

Higher National Unit Specification

General information for centres

Unit title: Development of Sport

Unit code: DT4V 34

Unit purpose: Sports development is a rapidly growing field. The candidate should gain an understanding of the principles of sports development from beginner to elite performer, as well as the way in which sport and exercise participation is being used in community action for health, social inclusion and community regeneration. The candidate should be able to identify a project within current sports development and deliver a programme.

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

- 1 Identify the factors that influence sports development.
- 2 Investigate a current and local Sports Development project.
- 3 Plan, deliver and evaluate a sports development programme.

Credit points and level: 1 HN Credit at SCQF level 7: (8 SCQF credit points at SCQF level 7*)

**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.*

Recommended prior knowledge and skills: Before studying this Unit, students would benefit from theoretical knowledge and/or practical experience of coaching either generically or in a sport specific context.

Core Skills: The achievement of this Unit gives automatic certification of the following:

- ◆ Working with Others at SCQF level 6

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.

Assessment: Outcome 1 will be assessed by a short answer question paper. Outcome 2 will be assessed by a short report (750 words). Outcome 3 will be assessed by an individual written report and an observation checklist of the group's activity, covering the Planning, Delivery and Evaluating phases of the programme (1,000 words)

Higher National Unit specification: statement of standards

Unit title: Development of Sport

Unit code: DT4V 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

Identify the factors that influence sports development

Knowledge and/or skills

- ◆ Definition of Sport Development
- ◆ Sports development continuum, foundation, participation, performance, and excellence
- ◆ Target groups that are under-represented in sport
- ◆ Participation rates
- ◆ Barriers to participation
- ◆ Concept of inclusivity
- ◆ Development plans of Sport specific National Governing Bodies
- ◆ Role of SportScotland, Scottish Institute of Sport

Evidence Requirements

To achieve this Outcome, the student will be required to produce written evidence of their knowledge and understanding of the aspects listed. The assessment will take the form of a short answer test paper. The pass mark will be 70%.

Assessment guidelines

The test should be carried out under 'examination conditions' and be appropriately supervised. Candidates would be expected to provide written responses that indicated both knowledge and understanding of the factors listed identified above.

Higher National Unit specification: statement of standards (cont)

Unit title: Development of Sport

Outcome 2

Investigate a current and local Sports Development project

Knowledge and/or skills

- ◆ Target groups: community, facility, governing body, school, coaching, club, health and fitness, events
- ◆ Delivery methods including direct delivery, partnerships, facilitation
- ◆ Range of activities appropriate to different levels depending on the client group and aim
- ◆ Short and long term benefit of the activity, sustainability and exit routes for the participants
- ◆ Sources of funding for sports development.

Evidence Requirements

To achieve this Outcome, each candidate will be required to produce written evidence of their understanding of the items in the knowledge/skills section. The instrument of assessment will be a written report of 750 words. Within the assignment the student will be required to identify a sports development programme that has taken place in the locality. The student will investigate the type of programme taking place, the officer(s) involved, the delivery methods used and the source of funding to support the activity. The student should evaluate the choice of activity and its suitability to the client group, the short and long-term benefits and the overall sustainability of the activity. This report will be marked out of 30 ie 5 marks for each

Assessment guidelines

Candidates may collect the information required for the assignment in small groups provided each candidate produces their own report and adheres to the above requirements.

Outcome 3

Plan, deliver and evaluate a sports development programme

Knowledge and/or skills

- ◆ Sports development theory and delivery methods
- ◆ Programme planning skills
- ◆ Analytical and evaluative skills
- ◆ Group communication dynamics
- ◆ Ability to negotiate goals, roles and responsibilities in a complex task
- ◆ Resource identification and management
- ◆ Teamwork Skills

Higher National Unit specification: statement of standards (cont)

Unit title: Development of Sport

Evidence Requirements

To achieve this Outcome each candidate will be required to demonstrate knowledge and/or skills by contributing to the analysis, planning and delivery of a sports development programme and demonstrating that he/she can:

- (a) analyse with others the possible and essential components of the task
- (b) negotiate the nature and scope of group goals, roles and responsibilities
- (c) negotiate rules for effective task management
- (d) effectively deliver a sports programme
- (e) use available resources effectively
- (f) support and contribute to co-operative team working
- (g) fulfil agreed roles and responsibilities
- (h) review and evaluate the approach to the programme

Evidence will be a detailed observation checklist for each candidate, and a written report on the activity of 1,000 words including evidence of planning, delivery and evaluation.

