



Higher National Unit specification: general information

Unit title: Developing Potential in Sport

Unit code: FX9X 35

Superclass: MA

Publication date: October 2011

Source: Scottish Qualifications Authority

Version: 01

Unit purpose

This Unit introduces candidates to the agencies/structures and support mechanisms which underpin the development of athlete potential in Scottish sport.

If this Unit is undertaken by a presenting centre outside Scotland, the agencies/structures, etc should be relevant to the 'home country'.

On completion of this Unit the candidate should have the knowledge and understanding to:

- 1 Describe the functions of agencies and structures involved in the development of athlete potential in sport in the home country.
- 2 Describe and evaluate the support mechanisms which assist the development of athlete potential for a selected sport.
- 3 Evaluate the contribution of the media in promoting sporting success in the home country.

Recommended prior knowledge and skills

It will be helpful for candidates to have developed their understanding and knowledge of coaching and developing Sport.

It would be beneficial for candidates to have achieved the following Units: *Coaching of Sports: an Introduction* and *Sports Development: an Introduction*.

General information (cont)

Credit points and level

1 Higher National Unit credit at SCQF level 8: (8 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.*

Core Skills

There may be opportunities to gather evidence towards Core Skills in *Communication*, *Problem Solving* and *Information and Communication Technology (ICT)* 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. This Unit is included in the framework for the HNC/HND Coaching and Developing Sport.

Assessment

The Unit will be assessed by three written assignments. An exemplar Instrument of Assessment and Marking Guidelines have been produced to indicate the National Standard of Achievement required at SCQF level 8.

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

Describe the functions of agencies and structures involved in the development of athlete potential in sport in the home country.

Knowledge and/or Skills

- ◆ Regional and National agencies and their functions in supporting and developing athlete potential
- ◆ Performance coach development
- ◆ Talent identification, selection and development
- ◆ Sport governing bodies
- ◆ Funding issues

Evidence Requirements

To achieve this Outcome each candidate will require evidence demonstrating understanding of all elements in the Knowledge and/or Skills section.

Each candidate will be required to submit evidence which demonstrate knowledge and understanding of the functions of the identified agencies/structures in the development of athlete potential in the home country.

It is expected that evidence will be in the region of 1,500 words.

Assessment Guidelines

This assignment should clearly describe the function of the agencies/structures and their contribution to the development of athlete potential in sport.

There should also be evidence of research. This must be acknowledged and referenced.

Higher National Unit specification: statement of standards (cont)

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Outcome 2

Describe and evaluate the support mechanisms which assist the development of athlete potential for a selected sport.

Knowledge and/or Skills

- ◆ Sport Science
- ◆ Sport specific coaching
- ◆ Financial
- ◆ Athlete Career and Education
- ◆ Sports medicine

Evidence Requirements

To achieve this Outcome each candidate will require evidence demonstrating understanding of all elements in the Knowledge and/or Skills section. Candidates should describe the identified support mechanisms and evaluate how they can enhance athlete performance for the sport selected.

It is expected that evidence will be in the region of 1,000 words.

All 5 support mechanisms must be addressed satisfactorily.

Assessment Guidelines

This Outcome will be assessed by an assignment in which candidates will describe and evaluate the support mechanisms which assist the development of athlete performance.

This may take the form of a case study on an individual athlete or a study of a specific sport and can take the form of a project. It is possible for candidates to present the information in a visual format if desired.

Higher National Unit specification: statement of standards (cont)

Unit title: Developing Potential in Sport

Outcome 3

Evaluate the contribution of the media in promoting sporting success in the home country.

Knowledge and/or Skills

- ◆ Forms of media
- ◆ The influence media has on sport

Evidence Requirements

To achieve this Outcome each candidate will require evidence demonstrating understanding of all elements in the Knowledge and/or Skills section. Candidates should research and discuss the influence of the media in promoting success in sport in the home country. The instrument of assessment will be a case study of approximately 1,000 words.

Assessment Guidelines

To achieve this Outcome each candidate will require evidence demonstrating understanding of all elements in the Knowledge and/or Skills section. It should be noted that the influence may be positive and/or negative.

This will take the form of a case study and may be presented as a project and/or presentation.

Higher National Unit specification: support notes

Unit title: Developing Potential 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 40 hours.

Guidance on the content and context for this Unit

This Unit is likely to form part of a Group Award and is designed to provide candidates with the knowledge of the agencies, structures and support mechanisms involved in the development of athletes' potential in sport.

Candidates will develop their knowledge of coaching in the HNC/HND Coaching and Developing Sport qualification and it is important that the candidates recognise the range of opportunities available to the development of athletes and coaches and the mechanisms, which are progressing sport in Scotland.

