



Higher National Unit specification

General information

Unit title: Sports Fitness and Return to Participation Criteria
(SCQF level 7)

Unit code: H71V 34

Superclass: PB

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Version: 02

Unit purpose

This Unit is designed to provide the learner with the knowledge and skills relating to the assessment of sports specific fitness and return to participation criteria. On completion of this Unit, learners should be able to administer a battery of appropriate tests and procedures, and record the results. This Unit is aimed at learners wishing to work in a sports therapy industry setting.

Outcomes

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

- 1 Explain field and specific functional testing for sport.
- 2 Perform a battery of sports specific tests to assess fitness of a client returning from injury.
- 3 Apply 'return to participation' criteria.

Credit points and level

0.5 Higher National Unit credit at SCQF level 7: (4 SCQF credit points at SCQF level 7)

Recommended entry to the Unit

It would be advantageous for learners to have knowledge of subject areas such as screening and exercise programming as evidenced by HN Units *Health Screening and Exercise Principles and Programming* at level 7 or occupational equivalencies. Learners should possess good written and oral communication skills. Ultimately, entry is at the discretion of the centre.

Higher National Unit Specification: General information (cont)

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Core Skills

Achievement of this Unit gives automatic certification of the following:

Complete Core Skills	None
Core Skill component(s)	Critical Thinking at SCQF level 6

There are also opportunities to develop aspects of Core Skills which are highlighted in the Support Notes of this Unit Specification.

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.

The Assessment Support Pack (ASP) for this Unit provides assessment and marking guidelines that exemplify the national standard for achievement. It is a valid, reliable and practicable assessment. Centres wishing to develop their own assessments should refer to the ASP to ensure a comparable standard. A list of existing ASPs is available to download from SQA's website (<http://www.sqa.org.uk/sqa/46233.2769.html>).

Equality and inclusion

This Unit specification has been designed to ensure that there are no unnecessary barriers to learning or assessment. The individual needs of learners should be taken into account when planning learning experiences, selecting assessment methods or considering alternative evidence.

Further advice can be found on our website www.sqa.org.uk/assessmentarrangements.

Higher National Unit specification: Statement of standards

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Acceptable performance in this Unit will be the satisfactory achievement of the standards set out in this part of the Unit specification. All sections of the statement of standards are mandatory and cannot be altered without reference to SQA.

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. Learners 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

Explain field and specific functional testing for sport.

Knowledge and/or Skills

- ◆ Purpose of assessment
- ◆ Benefits of data collection
- ◆ Types of tests
- ◆ Selection of tests
- ◆ Sports Screening

Outcome 2

Perform a battery of sports specific field tests to assess fitness of a client returning from injury.

Knowledge and/or Skills

- ◆ Selection of tests
- ◆ Application of selected sports fitness tests
- ◆ Collation of data gained for test results

Outcome 3

Apply 'return to participation' criteria.

Knowledge and/or Skills

- ◆ Skill drills
- ◆ Understanding of the sport
- ◆ Psychological readiness

Higher National Unit specification: Statement of standards (cont)

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Evidence Requirements for this Unit

Learners will need to provide evidence to demonstrate their Knowledge and/or Skills across all Outcomes.

Outcome 1

Evidence for this Outcome will be gathered through a closed-book, restricted response question paper for all elements listed under Knowledge and Skills section.

Learners should explain the purpose, types and test criteria for a selection of tests, the benefits of data collection and the requirements for sports screening for competitive athletes.

Outcome 2

Performance evidence should be gathered from direct observation of the learner. An assessor checklist should be in evidence to record information. A logbook could then be presented which must include no less than six tests in relation to the chosen sport and injury.

The assessment will take the form of a practical assessment where the learner applies fitness tests and records all data gained. Where particular evidence cannot be covered through direct observation, additional evidence may be derived from:

- ◆ Simulation
- ◆ Supporting documentation in the form of client record/treatment cards
- ◆ Verbal or written answers to questions

Outcome 3

To achieve this Outcome, each learner will have to provide written/oral evidence to demonstrate their understanding of all aspects of the Knowledge and Skills section.

For a specified client, the learner must select a minimum of six sports specific return to sport skills or drills. An explanation of the relevance of the skills/drills to the sport, detailed instructions with accompanying protocols and norms where possible, order of skills/drills during session and any other organisational issues must be provided.

The learner will be required to produce evidence in the form of a session planning document relating to a specified client. Where particular evidence cannot be covered through direct observation, additional evidence may be derived from:

- ◆ Supporting documentation in the form of record cards
- ◆ Verbal or written answers to questions



Higher National Unit Support Notes

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Unit Support Notes are offered as guidance and are not mandatory.

While the exact time allocated to this Unit is at the discretion of the centre, the notional design length is 20 hours.

Guidance on the content and context for this Unit

This Unit should emphasise the importance of theoretical knowledge and practical skills in relation to specific functional field-based/return to sports fitness testing. Ideally the learner will work through the Unit, applying the principles and the knowledge gained and develop skills in organising testing sessions.

