



Higher National Unit specification: general information

Unit title: Coaching of Sports Performance Development

Unit code: FX9N 35

Superclass: MA

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Unit purpose

This Unit is a progression from *Coaching of Sports: An Introduction*. The candidate will now specialise in one sport. The technical skills, coaching and knowledge are at a higher level than HNC and the student should be able to coach performers who are at a development level.

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

- 1 Demonstrate appropriate technical skills at a development level.
- 2 Present knowledge suitable for performers who are at a development level.
- 3 Plan, deliver and review sports sessions.

Recommended prior knowledge and skills

It is desirable that candidates have achieved the Unit *Coaching of Sports: an Introduction* and *Coaching Children*.

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

There are opportunities to develop the Core Skills of *Working with Others*, Oral Communication, *Problem Solving* and *Information and Communication Technology (ICT)*. *Numeracy* may also be developed 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.

Assessment

Outcomes 1 and 3 will be assessed separately but Outcome 2 may be integrated with Outcome 3.

Outcome 1 — Technical skills checklist

Outcome 2 — 15 minute presentation

Outcome 3 — 12 session plans for participation

Three assessor reviews of coaching sessions

12 reviews for coaching sessions

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 appropriate technical skills at a development level.

Knowledge and/or Skills

- ◆ Demonstrate technical skills consistently in an open context.
- ◆ Demonstrate technical skills consistently in a closed context.

Evidence Requirements

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

- ◆ demonstrate five technical skills consistently in an open situation where the skills are appropriate.
- ◆ present the above five technical skills as demonstrations, suitable for performers to clearly observe the skill, in a closed situation.

A checklist broken down into the main technical components will assess the five skills. This checklist will assess the candidate's performance and their demonstration ability.

Assessment Guidelines

This Outcome can be assessed practically or by video evidence with an appropriate checklist.

The demonstration can be enhanced by other methods:

- ◆ another performer
- ◆ video
- ◆ poster
- ◆ books.

The candidate must justify any of the above methods where used.

All candidates are not required to demonstrate the same five skills. More than five may be used but only five are assessed.

Higher National Unit specification: statement of standards (cont)

Unit title: Coaching of Sports Performance Development

Outcome 2

Present knowledge suitable for performers who are at a development level.

Knowledge and/or Skills

- ◆ Research suitable knowledge for the selected sport
- ◆ Present knowledge in a sports context

Evidence Requirements

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

- ◆ research and present knowledge to performers who are at a development level for a fifteen-minute period.

This will be assessed by a presentation checklist.

Assessment Guidelines

Outcome 2 may be assessed with Outcome 3 at the coaching stage.

The presentation should be given in a sporting environment, with suitable visual aids, to enhance the topic delivery. Exemplar material is available. This gives sample topics to illustrate the standard expected. Centres devising alternative assessments should ensure that these reflect the same level of demand.

Outcome 3

Plan, deliver and review sports sessions.

Knowledge and/or Skills

- ◆ Session Planning
- ◆ Session Delivery
- ◆ Session Review

Higher National Unit specification: statement of standards (cont)

Unit title: Coaching of Sports Performance Development

Evidence Requirements

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

- ◆ provide both recorded and practical evidence to demonstrate their competence on all aspects of the Knowledge and/or Skills. The Instrument of Assessment will be a practical exercise.
- ◆ plan, deliver and review 12 sessions for their selected sport. At least three sessions must be assessed by an appropriate assessor.

For assessment purposes the candidate should plan and deliver each session for a minimum duration of 45 minutes.

Assessment Guidelines

Outcome 2 can be assessed with Outcome 3, but additional time will be required. Assessors should attempt to carry out assessments in both contexts where this is possible. Where sessions need to be shorter than 45 minutes, centres may alter the time but ensure that the total time is not less than 9 hours.

