



National Unit Specification: general information

UNIT Individual Performance in Sport: Codes of Conduct
(SCQF level 6)

CODE F79C 12

SUMMARY

The purpose of this Unit is to introduce the candidate to the relevant codes of conduct, laws/rules of the sport and associated health and safety processes and procedures.

The Unit will introduce candidates to the processes which will underpin the safe and effective development of their individual performance within the context of practical, theoretical and analytical environments.

This Unit when integrated with the Units *Individual Performance in Sport: Analysis and Evaluation* and *Individual Performance in Sport: Codes of Conduct*, forms the Course leading to the NPA Achieving Excellence in Sport.

OUTCOMES

- 1 State, describe and apply knowledge of the Code of Conduct, and laws/rules of the selected sport.
- 2 Describe relevant health and safety procedures and processes.

RECOMMENDED ENTRY

Entry to this Unit is at the discretion of the centre but it is recommended that candidates who apply for this Course should have a letter of recommendation from their club or PE dept.

Candidates must have shown potential to further develop as a player or athlete. It is expected that candidates will be regular participants in their chosen sport at a competitive level.

Administrative Information

Superclass: MA

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National Unit Specification: general information (cont)

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(SCQF level 6)

CREDIT VALUE

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

**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 is no automatic certification of Core Skill components in this Unit.

Opportunities for developing aspects of Core Skills are highlighted in Learning and Teaching Approaches for this Unit.

National Unit Specification: statement of standards

UNIT Individual Performance in Sport: Codes of Conduct (SCQF level 6)

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

State, describe and apply knowledge of the Code of Conduct, and laws/rules of the selected sport.

Performance Criteria

- (a) Explain the relevant Governing Body Code of Conduct.
- (b) Through individual performance, demonstrate understanding and application of laws/rules of the selected sport.

OUTCOME 2

Describe relevant health and safety procedures and processes.

Performance Criteria

- (a) Complete risk assessments relating to environments, facilities and resources.
- (b) Describe appropriate emergency and accident reporting procedures.

EVIDENCE REQUIREMENTS FOR THIS UNIT

Evidence is required to demonstrate that candidates meet the requirements of all Outcomes and Performance Criteria.

Laws/Rules of the sport should be interpreted in line with the SGB/NGB requirements for the activity.

Outcomes should be assessed in a holistic manner with candidates gathering evidence at required intervals throughout the completion of the Course. It is expected that much of the evidence will arise from the candidate's participation in the practical practice and game/event environments. This will be supplemented by a review of theoretical sessions. Additional questions may be used if appropriate.

Candidates should keep a log throughout the season which details practical application of the Outcome requirements, and contains examples of uses of Code of Conduct, laws and rules for the sport. Evidence must be collected from a range of sources to enable an overall assessment to be made.

Candidates will be required to provide records of planning, evaluations and feedback including remedial actions where applicable.

The planned evaluation and assessment programme should allow evidence to be collected as the candidates' progress their development and performance.

National Unit Specification: statement of standards (cont)

UNIT Individual Performance in Sport: Codes of Conduct (SCQF level 6)

Outcome 1

The candidate will be required to demonstrate through written and/or oral evidence their knowledge and understanding of the relevant Code of Conduct for their appropriate sport. Evidence should be gathered over a period of time which would cover a season for the chosen sport. This should be assessed by written or oral questions and at least two case studies which showcase different elements of the Code of Conduct for the selected sport. Candidates would be expected to explain where the code is applied, together with a clear understanding of why this is the case.

This should be supplemented with naturally occurring evidence from candidate performance throughout the season. The assessor may also make use of additional questions and these together with the candidate's response should be noted.

Outcome 2

The candidate will be required to demonstrate (in the context of their chosen sport), written and/or oral evidence of their knowledge and understanding of the health, safety, and emergency requirements relevant to participation environments. This must include both practice/training environments and competition stages. At least two risk assessments are required, one for the training environment and one for the competitive environment.

National Unit Specification: support notes

UNIT Individual Performance in Sport: Codes of Conduct (SCQF level 6)

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 Unit will be delivered in the same sports context as *Individual Performance in Sport* and *Individual Performance in Sport: Analysis and Evaluation*.

The candidate should follow NGB/SGB guidelines and these will vary from sport to sport. This will include any age related regulations or requirements. Candidates will at this stage not always be in direct or immediate contact with the assessor but some form of contact or mentoring is required for support, and to advance the competence of the candidate.

