National Unit Specification: general information

UNIT Sporting Activity Participation & Performance: Netball (SCQF level 5)

CODE F418 11

SUMMARY

This Unit is an optional Unit of the NC Sport and Fitness (SCQF level 5) award and has been designed to be undertaken as part of that award. It is also a mandatory Unit of the NPA Physical Activities award (SCQF level 5). However this Unit may also be studied as a stand-alone Unit.

This Unit is primarily practical based, where the candidate will be given the opportunity to participate and perform in a series of sessions within the sporting activity. The candidate will also be given the opportunity to understand the required skill related techniques of the sporting activity and the importance of appropriate sporting behaviour and attire in enhancing sporting activity participation and performance.

In addition to this, the candidate will also be given the opportunity to monitor and evaluate personal performance in the participated sporting activity and provide recommendations designed to enhance future personal performance in the sporting activity.

OUTCOMES

1 Explain technical skills and the importance of appropriate behaviour and attire in enhancing sporting activity participation and performance.
2 Participate and perform in the sporting activity sessions.
3 Monitor and evaluate progress of personal performance in the sporting activity.

RECOMMENDED ENTRY

Whilst entry is at the discretion of the centre, candidates would normally be expected to have an interest in sport and recreation.

Administrative Information

Superclass: MG

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National Unit Specification: general information (cont)

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CREDIT VALUE

1 credit at SQA level 5 (6 SCQF credit points at SCQF level 5*).

**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

This information will be provided by the NQ Product Team.

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.

OUTCOME 1

Explain technical skills and the importance of appropriate behaviour and attire in enhancing sporting activity participation and performance.

Performance Criteria

(a) Explain the main technical skills required for competent performance in the sporting activity.
(b) Explain the importance of appropriate behaviour in enhancing participation in sporting activity.
(c) Identify appropriate attire and explain their need for safe participation in the sporting activity.

OUTCOME 2

Participate and perform in the sporting activity sessions.

Performance Criteria

(a) Participate within the sporting activity sessions.
(b) Competently perform the main technical skills in the sporting activity.
(c) Consistently demonstrate appropriate behaviour throughout the sporting activity sessions.
(d) Consistently use appropriate attire throughout the sporting activity sessions.

OUTCOME 3

Monitor and evaluate progress of personal performance in the sporting activity.

Performance Criteria

(a) Identify the main techniques performed in the sporting activity sessions.
(b) Monitor and record progress of personal performance of techniques in the sporting activity sessions.
(c) Evaluate overall personal performance of the sporting activity sessions.
(d) Provide recommendations for enhancing future personal performance in the sporting activity.

EVIDENCE REQUIREMENTS FOR THIS UNIT

It is encouraged that a holistic approach is taken toward assessment of this Unit. Information generated in assessment for Outcome 1 will lend itself to assessment for Outcomes 2 and 3. It is also encouraged that elements of Outcomes 2 and 3 are delivered as an integrated assessment.

National Unit Specification: statement of standards (cont)

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OUTCOME 1

Evidence will be generated through open-book, restricted and/or short answer response questions that satisfy the following Performance Criterion:

- explain at least five main technical skills required for competent performance in the sporting activity
- identify at least four examples of appropriate behaviour during participation and explain the importance of each one in enhancing participation in the sporting activity
- identify at least three examples of appropriate attire for the sporting activity and briefly explain their need for safe participation

OUTCOME 2

Evidence will be generated by the candidate through practical performance evidence of a minimum of 20 hours participation within the sporting activity.

Evidence of following should be recorded:

- competent performance of five main technical skills relevant to the sporting activity
- safe and appropriate behaviour is demonstrated consistently over the sporting activity sessions
- attire appropriate to the sporting activity is utilised consistently over the sporting activity sessions

The tutor should generate candidate evidence by observation checklist.

