching styles.

#### Knowledge and/or Skills

- ◆ •Teaching/coaching styles.
- ◆ •Application of teaching/coaching styles.

#### Evidence Requirements

To achieve this Outcome the candidate will produce written evidence to describe three styles. For each style a submission of approximately 250 words must include details of how the style would be applied to a chosen sport. The instrument of assessment will be an extended response conducted under supervision.

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

**Unit title:** Improving Coaching in Sport

### Assessment Guidelines

Candidates should produce accurate written responses that clearly demonstrate their understanding of teaching/coaching styles and their application.

### Outcome 4

Coach a complex skill or tactic.

#### Knowledge and/or skills

- ◆ Define complex skill or tactic.
- ◆ Deliver a session on a complex skill or tactic.
- ◆ Session review.

#### Evidence Requirements

- ◆ Prepare a session plan using the part-part-whole method for a 45 minute delivery period.
- ◆ Effectively coach for 45 minutes.
- ◆ Review session.

#### Assessment guidelines

Outcomes 4 and 5 may be assessed together. The plan will be assessed together with the review completed by the candidate and an assessor report (this can be an extended checklist with detailed assessor comments)

### Outcome 5

Use image recording to analyse a complex skill or tactic.

#### Knowledge and/or skills

- ◆ Use image recording.
- ◆ Devise and apply notational analysis for a sports skill or tactic.
- ◆ Skill/tactic breakdown.
- ◆ Fault correction.

#### Evidence Requirements

- ◆ Provide written/diagrammatic evidence for notational analysis for skill/tactic.
- ◆ Provide written/diagrammatic evidence for skill/tactic correction plan.

## Higher National Unit specification: support notes

**Unit title:** Improving Coaching in Sport

### Assessment guidelines

Outcomes 4 and 5 may be assessed together. The assessment should cover all aspects of the Outcomes — and will include the candidate's plans, their evaluation and an assessor report (may be included in a checklist) which gives detailed comment on the performance of the candidate.

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

The Unit forms part of a Group Award and is primarily designed to provide candidates with the Knowledge and Skills to coach mixed ability groups. This Unit provides the structure for other mandatory and optional Units and therefore it is recommended to deliver this Unit early in year two of an HND *Coaching and Developing Sport* Award.

Candidates will have the opportunity to develop more advanced skills in the own coaching ability and be better able to analyse and communicate with those they are coaching together with dealing with others involved in the process.

Candidates will be expected to be coaching in an appropriate environment with performers who are capable but who do have faults that can be corrected

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

**Outcome 1** covers safety and planning and the following knowledge and skills require to be covered:

- ◆ Risk Assessment:
  - five steps of Risk Assessment
  - three main areas (people, environment and equipment)
  - aspects relevant to sports accidents
  - prevention of possible sporting accidents
  
- ◆ Health and Safety at Work Act:
  - fire risk
  - accident and emergency procedures
  - responsibilities of employers
  
- ◆ Session Planning:
  - splitting groups into cognitive and associative performers
  - knowledge of sports progressive practices
  - coaching points relevant to different abilities

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

### Unit title: Improving Coaching in Sport

**Outcome 2** covers coaching a mixed ability group and the following knowledge and skills require to be covered:

- ◆ class management:
  - organising practice relevant to split group into abilities
  - ability to work with at least 2 ability groups in the same session
  - coach different practices to a mixed ability group
  
- ◆ appropriate practices:
  - coach progressive practices
  - direct safe practices for each ability group
  - match practices to the correct ability group
  
- ◆ feedback:
  - use open questioning with the use of words such as:
    - why, where, how, when, what, etc
  - Have relevant questions to the coaching points and practices coached
  - Wait and listen to the answers
  - Give a response to the answer to motivate the performer
  
- ◆ review:
  - knowledge to review safety aspects such as:
    - equipment selection
    - setting up of equipment
    - use of area
    - control of groups
    - first aid cover
    - warm up/cool down
  - ability split of class such areas as:
    - practices suitable for different abilities
    - balance of time
    - demonstration and explanation of practices
  - open questioning areas such as:
    - questions appropriate
    - asked at correct time
    - time allowed to find answer
    - feedback concluded

