



Higher National Unit specification

General information for centres

Unit title: Golf Coaching: Advanced Performance Skills

Unit code: F3CH 35

Unit purpose: This Unit enhances the candidate's understanding of the importance of the principles of: explanation, demonstration, analysis, comparison and feedback during golf coaching sessions. This Unit will provide the candidate with the underpinning knowledge that will allow them to interpret movement within the context of the laws, principles and preferences that affect the outcome of the golf shot. It will provide the candidate with the opportunity to refine these skills in a practical setting.

On completion of the Unit the candidate should be able to:

- 1 Deliver a one-to-one practical golf session.
- 2 Analyse and interpret movement in the golf swing.
- 3 Plan, deliver and evaluate a series of coaching sessions.

Credit points and level: 2 HN credits at SCQF level 8: (16 SCQF credit points at SCQF level 8*)

**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: While entry to this Unit is at the discretion of the centre, it would be beneficial if candidates possessed or were in the process of undertaking the following Higher National Units:

F3CM 34 *Golf Coaching: An Introduction*
F3CL 34 *Golf Coaching: Intermediate Performance Skills*

Core Skills: There are opportunities to develop the Core Skills of *Communication*, *Working with Others*, and *Problem Solving* at SCQF level 5, in this Unit, although there is no automatic certification of Core Skills or Core Skills components.

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 can be assessed by a practical assessment and oral questioning. Outcome 2 may be assessed by a case study of a performer. Outcome 3 may be assessed by practical coaching sessions supported by the completion and evaluation of a coaching log book or coaching portfolio.

Higher National Unit specification: statement of standards

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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

Deliver a one-to-one practical golf session

Knowledge and/or Skills

- ◆ Technical skills of golf
- ◆ Technical models
- ◆ Strengths and weaknesses of a golf performance
- ◆ Feedback strategies
- ◆ Observation skills

Evidence Requirements

Candidates will need to provide evidence to demonstrate their Knowledge and/or Skills by showing that they can:

- ◆ provide a demonstration and explanation of all areas of all the technical models for playing golf including putting, chipping, pitching, full swing and bunkers
- ◆ observe, identify faults and analyse the skill being reproduced by the player as to the matches and mismatches in their technique as compared to the technical model
- ◆ provide feedback in an appropriate, meaningful way to the performer

Evidence for this Outcome should be generated by practical performance in a 15 minute session. The candidate will work one-to-one with a suitable participant to identify if any mismatches exist and, if they should, advise the player of this as well as prioritising the areas of skill reproduction to correct fault(s).

Assessment Guidelines

This Outcome may be assessed by a practical task with evidence recorded on a checklist that covers all aspects of the Knowledge and/or Skills sections. Supplementary questions could be used to support practical evidence and accuracy of responses recorded.

Higher National Unit specification: statement of standards (cont)

Unit title: Golf Coaching: Advanced Performance Skills

Outcome 2

Analyse and interpret movement in the golf swing

Knowledge and/or Skills

- ◆ Laws of ball flight
- ◆ Principles affecting ball flight including impact factors and set up position
- ◆ Backward chaining
- ◆ Preferences of individual performers

Evidence Requirements

Candidates will need to provide evidence to demonstrate their Knowledge and/or Skills by showing that they can:

- ◆ identify the flight of the ball to the player including hook, pull, fade, slice and draw, by examining the ball flight characteristic including trajectory, curvature, distance and direction.
- ◆ explain these characteristics in a 'cause and effect' manner by relating the flight of the ball to the impact factors, including centeredness of strike, angle of attack, swing path, swing speed and clubface angle, governing its flight.
- ◆ relate the impact factors to errors in the set up position through a process of static analysis. This is called backward chaining: ball flight — what the club head is doing at impact (impact factors) — static analysis of the set up position.
- ◆ relate this information to any 'principles and preferences' the golfer may have so they can effectively coach/advise golfers with already established techniques to design a golf swing that produces a desirable outcome.

Evidence should be generated during one individual golf lesson of 30 minutes' duration. It is important to note that during this time it is not necessary to see an improvement in the player (as this may happen over a longer period); only that the coach can demonstrate their use of backward chaining and that this is explained accurately to the individual being coached.

Assessment Guidelines

This Outcome may lend itself to being assessed by a case study incorporating the use of video analysis. An assessment checklist could also be used.

Outcome 3

Plan, deliver and evaluate a series of coaching sessions

Knowledge and/or Skills

- ◆ Session plans
- ◆ Sequential lesson plans (four linked sessions that demonstrate player progression)
- ◆ Self evaluation
- ◆ Action planning

Higher National Unit specification: statement of standards (cont)

Unit title: Golf Coaching: Advanced Performance Skills

Evidence Requirements

Candidates will need to provide evidence to demonstrate their Knowledge and/or Skills by showing that they can:

- ◆ plan, deliver and evaluate 20 (four of which must be linked) coaching sessions of a minimum of 30 minutes' duration. (The linked sessions should provide evidence of a performer's progress.)

The practical delivery of the coaching sessions should be supported by a coaching log book which should detail the plan and evaluation of each session. The candidate should demonstrate, through their log book, a continuous process of: plan–do–review. As such the candidate must demonstrate the ability to self evaluate and identify their strengths and weaknesses after each session, the result of which should be a detailed action plan to carry in to the next session.

The practical assessments should be conducted under supervised conditions.

Assessment Guidelines

The assessment of this Outcome lends itself to a practical assessment supported by the completion of a coaching log book or coaching portfolio and this should be encouraged. However, it is also possible to generate evidence in a more isolated format and the delivering centre should utilise the most appropriate format for the candidate.