OUTCOME 3

Evidence should be generated by a candidate logbook: The logbook will allow the candidate to monitor progress of all activity sessions participated, with regards to:

- performance of at least five relevant technical skills
- participation of safe and/or appropriate performance
- correct usage of attire
- evaluation of performance of technical skills and behaviour
- recommendations for performance enhancement in future sporting activity participation

A minimum of five sessions must be recorded within the logbook.

National Unit Specification: support notes

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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

The purpose of this Unit is to introduce the candidate to the fundamental skills and behaviours required within a sporting activity to perform at a degree of competence equivalent to the level of this Unit (Outcome 1), then apply this knowledge through practical application by participating in a series of sporting activity sessions (Outcome 2). The Unit is also designed to introduce the candidate to understanding how to monitor and record personal performance within sporting activity and provide recommendations designed to enhance future performance in the sporting activity (Outcome 3).

For Outcome 1, Performance Criteria (a); some examples of technical skills (from a selection of sporting activities) that candidates could explain (Outcome 1), perform (Outcome 2) and evaluate (Outcome 3) are:

- Badminton: Serve, Drop shot, Smash, Net shot, Overhead shot
- Curling: Pushing off from hack, Draw, Raise, Hit, Sweeping
- Football: Shooting, Passing, Dribbling, Heading, Crossing
- Golf: Chipping, Putting, Driving, Recovery Shots, Iron shots
- Netball: Pivoting, Shooting, Landing, Bounce pass, Over head pass
- Rugby: Catching, Passing, Kicking, Tackling, Evasion
- Sailing: Tacking, Jibing, Ropework, Rigging, Stopping
- Skiing: Using chairlifts, Gliding, Turning, Stopping, Fall recovery
- Swimming: Front crawl, Back crawl, Breast stroke, Diving, Tumble turn
- Volleyball: Serve, Block, Volley, Dig, Set

This list is not exhaustive.

With regards to Outcome 1, Performance Criteria (b) and Outcome 2 Performance Criteria (c) ‘Behaviour’ refers to conduct during performance of the sporting activity that enhances safe and ethical participation. The importance of fair and safe performance during sporting performance should be addressed. Examples of this could be:

- rule adherence
- following instructions designed to protect participant safety
- respecting officials, coaches and other participants
- controlling excessively aggressive behaviour (physical and/or verbal)
- correct usage of equipment
- refraining from horseplay

National Unit Specification: support notes (cont)

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- sportsmanship
- fair play
- inclusion
- teamwork (if applicable to the sporting activity)

This list is not exhaustive.

For Outcome 1, Performance Criteria (c) & Outcome 2 Performance Criteria (d); Attire refers to the clothing deemed appropriate and safe for the sporting activity.

- types of shoes/boots
- types of shorts/trousers
- types of t-shirts/tops/layers
- protective clothing/equipment
- helmets/headwear
- gloves
- swimwear
- outdoor wear
- waterproof clothing
- thermal clothing
- eyewear

This list is not exhaustive.

In terms of 'appropriate attire', examples of inappropriate attire could be as follows:

- clothing with inflammatory or offensive logos/words
- unlined light coloured football shorts in a public swimming area
- fashion based/revealing garments of clothing
- footwear with marking soles

This list is not exhaustive and acts purely as guidance.

In terms of 'safe attire' Examples of unsafe attire could be as follows:

- worn or defective clothing and footwear
- ill-fitting clothing
- clothing or footwear not designed for the sporting activity
- jewellery
- clothing/footwear not worn/secured properly

Again, this list is not exhaustive and acts purely as guidance.

National Unit Specification: support notes (cont)

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Outcome 3

With regards to evaluation and recommendations of personal performance in Outcome 3; this should cover not only technical skills, but also the candidate's ability to participate in a fair and safe manner. The candidate should use information gained in Outcome 1 to accurately monitor and evaluate their personal performance in the sporting activity. However, the candidate should also seek feedback from the tutor with regards to their performance and progress during the session.

GUIDANCE ON LEARNING AND TEACHING APPROACHES FOR THIS UNIT

It would be beneficial to deliver the Outcomes in sequence, due to the nature of the content and progression of the Outcomes. Information gained in elements of Outcomes 1 will aid the candidate towards successful completion of Outcomes 2 and 3.