Outcome 1 requires the learner to demonstrate an understanding of:

- ◆ Purpose of assessment to include: sports specificity, ability to reproduce sports skills dynamically, check on integrity of mechanical healing, satisfy medical status for participation as detailed by NGBs.
- ◆ Benefits of data collation to include: check against personal or professional baseline information, confirm progress of client, check efficacy of treatment plans re injury history
- ◆ Types of tests may be: lab, field, functional, indoor, and outdoor.
- ◆ Selection of tests may be: standardisation, reliability, validity, objectivity, availability of sports specific norms
- ◆ Sports screening may be: PAR-Q, informed consent, full medical disclosure, fitness for travel, any personal hygiene, dental or foot related problems which may require attention prior to travel, NGB requirement re substance screening, weight control issues, lifestyle, skin care, immunisation.

Higher National Unit Support Notes (cont)

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Outcome 2 requires the learner to demonstrate an understanding of:

- ◆ The Sports Specific Injuries may be from the upper and lower extremities.
- ◆ Specific tests may be chosen from components of fitness in relation to the sport and injury.
- ◆ Endurance tests may include: Multi stage fitness test, Treadmill VO2 max test, Harvard Step Test, Queens College Step Test, Bruce Treadmill Test, Cunningham and Faulkner Test.
- ◆ Agility tests may be: Illinois Agility Test, T Drill Test, Lateral Change of Direction Test, Zig Zag Test, Hexagonal Obstacle Test.
- ◆ Mobility and Balance tests may be: Sit and Reach, Standing Stork Test, Static Flexibility Test, Trunk Flexion Test.
- ◆ Body Composition tests may be: Body Mass Index, Jackson and Pollock Skinfold Test, Strength tests may be: Sit up Test, Leg strength Test, Press-up Test, Dynamic Knee Extension Test.
- ◆ Speed and Power may be: 60 metre Speed Test, 300 yard Shuttle Test, Concept 2 Rowing Step Test, The Wingate Anaerobic 30 cycle Test.

Outcome 3 requires the learner to demonstrate an understanding of:

- ◆ The skills/drills required for a specific sport.
- ◆ Pre discharge assessment
- ◆ Post discharge assessment
- ◆ Pre match testing
- ◆ The understanding of the sport.

Guidance on approaches to delivery of this Unit

This Unit is a mandatory element of the HNC/HND Sports Therapy. Ideally it should be delivered in year one of the programme, after Health Screening and Exercise Principles and Programming.

Delivery of knowledge of Outcome 1 should take place in a classroom environment. Outcome 2 and 3 will consist of the student learning either in external or internal settings. Outcome 1 can be worked on through delivery of the Unit and learners be put forward for assessment at a suitable time on delivery. Learners will be encouraged to work in groups throughout the theory and practical side of the unit until they are fully prepared to be assessed.

Higher National Unit Support Notes (cont)

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Guidance on approaches to assessment of this Unit

Evidence can be generated using different types of assessment. The following are suggestions only. There may be other methods that would be more suitable to learners.

Centres are reminded that prior verification of centre-devised assessments would help to ensure that the national standard is being met. Where learners experience a range of assessment methods, this helps them to develop different skills that should be transferable to work or further and higher education.

Outcome 1 should be conducted in the form of a closed book assessment under supervised conditions.

Outcome 2 is primary a practical based Outcome where the learner will apply a series of functional tests using recognised test protocols where appropriate. A logbook, accompanied by an assessor observation checklist should be used to record evidence of the learners' ability to manage a minimum of six tests. Where appropriate, indoor and outdoor tests should be carried out.

Outcome 3 is assessed using a client case study format where return to activity and sports fitness for skill/drills are selected by the client. The learner will present an explanation of choice of tests in relation to the chosen injury and the understanding of the sport. This will be presented in a session planning document.

Opportunities for 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 social software. Centres which wish to use e-assessment must ensure that the national standard is applied to all learner evidence and that conditions of assessment as specified in the Evidence Requirements are met, regardless of the mode of gathering evidence. The most up-to-date guidance on the use of e-assessment to support SQA's qualifications is available at www.sqa.org.uk/e-assessment.

Opportunities for developing Core and other essential skills

This Unit has the Problem Solving component Critical Thinking embedded in it. This means that when the candidates achieve the Unit, their Core Skills profile will also be updated to show they have achieved Critical Thinking at SCQF level 6.

Learners completing this Unit will gain valuable skills in *Communication*, both written and verbal, through their learning and assessments.

Problem Solving will be developed during this Unit during work with clients and case studies.

History of changes to Unit

Version	Description of change	Date
02	Core Skills Components Critical Thinking at SCQF level 6 embedded.	03/06/14

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General information for learners

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This section will help you decide whether this is the Unit for you by explaining what the Unit is about, what you should know or be able to do before you start, what you will need to do during the Unit and opportunities for further learning and employment.

In order to pass this Unit you should provide evidence of the following Outcomes:

- 1 Explain field and functional testing for sport.
- 2 Perform a battery of sports specific field tests to assess fitness of a client returning from injury.
- 3 Apply 'return to participation' criteria.

Fitness testing and assessment is invaluable in terms of assessing the physical strengths and performance weaknesses of a client and their readiness to return to participation. In this Unit you will be introduced to the key features of a variety of tests and sports drills and the decision making processes required to structure a meaningful testing session. The Unit has a mix of theory and practical elements, and the production of working documents to a professional standard will be achieved during the assessment process.

Bibliography:

Franks B.D., and Howley E.T., (1998), *Fitness Leaders Handbook, Human Kinetics, USA.*

Heyward V.H., (1996), *Advanced Fitness Assessment and Exercise Prescription, Human Kinetics USA*

Strand, B.N., and Wilson, R., (1993), *Assessing sport skills. Human Kinetics, USA.*