

Higher National Unit Specification

General information for centres

Unit title: Improving Coaching in Sport

Unit code: DD2M 35

Unit purpose: This Unit covers the main areas involved in coaching complex skills, analysis of complex skills and improving skills for beginner and intermediate performers. The unit introduces the candidate to researching and critically analysing methods suitable for coaching and applying them to practical sporting situations.

On completion of this Unit, the candidate will be able to:

1. Contribute to safe organised coaching sessions.
2. Coach skills to a mixed ability group.
3. Identify and describe coaching styles.
4. Coach a complex skill or tactic.
5. Use image recording method(s) to analyse a complex skill or tactic.

Credit value: 2 HN Credits at SCQF level 8: (16 SCOTCAT credit points at SCQF level 8*)

**SCOTCAT 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 SCOTCAT points at an SCQF level. There are 12 SCQF levels, ranging from Access 1 to doctorates.*

Recommended prior knowledge and skills: It is expected that candidates will have successfully completed HN Unit 'Sports Coaching Theory and Practice' at SCQF Level 7 and also the Integrative Assessment from the HNC award.

Core skills: There may be opportunities to gather evidence towards core skills in this Unit, although there is no automatic certification of core skills or core skills components.

Context for delivery: This Unit is part of a group award and is one mandatory unit leading to the Sports Coaching with Development of Sport: Integrative Assessment 1 (DD4C 35). This Unit is included in the Framework for HNC/D Sports Coaching with Development of Sport.

Assessment: There is potential for the integration of assessment of the outcomes of this unit.

Outcomes 1 and 2 could be assessed together.

Outcome 3 could be assessed separately.

Outcomes 4 and 5 could be assessed together.

General information for centres (cont)

Unit title: Improving Coaching in Sport

Centres may however make their own decisions regarding production of evidence for each outcome.

Exemplar instruments of assessment have been produced to indicate the national standard of achievement required at SCQF Level 8.

Higher National Unit specification: statement of standards

Unit title: Improving Coaching in Sport

Unit code: DD2M 35

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

Contribute to safe organised coaching sessions.

Knowledge and/or skills

- Risk assessment
- Health and Safety at Work Act.
- Session planning for mixed ability group

Evidence requirements

Working in small groups (maximum of 5):-

- (a) Complete a risk assessment procedure for a sport.
- (b) Produce a safety leaflet based on risk assessment and health and safety issues (500 words or equivalent)

Individually:-

Complete a 30 minute lesson plan for a mixed ability group in one sport.

Assessment guidelines

Outcome 1 and 2 could be assessed together.

Risk assessment and safety leaflet may be completed as an assignment. Lesson plan may be completed in the centre with the aid of reference materials.

Working in small groups (maximum of 5):-

Higher National Unit specification: statement of standards (cont)

Unit title: Improving Coaching in Sport

- Analyse the task of (a) completing Risk Assessment and (b) producing a safety leaflet for a selected sport and venue. The group will allocate roles and delegate tasks equally.
- A record of the individual's strengths and weaknesses regarding the task will be recorded.
- The group will meet at least 3 times to co-operate and discuss progress. They will all contribute to group decisions; minutes will be kept of the meetings. One meeting will include Risk Assessment of sports venue.

Working individually:-

Produce a 30 minute session plan to meet National Governing Body requirements for the selected activity.

While candidates may work together to complete parts of the tasks, each candidate will produce an individual submission. This submission will include a personal evaluation of their contribution to the group task.

Outcome 2

Coach skills to a mixed ability group.

Knowledge and/or skills

- Class management
- Appropriate practices
- Feedback
- Evaluation

Evidence requirements

Effectively coach a mixed ability group for 30 minutes.

Open questioning should provide five questions that produce significant feedback from the mixed ability participants.

Complete a written or oral session evaluation, taking account of feedback from participants.

Assessment guidelines

Outcome 1 and 2 may best be addressed by the integration of assessments. Outcome 1 refers to the development and planning of sessions while Outcome 2 is the delivery and evaluating stages of the session.

Higher National Unit specification: statement of standards (cont)

Unit title: Improving Coaching in Sport

Outcome 3

Identify and describe coaching styles.

Knowledge and/or skills

- Coaching styles
- Application of coaching styles

Evidence requirements

To achieve this outcome the candidate will produce written evidence to describe three coaching styles. For each coaching style a submission of 300 words must include details of how the coaching style would be applied. The instrument of assessment will be an extended response conducted under supervision.