Evidence could be recorded by observational checklist and/or video.

Administrative Information

Unit code: F3CH 35

Unit title: Golf Coaching: Advanced Performance Skills

Superclass category: MA

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Version	Description of change	Date

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Higher National Unit specification: support notes

Unit title: Golf Coaching: Advanced Performance Skills

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.

Guidance on the content and context for this Unit

The Unit is intended to provide candidates with the necessary skills and knowledge required for work in a golf performance and/or coaching environment.

In Outcome 1, candidates will develop their ability to provide accurate demonstration and explanation of all areas of the game (putting, chipping, pitching, full swing and bunkers). This should take the form of a coach-led explanation and demonstration of the correct technique for the execution of a putt, chip, pitch, full shot and bunker shot. The candidates should demonstrate this by delivering a 15 minute explanation and demonstration for each area of the game. The candidate should imagine they are delivering this to a group of beginners, in reality they will be delivering this to other candidates and an assessor.

Outcome 1 also refers to the terms ‘observation skills’, ‘feedback strategies’, analysis and comparison. The term observation skills refer to the ability to watch a pupil execute a given technique and be able to systematically break the skill down for the purposes of watching the performance of the key components of the swing. For example the coach should be able to observe the golf grip and the effect this grip has on the subsequent wrist action on the backswing. The coach is not making any judgements at this point he/she is merely gathering information as to exactly what is happening during the execution of the skill. Analysis and comparison refers to the ability to take the information gathered at the ‘observation’ stage and analyse it by comparing it to a pre-determined technical model for the execution of a given shot. Feedback strategies are the end point in this process, having observed and analysed and compared the coach has to effectively communicate this information with the pupil. This can involve two way feedbacks involving both the coach and the player. The candidate/coach should be encouraged to involve the pupil in the coaching process and not simply tell the player what they are doing wrong.

Outcome 2 asks the candidate to build on the skills from Outcome 1 and also asks them to bring the flight of the ball into the coaching process. The candidate should be able to identify the ball flight from one of the nine potential ball flights, in doing so the candidate should bring the ball flight characteristics into the process (trajectory, distance, direction and curvature) and be able to accurately relate these characteristics to the five impact factors governing the flight of the ball (swing path, centeredness of strike, angle of attack, swing speed and clubface angle). At this point the candidate should carry out a static analysis of the setup position and where possible relate errors in the set up position to errors in the impact factors.

The candidate must demonstrate that they can relate this information to any ‘principles and preferences’ the golfer may have (eg the golfer may be comfortable with a certain ball flight therefore the coach must work with this to improve the player and not simply try to get everyone hitting the ball straight) so they can advise effectively golfers with already established techniques to design a golf swing that produces a desirable outcome.

Higher National Unit specification: support notes (cont)

Unit title: Golf Coaching: Advanced Performance Skills

Outcome 3 provides an opportunity for the candidate to refine these skills during the planning, delivery and evaluation of a series of coaching sessions. The candidate should use the evaluation of personal performance to action plan for future development a practical.

Guidance on the delivery and assessment of this Unit

This Unit is likely to form part of a Group Award designed to provide candidates with knowledge and skills for employment within a golf performance and/or coaching environment.

Candidates should demonstrate their competence in practical situations and should be assessed when they are ready. Opportunities for re-assessment are available throughout this Unit.

Evidence for assessment should arise naturally from the range of tutor-led situations in which candidates are engaged, and should be recorded by the tutor as appropriate. To achieve the Unit sufficient evidence requires to be provided to indicate that all Outcomes and Evidence Requirements have been met within any range specified. While a variety of assessment instruments is available, the tutor is encouraged to adopt an integrated approach to assessment in the Unit.

Opportunities for developing Core Skills

There are opportunities to develop the Core Skills components *Oral* and *Written* of *Communication* at SCQF level 5, *Working with Others* and *Problem Solving* at SCQF level 5 in this Unit, although there is no automatic certification of Core Skills or Core Skills components.

Oral and *Written Communication* will be undertaken during lecturer led and class/practically based discussions surrounding Unit topics. The availability of suitable software packages to support accuracy and professional presentation of written work could be advantageous. The Core Skill of *Working with Others* will be developed and evidenced through practical sessions where candidates will peer observe and on occasion act as a buddy coach. *Problem Solving* will be developed through the evaluation process of coaching sessions where candidates use self evaluation and action planning.

Open learning

This Unit could be delivered by distance learning. However, while candidates can study outwith the centres using materials provided, it would be necessary to attend the centre for assessment purposes.

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).

General information for candidates

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This Unit is designed to enable you to accurately demonstrate advanced level golf shots in all facets of the game, relating to the various technical models covered. You will observe and analyse these skills, within each technical model, and be able to provide feedback to the pupil/player on their technique as compared to these models. Prior to giving a coaching session covering advanced skills, you will learn the principles of ball flight and the factors affecting it, including impact and set up position.

The coaching process is an essential element to this level of coaching, as with all levels studied previously. However, the key difference with the planning, delivery and evaluating phases is that four linked sessions will be carried out and assessed to demonstrate player progression.

The assessment for this Unit will primarily be by practical observation with evidence recorded on checklists. You will also be required to plan four assessed (linked) sessions, deliver and evaluate them while at the same time taking cognisance of improvements necessary and embedding them in future sessions.

There are opportunities to develop the Core Skills of *Communication*, *Working with Others* and *Problem Solving* in this Unit although there is no automatic certification of Core Skills Units or Core Skills components.