Examples of evidence collected may include:

- ◆ Recorded — Diary/ log-book
- ◆ Q/A – Checklist
- ◆ Observation — recorded notes
- ◆ Visual

Note that this is not an exhaustive list.

For Outcome 1 the Code of Conduct is likely to include the following although this is not an exhaustive list:

Codes of conduct for participants — Scottish/National Governing Bodies and/or World governing Bodies. The term regarding Laws/Rules is to be interpreted in line with SGB/NGB requirements.

For Outcome 2 the following content is likely to be included although this is not an exhaustive list:

Risk Management — five steps

- ◆ Look for the Hazard
- ◆ Decide who might be harmed and how
- ◆ Evaluate the risk and decide whether the existing precautions are satisfactory or whether further action should be taken
- ◆ Record the findings
- ◆ Review the assessment and revise guidelines if it is necessary

The content should at all times follow current best practice and relevant legal requirements.

National Unit Specification: support notes (cont)

UNIT Individual Performance in Sport: Codes of Conduct (SCQF level 6)

GUIDANCE ON LEARNING AND TEACHING APPROACHES FOR THIS UNIT

The candidates are expected to gain experience and improve their competence through developing their understanding and implementation of a Code of Conduct both in terms of theory and practice. This will include using case studies, individual experiences, and where appropriate working along with others in Unit or team/group situations.

Candidates will wherever possible, be encouraged to take responsibility for their own learning (with tutor support and guidance) over the period of the Course.

This Unit is largely practical in nature. Candidates will be expected to be very regular participants in their chosen sport, and be taking part at a competitive level. It is expected that candidates will keep a record of their ongoing performance and any actions that are taken through their individual analysis of those performances. Candidates may also utilise additional data from other sources and this may include:

- ◆ Recognised risk situations
- ◆ Development of strategy for managing risk
- ◆ Feedback
- ◆ Personal reflection
- ◆ Use of DVD/video

Note that this list is not exhaustive.

Tutors may wish to consider some of the following methods of support but note that the list is NOT exhaustive.

- ◆ Attempt to make this section as practical as possible and encourage use of questioning whilst in the sports specific environment
- ◆ Use of visits to functioning sport centres for generic risk assessments
- ◆ Visits to sports specific centres for advanced risk assessments
- ◆ Use of guest speakers

OPPORTUNITIES FOR CORE SKILL DEVELOPMENT

There will be many opportunities to develop good skills in Oral Communication as the Unit is undertaken. Candidates will be made aware of the importance of active listening and observation skills in order to relate and respond to others in the most effective way. Through understanding and responding to their physical, cultural and emotional needs participants will evolve adaptive language and non-verbal communication techniques in order to progress effective communication. Candidates will be expected to use vocabulary and style which is relevant and meets the needs of all involved and to respond confidently to questions from both participants and the assessor.

National Unit Specification: support notes (cont)

UNIT Individual Performance in Sport: Codes of Conduct (SCQF level 6)

Candidates will develop skills in *Problem Solving* and *Working with Others* as they plan activities and effectively negotiate goals and targets. They will need to consider all resources and take account of their own strengths and weaknesses. Identifying and examining areas of potential improvement, and using working methods consistent with available resources they should be able to demonstrate and explain practical tasks to others. They will review and evaluate the overall success of the appropriate sessions, including the way in which they fulfilled their own responsibilities in tasks undertaken.

Candidates have to carry out numerical calculations and measurements involving physiological and environmental data and check procedures to ensure accuracy. Reading and recording relevant statistical and graphic data, checked for accuracy, will encourage the development of skills in *Numeracy*.

GUIDANCE ON APPROACHES TO ASSESSMENT FOR THIS UNIT

Candidates must be assessed whilst participating in the different elements of the Course content on more than one occasion. That together with the assessor's observation report will establish the competence of the candidate.

The assessor report on the candidate performance, together with the diary/log and written or oral responses will cover ALL PCs in all Outcomes. This may be in the form of:

- ◆ restricted response questions — closed-book test — for laws/rules of sport.
- ◆ oral questioning by tutor on laws/rules – recorded by a checklist or other method.
- ◆ short answer written response — codes of conduct, eg give the candidate a question paper detailing varying scenarios. The candidate would have to explain their action and further justify why they chose that Course of action. Consider their moral reasoning.

The evidence for candidates in terms of risk assessment should cover all relevant participation arenas, eg training and competition environments – an example could be strength training in a gym environment and taking part in a competitive event.

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)*.

National Unit Specification: support notes (cont)

UNIT Individual Performance in Sport: Codes of Conduct
(SCQF level 6)

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