Assessment guidelines

Candidates should produce accurate written responses that clearly demonstrate their understanding of coaching styles and their application.

Outcome 4

Coach a complex skill or tactic.

Knowledge and/or skills

- Define complex skill or tactic
- Deliver a session on a complex skill or tactic
- Session evaluation

Evidence requirements

Prepare a session plan using the part-part-whole method for a 40 minute delivery period.
Effectively coach for 40 minutes.
Evaluate session.

Assessment guidelines

Outcome 4 and 5 may be assessed together.

Higher National Unit specification: statement of standards (cont)

Unit title: Improving Coaching in Sport

Outcome 5

Use image recording method(s) to analyse a complex skill or tactic.

Knowledge and/or skills

- Use image recording methods
- Devise and apply notational analysis for a sports skill or tactic
- Skill/tactic breakdown
- Fault correction

Evidence requirements

Provide written/diagrammatic evidence for notational analysis for skill/tactic.

Provide written/diagrammatic evidence for skill/tactic correction plan.

Assessment guidelines

Outcome 4 and 5 may be assessed together.

Administrative Information

Unit code: Improving Coaching in Sport

Unit title: DD2M 35

Superclass category: MA

Date of publication: August 2003

Version: 01

Source: SQA

© Scottish Qualifications Authority 2003

This publication may be reproduced in whole or in part for educational purposes provided that no profit is derived from reproduction and that, if reproduced in part, the source is acknowledged.

Additional copies of this Unit specification can be purchased from the Scottish Qualifications Authority. The cost for each Unit specification is £2.50. (A handling charge of £1.95 will apply to all orders for priced items.)

Higher National Unit specification: support notes

Unit title: Improving Coaching in Sport

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 80 hours.

The student will be required to show the following knowledge and skills to achieve this unit.

Outcomes 1 & 2

- O1 Contribute to safe organised coaching sessions.
- O2 Coach skills to a mixed ability group

In Outcome 1 you will be assessed on the following:

Risk Assessment and Health and Safety at Work Act (500 words) and devising a (30 minute) lesson plan for a mixed ability group.

In Outcome 2 you will be assessed on the following:

Class management, appropriate practices, open questioning feedback whilst coaching a 30 minute lesson to a mixed ability group.

An evaluation of the lesson will be completed and assessed where you will identify aspects covered well and aspects requiring improvement.

Outcome 3

Identify and describe coaching styles. You will be assessed on the following: write about three different coaching styles and their application to sports coaching situations.

Outcomes 4 & 5

- O4 Coach a complex skills or tactic
- O5 Use image recording method(s) to analyse a complex skill or tactic.

In Outcome 4 you will be assessed on the following:

Devise a lesson plan using part-part-whole format for a 40 minute session.

Deliver a coaching session for 40 minutes on a complex skill or tactic this will also include warm up/cool down and any conditioned game.

Higher National Unit specification: support notes (cont)

Unit title: Improving Coaching in Sport

After the coaching session you will be assessed on your evaluation of the lesson identifying aspects covered well and aspects requiring improvement. In Outcome 5 you will be assessed on the following:

Use of recording and playback. For the skill you choose provide a “Skill or Tactic Breakdown” and apply a notational analysis for two performers. After recording the results from the video you will provide “Fault Correction” practices to improve the main areas of the skill or tactic that require improvement.

Guidance on the content and context for this Unit

The unit forms part of a group award and is primarily designed to provide candidates with the knowledge and skills to coach mixed ability groups. This Unit provides the structure for other mandatory and optional units and therefore it is recommended to deliver this Unit early in year two of an HND Sports Coaching Award.

Outcome 1 covers safety and planning and the following knowledge and skills require to be covered:

Risk Assessment:

5 steps of Risk Assessment
Three main areas (people, environment and equipment)
Aspects relevant to Sports Accidents
Prevention of possible Sporting Accidents

Health and Safety at Work Act

Fire Risk
Accident and Emergency Procedures
Responsibilities of Employers

Session Planning

Splitting groups into cognitive and associative performers
Knowledge of sports progressive practices
Coaching points relevant to different abilities

Outcome 2 covers coaching a mixed ability group and the following knowledge and skills require to be covered:

Higher National Unit specification: support notes (cont)

Unit title: Improving Coaching in Sport

Class Management

Organising practice relevant to split group into abilities.
Ability to work with at least 2 ability groups in the same session.
Coach different practices to a mixed ability group.