Assessment guidelines

The programme chosen should be designed to last a minimum of four sessions each of 60 minutes duration (or equivalent). The development aspect of this Unit is the part that will be assessed during the delivery of the programme.

The emphasis will be on the demonstration of teamwork skills. Quality of coaching skill involved in the delivery of the programme, will not be assessed during this Unit unless it is integrated with another Unit requiring assessment of coaching skills.

Evaluations should involve evaluating the success of the initiative against its proposed Outcome and should include all those aspects included in the planning.

Administrative Information

Unit code:	DT4V 34
Unit title:	Development of Sport
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Higher National Unit specification: support notes

Unit title: Development of 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 40 hours.

Guidance on the content and context for this Unit

Sports development is a fast evolving area and the Unit is intended to have sufficient flexibility to pick up and investigate new initiatives as they appear. The overall aims for sports development will change as the different national, local and governing body targets are met. An understanding of the sports development continuum is important to put a context to any sports development programme. Participation rates of some sections of the population against overall numbers in the population as a whole will give the focus to groups under represented in sport, and lead to a discussion of barriers to participation. Good examples might include women in football, disabled athletes in sport in general and the under representation of some ethnic groups in many sports.

Studying sustainability and the establishment of pathways through the continuum will help in understanding the integrated nature of sports development. It also needs to be stressed that not all sports development delivery is carried out by the sports development officer. There is extensive use of volunteer coaches, clubs, partnerships with community organisations as well as commercial sport and leisure providers, eg football clubs, and all are important factors in successful sports development. The use of sport and exercise as a vehicle for health and well-being throughout an individual lifetime should also be considered.

National success in international competitions eg world championships, Commonwealth and Olympic performances can also be brought into the discussion of funding and the targets set by sports governing bodies to obtain Lottery funding.

The planning, delivery and evaluation of a sports development programme should offer an opportunity for development of personal competencies, including working with others. The candidates should work in groups to achieve this Outcome, and should demonstrate skills in working to the strengths of the group, and seeking ways to move action forward and enhance group performance by co-operative input. Each group should meet to discuss the choice of programme and all aspects of the planning. These group meetings should be chaired by a member of the group, with minutes which record the negotiated individual tasks, responsibilities and actions. Planning should show working methods which take account of available resources (physical, human, financial) possible sources of funding (sponsorship, grants, lottery, public/private) promotion/marketing (publicity material, application forms, freebies, awards, media, celebrities) timetable including applications, confirmations, planned activities, evaluations and reports. Risk assessment of the activities and current health and safety guidelines of the venue must be taken into account.

Higher National Unit specification: support notes (cont)

Unit title: Development of Sport

The groups should decide on a client group and a programme. Questions that could be answered in this activity might include:

- ◆ Who is in the target group and why?
- ◆ How many, and how are they to be contacted? How do we know if they will turn up?
- ◆ What is the activity going to be?
- ◆ How many coaches are needed, abilities, qualifications, roles and responsibilities?
- ◆ What other staff are needed eg scorers, officials, first-aiders?
- ◆ Which venue will be used, why is it chosen and for how long is it needed?
- ◆ Who will book it and how much will it cost?
- ◆ What equipment is needed and how can it be obtained?
- ◆ Is the activity to be advertised, if so where and when?
- ◆ Is a celebrity going to take part, if so when and at what cost?
- ◆ How much is it going to cost, is any support available, how is the cost going to be recouped, eg charges? (Sponsorship, grants etc)

This list is not exhaustive or prescriptive but it is likely that many of the issues will be considered if the programme is planned and delivered effectively.

Evidence of planning should include minutes of meetings, identification and justification of choice of client group and activity programme. Choice of dates, application forms (potential staff and participants) marketing and promotion, Physical resource issues eg choice of venue, equipment etc., Human resource issues eg job specifications and person specifications, number of staff needed, roles and responsibilities, financial resource issues eg costs, possible sources of funding, proposed budget, Coaching timetable or programme for the activity identifying staff needed, group size, activity etc. There should also be some evidence of risk assessment of the activities involved and of the Health and Safety guidelines of the venue used.

Evaluation should examine all aspects planned, and questions might include:

- ◆ How did the programme go?
- ◆ How did the participants rate the contribution of themselves and each other?
- ◆ How successful was the coaching activity? (Use some feedback sheets.)
- ◆ Could any improvements have been made?
- ◆ What opportunities are there for the participants to take the activity further eg routes into clubs, leisure centre sessions etc.