Higher National Unit specification: support notes

Unit title: Coaching of Sports Performance Development

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 forms part of a Group Award and is primarily designed to provide candidates with the knowledge and skills to coach beginner and intermediate groups together. This Unit supports the candidate in the development of their skill and knowledge and underpins many of the competencies of Graded Unit 2

Guidance on the delivery and assessment of this Unit

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Outcome 1

This covers the technical skills required to coach performers at a development level. Examples on the type of skills are given below and should be assessed in an open or closed context.

Football — (Passive opposition):

- ◆ volley pass from throw in
- ◆ head from corner with opposition
- ◆ take penalty
- ◆ free kick past 3-man wall
- ◆ tackle from side

Tennis — (Medium pace):

- ◆ cross-court ground strokes
- ◆ down line ground strokes
- ◆ side spin in serve
- ◆ drop shot at net
- ◆ slice from baseline
- ◆ lob and smash

Kayaking — (Grade 2 water):

- ◆ forward ferry glide
- ◆ break in
- ◆ break out
- ◆ surf on small wave
- ◆ move in and out small stopper
- ◆ reverse ferry glide

Higher National Unit specification: support notes (cont)

Unit title: Coaching of Sports Performance Development

Outcome 2

This covers the presentation of a 15-minute talk in a sports environment. Using the three sports examples in Outcome 1, these are suggested talks for the group.

Football:

- ◆ tactical play, eg 4-2-4/3-5-2
- ◆ set play from corner/throw in
- ◆ different types of footwear

Tennis:

- ◆ tennis surfaces
- ◆ positioning for singles/doubles
- ◆ tennis racquets — string tensioning/construction

Kayaking:

- ◆ techniques to match water features
- ◆ different ways to learn to roll
- ◆ safety features of kayaks

Outcome 3

This covers the planning, delivery and review of sessions. The candidates should be able to coach different progressions and practices. A knowledge of coaching manuals and coaching practices is desirable for success in this Outcome. Video analysing can be fitted into coaching sessions to assist the coach/performers in fault identification.

Open learning

It may be possible to deliver and assess part of this Unit by an Open Learning route although it is difficult to envisage how this can be delivered or effectively assessed due to the practical nature of the assessments and the learning environment required.

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)*.

Higher National Unit specification: support notes (cont)

Unit title: Coaching of Sports Performance Development

Opportunities for developing Core Skills

Candidates will have the opportunity to develop Core Skills in *Working with Others* if the sessions are linked with those of colleagues.

The Unit does require candidates to communicate to those being coached and this will permit the development of skills in *Communication* — in particular, Oral Communication skills will need to be well developed for effective Communication and safety reasons. As candidates are required to review their own work, *Problem Solving* skills will be able to be developed. *ICT* skills may be utilised and developed in the research requirements of the Unit and *Numeracy* may also play a part although this will depend on the activity and skills being coached.

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

History of changes to Unit

Version	Description of change	Date

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General information for candidates

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During the period that you are working on this Unit, you will develop your own personal skills in the selected activity. These skills will be some of those that would be considered appropriate for a group who are performers at a development level of performance. You will need to be able to demonstrate skills which are technically correct in an environment which is closed — or controlled. The demonstrations will need to be competent and capable of being considered to be 'model' demonstrations of the skills. You will also need to show these skills in the context of the activity, ie in an 'open' environment which can of course add a variable element to the skills being demonstrated.

You are also required to research knowledge regarding the sport. The topic should be agreed with your tutor/assessor and you will be required to prepare a 15 minute presentation to a group of performers in order to deliver this knowledge.

You are also required to plan for 12 sessions of delivery of 45 minutes (to cover at least nine hours in total) of activity.

While it is expected that each session will naturally influence the session following, an outline structure will be presented and details for every session will be added as the work progresses. Your assessor will see three sessions at least and may use additional evidence (mentor, reports etc) to form a final judgement of your ability. Your assessor will also advise you as required and support your own learning.

You will therefore plan, deliver and review each of your sessions and keep all these details to be presented for your final assessment.