Appropriate Practices

Coach progressive practices.
Direct safe practices for each ability group.
Match practices to the correct ability group.

Feedback

Use open questioning with the use of words such as:

Why, Where, How, When, What, etc

Have relevant questions to the coaching points and practices coached
Wait and listen to the answers
Give a response to the answer to motivate the performer

Evaluation:

Knowledge to evaluate Safety Aspects such as:

Equipment selection
Setting up of equipment
Use of area
Control of groups
First aid cover
Warm up/cool down

Ability Split of Class such areas as:

Practices suitable for different abilities
Balance of time
Demonstration and explanation of practices

Open Questioning areas such as:

Questions appropriate
Asked at correct time
Time allowed to find answer

Higher National Unit specification: support notes (cont)

Unit title: Improving Coaching in Sport

Feedback concluded

Outcome 4 covers coaching a complex skill or tactic and the following knowledge and skills required to be covered:

Complex Skill or Tactic:

Sporting skills or tactics that have three or four parts to their construction

Match to associate performers

Safe movements performed in a safe environment

Deliver a Session on a Complex Skill or Tactic:

Coach part-part-whole method

Understand whole-part-whole method

Use visual aids to improve clarification of method and coaching points

Session Evaluation

Knowledge to evaluate Safety Aspects such as:

Equipment selection

Setting up of equipment

Use of area

Control of groups

First aid cover

Warm up/cool down

Lesson format for:

Part-part-whole method aspects covered well such as:

Parts relevant to skill or tactic

Progressive parts

Safe practices

Whole skill practiced and aspects to improve from the above

Outcome 5 covers use video and analyse a skill and the following knowledge and skills required to be covered:

Higher National Unit specification: support notes (cont)

Unit title: Improving Coaching in Sport

1 Use recording methods:

- Operate recording equipment
- Record sports movement from appropriate angle
- Playback recording and be able to pause at appropriate movements for feedback
- Identify faults through camera/playback system

2 Skill Breakdown:

- Elements of a high quality performance
- Beginner and intermediate elements to skill
- Knowledge from up to date coaching manuals or resources

3 Devise and apply Notational Analysis for a sports skill:

Understand different methods such as:

- Start to finish analysis
- Head to toe analysis
- Large muscles to smaller muscles analysis

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. For further information on Open and Distance Learning please refer to the SQA publication, Assessment and Quality Assurance of Open and Distance Learning (SQA2000).

Special needs

This Unit specification is intended to ensure that there are no artificial barriers to learning or assessment. Special needs of individual candidates should be taken into account when planning learning experiences, selecting assessment instruments or considering special alternative Outcomes for Units. For information on these, please refer to the SQA document *Guidance on Special Assessment Arrangements* (SQA, 2001).

General information for candidates

Unit title: Improving Coaching in Sport

BIBLIOGRAPHY

Useful bibliography for outcomes 1 and 2 is:

Five Steps for Risk Assessment – Health and Safety Executive

(http://www.open.gov.uk/hse/pubns/indg_163.htm)

Health and Safety at Work Bulletin Issue 3 (Feb 1993) Risk Assessment

Health and Safety at Work Act 1974 (Chapter 37)

Principles of Health and Safety at Work (1993) IOSH Publishing Ltd

Acquiring Skill in Sport – B Sharp/Sports Dynamics (1992)

Useful bibliography for outcome 3 is:

Skiing Out of Your Mind – Loudis, Lobitz & Singer/Springfield Books Ltd (1988)

The Inner Game of Tennis – W Timothy Gallwey/Pan Books Ltd (1986)

Applying Psychology – B Woods/Hodder & Stoughton (1998)

The Coaching Process – N Cross & J Lyle/Butterworth, Heinemann (1999)

The Complete A – Z Physical Education Handbook – R James, G Thompson & N Wiggins/Hodder & Stoughton (2000)

Teaching Physical Education – Musica Mosston/Charles E Merrill Publisher (1981)

Useful bibliography for outcomes 4 and 5 are:

Acquiring Skill in Sport – B Sharp/Sports Dynamics (1992)

Observation, Analysis and Video – K Robertson/The Coaching Foundation (1999)

Notational Analysis of Sport – M Hughes & I Franks/E and F N Spon (1997)