



Higher National Unit specification: general information

Unit title: Inclusive Sport Coaching

Unit code: FX9R 35

Superclass: MA

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Unit purpose

To develop the competences necessary to work with participants/clients with disability in a sport/physical activity environment.

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

- 1 Identify and describe the knowledge and skills required when working with client(s) in a specific sport.
- 2 Plan deliver and evaluate progressive sport/physical activity sessions for participants/clients with disabilities.
- 3 Describe the systems and agencies that support progressive inclusive sport coaching.

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:

- ◆ *Inclusive Sport Provision: An Introduction*
- ◆ *Conduct and Ethics for Sport and Fitness Practitioners*
- ◆ *Coaching Children*
- ◆ *Sports Coaching Theory and Practice*
- ◆ *Sports Development: An Introduction*

General information (cont)

Credit points and level

1 Higher National Unit credit at SCQF level 8: (8 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.*

Core Skills

There are opportunities to develop Core Skills in this Unit in *Problem Solving* and *Communication* and it may also be possible to develop skills in *Working with Others*.

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

Outcome 1 will be recorded evidence in the region of 1,000 words.

Outcome 2 will require that candidates work in a supervised capacity with client/s with a disability for a minimum of four sessions. Evidence of planning, delivering/assisting and evaluation must be provided along with a review of health and safety considerations for the area and group. Candidates are required to produce a portfolio/log containing all the above.

Outcome 3 will be recorded evidence in the region of 1,000 words.

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 and describe the knowledge and skills required when working with a participant/client(s) in a specific sport.

Knowledge and/or Skills

Specific knowledge and skills required when working with defined participants/clients with disabilities:

- ◆ adaptations if appropriate
- ◆ facilities
- ◆ preparation and planning
- ◆ delivery and coaching style
- ◆ equipment and resources
- ◆ coaching ratios
- ◆ health and safety

Evidence Requirements

Candidates will need to provide evidence to demonstrate their Knowledge and/or Skills by showing that they can provide recorded evidence in an appropriate format in the region of 1,000 words to cover all Knowledge and Skills listed

Assessment Guidelines

Outcome 1 may be assessed by a candidate report and may be supported by the use of case studies.

Higher National Unit specification: statement of standards (cont)

Unit title: Inclusive Sport Coaching

Outcome 2

Plan deliver and evaluate progressive sport/physical activity sessions for participants/clients with disabilities.

Knowledge and/or Skills

- ◆ Progressive session/activity preparation.
- ◆ Personal skills required to assist in the delivery of a sports programme.
- ◆ Observation and feedback.
- ◆ Application of Health, Safety and Security procedures
- ◆ Evaluations of four sessions/activities

Evidence Requirements

Candidates will need to provide evidence of four sessions which demonstrate their Knowledge and/or Skills. Evidence must be in the form of practical activities and recorded evidence, ie log book for at least four sessions.

Assessment Guidelines

The candidate will provide recorded evidence in the form of a log book showing that the candidate has achieved all of the section on Knowledge and/or Skills. Candidates will provide a written evaluation of their sport/physical activity session which relate to the stated aims and objectives.

The assessor will witness and evaluate at least one session in its entirety.

The assessor will take into account any additional mentor feedback.

Higher National Unit specification: statement of standards (cont)

Unit title: Inclusive Sport Coaching

Outcome 3

Describe the systems and agencies that support progressive inclusive sport coaching.

Knowledge and/or Skills

- ◆ Progression routes.
- ◆ National Governing Bodies.
- ◆ Rule and equipment modifications.
- ◆ Classification rules and systems.

Evidence Requirements

The candidate will provide recorded evidence in the form of an assignment of approximately 1,000 words showing that the candidate has identified and described all of the Knowledge and/or Skills section.

Assessment Guidelines

Recorded evidence will be required to show that all Skills and Knowledge are described that support inclusive sport coaching.

