

SKAD481 (SQA Unit Code - FG6L 04)

Analyse participants' current and potential performance, needs and aspirations



Overview

This standard is about working with participants to analyse current and potential performance, needs and aspirations.

Coaches must also take account of guidelines from national governing bodies and their own prior experience when planning programmes and sessions.

The standard is divided into three parts. The first part describes the two things you have to do. These are:

1. establish key performance factors and participants needs
2. involve participants in planning and analysis

The second part covers the knowledge and understanding you must have. Please note: this is expanded further in a separate document, 'Knowledge and Understanding Specification for Level 3 Sports Coaching'.

The third part lists the key assumptions that underpin competent coaching. You must study these and make sure you put them into practice.

This standard is for coaches who plan, manage, implement and review coaching programmes.

SKAD481 (SQA Unit Code - FG6L 04)

Analyse participants' current and potential performance, needs and aspirations

Performance criteria

You must be able to:

Establish key performance factors and participant needs

- P1 use appropriate methods of initial assessment to collect information relevant to the participants
- P2 record information in a way that will assist analysis
- P3 analyse information and identify key performance factors and participant needs
- P4 refer any participant whose needs and potential you cannot meet to a competent person or agency

You must be able to:

Involve participants in planning and analysis

- P5 share your analysis with the participants
- P6 assist them to understand the process and outcomes
- P7 enable constructive feedback in a way that meets participant needs
- P8 take account of feedback identify any barriers to participants achieving their potential
- P9 prioritise performance factors in a way that will optimise performance

SKAD481 (SQA Unit Code - FG6L 04)

Analyse participants' current and potential performance, needs and aspirations

Knowledge and understanding

You need to know and understand:

- K1 the role of the coach
- K2 the coaching process
- K3 evaluation, self-reflection and reflecting on feedback
- K4 skill development
- K5 physical conditioning
- K6 mental skills
- K7 participant lifestyle
- K8 nutritional advice
- K9 stages of development
- K10 learning styles and theories
- K11 inclusive and equitable practice
- K12 health, safety and welfare
- K13 behaviour management
- K14 planning and periodisation
- K15 performance evaluation in competition
- K16 managing the contributions of other staff

SKAD481 (SQA Unit Code - FG6L 04)

Analyse participants' current and potential performance, needs and aspirations

Additional Information

Scope/range related to performance criteria

1. **methods of initial assessment**
 - 1.1. interview
 - 1.2. observation
 - 1.3. participant profile
 - 1.4. reviewing inputs from others

2. **information**
 - 2.1. previous training programmes
 - 2.2. level of development
 - 2.3. lifestyle
 - 2.4. medical
 - 2.5. aspirations and goals
 - 2.6. participants
 - 2.7. individuals
 - 2.8. groups
 - 2.9. people with particular needs as defined by the technical definition for the sport

3. **participants**
 - 3.1. individuals
 - 3.2. groups
 - 3.3. people with particular needs as defined by the technical definition for the sport

Behaviours

The following key assumptions underpin the coaching process and will help coaching to have its intended impact on the participants:

1. The participant must be at the centre of the process; when coaching, the coach should support, co-ordinate and manage the process effectively always starting with the identification and recognition of the participant's needs and should aim to address those needs via their coaching

2. Coaches should aim to empower participants, supporting their right to make choices, discover their own solutions, and enable them to participate and develop at their own pace and in their own way within the confines of the environment

3. Coaches should provide opportunities and an environment that motivates, controls risk, engenders challenge, enjoyment and above all

SKAD481 (SQA Unit Code - FG6L 04)

Analyse participants' current and potential performance, needs and aspirations

achievement

4. Coaches should aim to grow participant's confidence and self esteem
5. Coaches should reflect on their own practice and always look for ways to improve their coaching ability

SKAD481 (SQA Unit Code - FG6L 04)

Analyse participants' current and potential performance, needs and aspirations

Developed by SkillsActive

Version number 1

Date approved April 2010

Indicative review date April 2015

Validity Current

Status Original

Originating organisation SkillsActive

Original URN SA44ND481

Relevant occupations Associate Professionals and Technical Occupations; Leisure, travel and tourism; Sport, leisure and recreation; Sports and Fitness Occupations

Suite Sports Coaching Level 3

Key words analyse, participant, current, potential, performance, need, aspiration