With regards to 'competent performance' in Outcome 2; It is strongly encouraged that the tutor is suitably knowledgeable and/or qualified not only in the sporting activity, but also in understanding academic requirements and that they are able to make a professional judgement as to whether the candidate can performance technical skills at a competency equivalent to the Unit level requirements.

Candidates should be provided with accurate and appropriate feedback that is relevant to their performance. Regular participation opportunities should be provided in order to develop technical skills and performance behaviour.

In order to accommodate unique/individual centres approaches that may be used for delivery of this Unit and taking into account the time and access considerations that many sporting activities may pose, Evidence Requirements for practical assessment in Outcome 2 are based upon hours, rather than sessions. However it is strongly encouraged that no less than five sporting activity sessions are conducted in order to ensure candidates have to opportunity to monitor and develop performance.

In Outcome 2, a variety of methods for recording information about performance may be included by the tutor in the practical opportunities offered to candidates. This could range from observation checklist to video/digital recording. This could not only assist the candidate in the evaluation and recommendations criteria Outcome 3 of this Unit, but may also offer opportunities for integration with criteria within Outcome 3 of the NQ level 5 Unit F40K 11 *Sports Mechanics: An Introduction.*

OPPORTUNITIES FOR CORE SKILL DEVELOPMENT

There maybe opportunities for Core Skill development within this Unit. The nature of this Unit can allow the candidate to develop Core Skill *Communication* with regards to the centre asking candidates to explain (Outcome 1) and evaluate (Outcome 3) the criterion within the Outcomes of this Unit. This could further also allow the candidate to develop *IT* skills by utilising computer software for presenting information.

National Unit Specification: support notes (cont)

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Further opportunities may arise for candidates to develop elements of Core Skill *Working with Others* by being involved in practical sporting activities which require teamwork with other candidates. Also the candidate will be required to work with the tutor in order to gain feedback with regards to practical personal performance.

Numeracy skills are very limited due to the specific subject matter in this Unit.

However, elements of Core Skill *Problem solving* may be developed in Outcomes 2 and 3 due to candidate being required to learn and perform complex technical skills and analyse performance to identify improvement in future performances. The candidate will also be required to provide valid recommendations based on this analysis and give descriptions supported by evidence (Outcome 3).

GUIDANCE ON APPROACHES TO ASSESSMENT FOR THIS UNIT

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 communications 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).*

Given that this Unit is practically based, candidate evidence should be generated through practical performance evidence, a minimum of 20 hours participation within the sporting activity. It is at the discretion of the centre as to how many hours are dedicated towards practical activity. It is however recommended that it should not exceed 30 hours in order to allow candidates time to complete other non practical assessments.

It is strongly encouraged that no less than five sporting activity sessions are conducted in order to ensure candidates have opportunity to monitor and develop performance. Delivery centres are encouraged to take into account factors such as; the type of activity, ease of access to facility, location and semester lengths, in determining the number of sessions delivered and the hours dedicated to each session.

Candidates should demonstrate their competence in practical situations, and in order that candidate development can occur, they should be assessed for overall competence towards completion of the practical activity sessions. However, feedback should be given to the candidate at regular periods within the practical sessions in order to assist the candidate in accurately monitoring and evaluating personal performance in assessment for Outcome 3.

Opportunities for re-assessment should be made available throughout this Unit.

The tutor is encouraged to adopt an integrated approach to assessment in the Unit.

National Unit Specification: support notes (cont)

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CANDIDATES WITH DISABILITIES AND/OR ADDITIONAL SUPPORT NEEDS

The additional support needs of individual candidates should be taken into account when planning learning experiences, selecting assessment instruments, or considering alternative Outcomes for Units. Further advice can be found in the SQA document *Guidance on Assessment Arrangements for Candidates with Disabilities and/or Additional Support Needs* **(www.sqa.org.uk)**.