Higher National Unit specification: support notes

Unit title: Inclusive Sport Coaching

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

- ◆ Disability Types:
 - physical:
 - amputation
 - paraplegia
 - cerebral palsy
 - stroke
 - muscular dystrophy/muscular sclerosis
 - spina bifida
 - sensory:
 - visual impairment
 - hearing impairment
 - learning:
 - learning disability
 - dyslexia
 - dyspraxia
 - autism

Higher National Unit specification: support notes (cont)

Unit title: Inclusive Sport Coaching

◆ Sporting activity (list is not exhaustive):

- archery
- alpine Skiing
- athletics
- boccia
- bowling — 10 pin
- bowls— carpet and lawn
- cycling
- equestrian
- football five-a-side
- football seven-a-side
- football 11-a-side
- goalball
- gymnastics
- judo
- new age curling
- powerlifting
- petanque
- rowing
- rugby
- sailing
- snowboarding
- shooting
- swimming
- table tennis
- volleyball
- wheelchair basketball
- wheelchair dance sport
- wheelchair fencing
- wheelchair rugby
- wheelchair TT
- wheelchair tennis
- wheelchair curling

◆ Participant/Client Level:

- beginner — foundation level
- intermediate — participation level
- advanced — performance level
- elite — excellence level

Higher National Unit specification: support notes (cont)

Unit title: Inclusive Sport Coaching

Outcome 2

- ◆ Delivery is appropriate and relevant for participants/clients.
- ◆ Delivery is appropriate and relevant for activities.
- ◆ 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.
- ◆ Voice projection, pitch, tone, and movement within class.
- ◆ Appropriate eye contact.
- ◆ Sustains an enjoyable and caring approach.
- ◆ Names specific client group.
- ◆ Highlight organisational skills required for client group.
- ◆ Provide activity outline.
- ◆ Demonstrate appropriate clear concise communication methods
- ◆ Presentation of general appearance and dress is appropriate when carrying out activity session.
- ◆ Individual/group correction.
- ◆ Positive verbal feedback.
- ◆ Class feedback
- ◆ Self feedback/self reflection
- ◆ Progression is appropriate for participants/clients level of ability
- ◆ Content of sessions.

Outcome 3

- ◆ NGBs — Paralympic, Special Olympics, British Blind Sport, Cerebral Palsy International Sport and Recreation Association, Scottish Disability Sport, British Deaf Sport.
- ◆ Equipment modifications — classification rules and systems — see International Paralympic Committee (IPC) Special Olympics Sport Rules and divisioning systems.

Guidance on the delivery and assessment of this Unit

Outcome 1

May be assessed by a candidate report and may be supported by the use of case studies.

Outcome 2

May be assessed by recorded evidence this will require the candidate to show that all skills and knowledge are described that support inclusive sport coaching.

The candidate may record evidence in the form of a log book showing that the candidate has achieved all of the section on Knowledge and/or Skills. Candidates will provide a written evaluation of their sport/physical activity session which relate to the stated aims and objectives.

Higher National Unit specification: support notes (cont)

Unit title: Inclusive Sport Coaching

Outcome 3

The candidate will provide recorded evidence in the form of an assignment of approximately 1,000 words showing that the candidate has identified and described all of the Knowledge and/or Skills section.

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.

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 are opportunities to develop the Core Skills of *Communication, Numeracy, Information and Communication Technology, Working with Others* and *Problem Solving* in this Unit, however there is no automatic certification of Core Skills or Core Skills components.

Candidates will work together in groups to achieve the practical elements of the Unit. Written and verbal communication will be developed through delivering presentations.

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

Unit title: Inclusive Sport Coaching

The Unit develops the skills required when working with participants/clients with disability in a sporting/physical activity environment. It develops and enhances the competences necessary to work with participants/clients with a disability and how to assess these factors in a practical setting. Candidates should understand the various categories of disability which exist, ranging from Physical, Sensory and Learning. Specific sports should be identified for different participants/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, identify and describe the knowledge and skill required when working with a participant/client(s) with disabilities in a specific sport, plan deliver and evaluate progressive sport/physical activity sessions for participants/clients with disabilities, describe the system and agencies that support progressive inclusive sport coaching.

Assessment of Outcomes

Outcome 1

May be assessed by a candidate report and may be supported by the use of case studies.

Outcome 2

May be assessed by recorded evidence this will required the candidate to show that all skills and knowledge are described that support inclusive sport coaching.

The candidate may record evidence in the form of a log book showing that the candidate has achieved all of the section on Knowledge and/or Skills. Candidates will provide a written evaluation of their sport/physical activity session which relate to the stated aims and objectives.

Outcome 3

The candidate will provide recorded evidence in the form of an assignment of approximately 1,000 words showing that the candidate has identified and described all of the Knowledge and/or Skills section.