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

### Unit title: Improving Coaching in Sport

**Outcome 4** covers coaching a complex skill or tactic and the following Knowledge and Skills required to be covered:

- ◆ complex skill or tactic:
  - sporting skills or tactics that have three or four parts to their construction
  - match to associate performers
  - safe movements performed in a safe environment
  
- ◆ deliver a session on a complex skill or tactic:
  - coach part-part-whole method
  - understand whole-part-whole method
  - use visual aids to improve clarification of method and coaching points
  
- ◆ session review
  - knowledge to evaluate such aspects as:-
  - equipment selection
  - setting up of equipment
  - use of area
  - control of groups
  - first aid cover
  - warm up/cool down
  
- ◆ lesson format for:
  - part-part-whole method aspects covered well such as:
    - parts relevant to skill or tactic
    - progressive parts
    - safe practices
    - whole skill practiced and aspects to improve from the above

**Outcome 5** covers use video and analyse a skill and the following Knowledge and Skills require to be covered:

- ◆ use recording methods:
  - operate recording equipment
  - record sports movement from appropriate angle
  - playback recording and be able to pause at appropriate movements for feedback
  - identify faults through camera/playback system
  
- ◆ skill breakdown:
  - elements of a high quality performance
  - cognitive and associate elements to skill
  - knowledge from up-to-date coaching manuals or resources



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

**Unit title:** Improving Coaching in Sport

- ◆ devise and apply notational analysis for a sports skill:
  - understand different methods such as:
    - start to finish analysis
    - head to toe analysis
    - large muscles to smaller muscles analysis

### Open learning

This Unit is a Unit which is very practical in nature. It is hard to see therefore how many parts of the Unit could be delivered or assessed by this route to learning. Candidates are required to be assessed in action and that process makes this route hard to follow. This does not prevent centres from considering the route as long as additional safeguards, safety and support can be assured.

### 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

Candidates will have the opportunity to develop skills in *Information and Communication Technology (ICT)* They are required to make use of image recording for analysis purposes.

This Unit may also involve the Core Skill of *Numeracy* however this is dependent upon the method being used for Outcome 5 (Analysis).

Skills may be developed in *Problem Solving* as the analysis of performance is used to inform the next stage of performs development.

Skills may be developed in *Working with Others* as part of the learning experience although this is not directly assessed.

### 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

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## General information for candidates

### Unit title: Improving Coaching in Sport

You will be required to show the following knowledge and skills to achieve this Unit.

#### Outcomes 1 and 2

- ◆ Outcome 1:
  - contribute to safe coaching sessions.
- ◆ Outcome 2:
  - coach skills to a mixed ability group.

In Outcome 1 you will be assessed on the following:

- ◆ Risk Assessment and Health and Safety at Work Act (approximately 500 words) and devising a (45 minute) lesson plan for a mixed ability group.

In Outcome 2 you will be assessed on the following:

- ◆ class management, appropriate practices, open questioning feedback whilst coaching a 45 minute lesson to a mixed ability group.

A review of the lesson will be completed and assessed where you will identify aspects covered well and aspects requiring improvement.

#### Outcome 3

Identify and describe coaching styles.

You will be required to describe three different coaching styles and their application to sports coaching situations.

#### Outcomes 4 and 5

- ◆ Outcome 4:
  - coach a complex skill or tactic.
- ◆ Outcome 5
  - use image recording to analyse a complex skill or tactic.

In Outcome 4 you will be assessed on the following:

- ◆ devise a lesson plan using part-part-whole format for a 45 minute session
- ◆ deliver a coaching session for 45 minutes on a complex skill or tactic this will also include warm up/cool down and any conditioned activity

After the coaching session you will be assessed on your own review of the lesson, identifying aspects covered well and aspects requiring improvement.

## General information for candidates (cont)

**Unit title:** Improving Coaching in Sport

In Outcome 5 you will be assessed on the following:

- ◆ use of recording and playback:
  - for the skill you choose provide a 'Skill or Tactic Breakdown' and apply a notational analysis for two performers. After recording the results from the video you will provide 'Fault Correction' practices to improve the main areas of the skill or tactic that require improvement.