Guidance on the delivery and assessment of this Unit

Outcomes 1 and 2 are likely to be delivered by tutor led classes. There is a wealth of material available on the Internet that gives information about a wide variety of sports development initiatives. A presentation by a sports development officer would be useful in setting the scene and identifying the current initiatives. As a result of contact with sports development Units/officers, an opportunity to observe or assist in the delivery of a sports development programme would also enhance the understanding of the Unit.

Higher National Unit specification: support notes (cont)

Unit title: Development of Sport

Outcome 1 is assessed by a short answer paper under exam conditions.

Outcome 2 is assessed by an assignment.

Outcome 3 is assessed by an individual written report and an observation checklist.

Candidates are expected to contribute to all phases of development programme. It is anticipated that the assessor will witness much of the activity in order to be able to complete a detailed checklist on the co-operative group processes and confirm the accuracy of the individual written report.

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 of Open and Distance Learning, please refer to the SQA publication, Assessment and Quality Assurance of Open and Distance Learning (SQA 2000).

Candidates with additional support needs

This Unit specification is intended to ensure that there are no artificial barriers to learning or assessment. 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. For information on these, please refer to the SQA document *Guidance on Assessment Arrangements for Candidates with Disabilities and/or Additional Support Needs*, which is available on the SQA website **www.sqa.org.uk**.

General information for candidates

Unit title: Development of Sport

This Unit introduces you to the theory behind Sports Development and gives you the opportunity to be involved in the design, delivery and evaluation of a sports development programme.

The Unit looks at the different levels of sport and identifies routes through sport from first learning a skill to competition on the international stage. Central to the Unit is the concept that everyone should have an opportunity to develop through sport and that preconceptions and barriers to participation should be challenged.

Sports development is not a short term event and you will learn that successful sports development involves all aspects of the sport community to ensure that the athletes inspired by a development activity have the opportunity to move further through the levels of sport and are not left 'high and dry'.

You will also gain some 'hands on' experience of planning, delivering and evaluating a programme. This will involve you in working in a group to identify a suitable target group and programme. You might set up a programme to encourage an under represented group into a sport, eg girls into football, wheelchair basketball, or to introduce a mini form of a sport specifically designed for children, eg mini-rugby, short tennis.

You will learn how to plan your activity eg how many staff do you need, how much will it cost, how much do you need to charge or can you obtain funding in some way to reduce the costs, etc?

You will have to organise your activity and deliver it to the clients involved.

The Unit will be assessed using three different Instruments of Assessment.

Outcome 1 will be assessed through a short answer paper.

Outcome 2 will be assessed by an assignment.

Outcome 3 will be assessed using a report involving planning, delivering and evaluating a development programme, which you have undertaken.

Resources and Reading Material

The list below is not exhaustive and is intended for guidance only. There are a number of governing body websites, as well as the sites of the four home countries sport organisations that provide useful information. Use of sites in other countries, particularly USA, Canada Australia provides a different perspective on sports development, particularly elite level athlete development.

General information for candidates (cont)

Unit title: Development of Sport

Resource material

Books

Hilton, Bramham, Jackson and Nesti, *Sports Development, Policy, Process and Practice*. Routledge 2001

SportScotland Sport21, *Nothing left to chance* 1998

Annie Kerr, *Equity in your coaching*, Sports Coach UK 2000

Annie Kerr, *Coaching Disabled Performers Sports Coach UK* 1998

Protecting children — a guide for coaches Sports Coach UK 2002

SportScotland Research report 77, *Sport and people with a disability, aiming at social inclusion*

SportScotland Research report 78, *Sport and ethnic minority communities, aiming at social inclusion*

Magazines

The magazines 'Recreation' from the Institute of Sport and Recreation management and 'Leisure manager' from the Institute of Leisure and Recreation management both contain material that would be relevant to the Unit.

Governing body magazines, eg Swimming Times also have articles that are relevant to sports development.

Useful web addresses

Sport Scotland	www.sportscotland.org.uk
UKSport	www.uksport.org.uk
British Olympic Association	www.olympics.org.uk
CCPR	www.ccpr.org.uk
Sports Coach UK	www.sportscoachuk.org.uk

Some governing body sites

Athletics	www.ukathletics.org/
Gymnastics	www.baga.co.uk
Rugby union	www.sru.org.uk (Scotland)
Tennis	www.lta.org.uk
Swimming	www.britishswimming.org.uk