It is necessary for candidates to develop their knowledge of coaching, athletes and the sport development structures before undertaking this Unit; it would therefore be appropriate for this Unit to be delivered in Year 2 of the HND award

Outcome 1 looks at the role of selected agencies/structures in developing potential in sport. Candidates should demonstrate knowledge of the agencies/structures and the impact they have on sport. The following content could be used:

- ◆ sportscotland:
 - current vision for Coaching (SportScotland, SCUk etc
 - management structure in Sportscotland, related to developing potential

- ◆ Scottish Institute of Sport:
 - vision/Development Plan/Staffing
 - structure
 - target sports
 - facilities
 - funding
 - communication flow

- ◆ Regional Institutes of Sport:
 - management structure
 - business plan
 - target sports
 - facilities

- ◆ Performance Coaching:
 - development opportunities

Higher National Unit specification: support notes (cont)

Unit title: Developing Potential in Sport

- ◆ Talent Identification, Selection and Development:
 - sportscotland role
 - current talent identification selection and development opportunities
- ◆ Sport Governing Bodies:
 - development planning process
 - governing body personnel who assist the development of athlete potential
- ◆ Lottery:
 - athlete funding opportunities (eg talented athlete programme)
 - facility development
 - junior group development

Outcome 2 looks at the support mechanisms, which assist the development of athlete potential in sport. Candidates should demonstrate an understanding of the impact these mechanisms can have on athlete performance and the continued development of athlete potential. Candidates should develop their knowledge and understanding of support mechanisms: -

- ◆ Sport Science:
 - psychological Support
 - mental preparation techniques:
 - relaxation techniques
 - competition preparation
 - anxiety and its effect
 - physiological support
 - fitness testing
 - fitness programming
 - strength and conditioning
 - biomechanical support
 - biomechanical analysis/development
 - technical facilities/equipment
 - nutritional support
 - dietary analysis
 - dietary manipulation
 - dietary planning
- ◆ Sport Specific Coaching:
 - skills analysis and development:
 - role of the coach
 - training/competition planning
- ◆ Financial:
 - Lottery funding:
 - Scottish/Area Institute of Sport support
 - university scholarship programme
 - sponsorship

Higher National Unit specification: support notes (cont)

Unit title: Developing Potential in Sport

- ◆ Athlete Career and Education:
 - Scottish Institute of Sport ACE support
- ◆ Sports Medicine:
 - the role of the sports doctors and physiotherapists
 - sports medicine facilities

Outcome 3 looks at the contribution of the media in promoting sporting success in Scotland. Candidates should demonstrate their understanding of the identified forms of media and their role in sports promotion:

- ◆ Forms of media:
 - Television/Radio:
 - rules and regulations of sports broadcasting
 - TV friendly sport
 - advertising/sponsorship
 - Newspapers:
 - advertising/sponsorship
 - reporting
 - Internet:
 - online results
 - live web footage
 - online magazines
 - information exchange
- ◆ Influence of media on sport:
 - role models
 - national Identity
 - the effects of the media on sporting success
 - financial effects

Guidance on the delivery and assessment of this Unit

The advice contained in this section has been produced on the assumption that the Unit will be delivered in a Scottish context. In the event of the Unit being delivered in a country other than Scotland, the contexts should reflect the 'home country'.

This Unit is best delivered in year 2 of the HND *Coaching and Developing Sport* award after candidates have completed the Unit *Sports Development: an Introduction* and also *Sports Development and Research*. This will ensure that candidates understand the development continuum in sport and the structures, which assist the sport development pathways.

Although the assessment for this Unit is project based, visiting speakers from the Scottish Institute, Sportscotland, Institute athletes/coaches and sport governing bodies will be beneficial in developing the learning experience.

Higher National Unit specification: support notes (cont)

Unit title: Developing Potential in Sport

Visits to facilities/institutions, which support the athletes, would also support the candidates learning. The delivery of this Unit would benefit from students having access to ICT facilities to allow tasks to be set to investigate websites; students could then discuss the information with the lecturer and class group.

All three Outcomes are assessed using assignments and candidates could work in groups in ICT labs to research the information for their work. Centres may decide to develop a resources pack if their ICT facilities are not available; however it is expected that candidates will develop their research skills during the Unit delivery/assessment.

Open learning

This Unit could be delivered and assessed by open learning if desired. If this route is selected then there would be a need to ensure that assessment evidence was authenticated appropriately.

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 Communication 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)*.

Opportunities for developing Core Skills

Candidates will have opportunities to develop skills in *ICT* and *Communication* during their research. This will be particularly evident during the period that candidates are researching of the use of media. Skills in *Problem Solving* may also be acquired.

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

History of changes to Unit

Version	Description of change	Date

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General information for candidates

Unit title: Developing Potential in Sport

This Unit introduces you to the agencies/structures involved in the development of athlete potential in Scotland and the support mechanisms, which assist athletes to achieve improved performance.

Much of the framework for developing athlete potential in sport has been built in recent years with the development of the Scottish Institute of Sport and the Regional Institutes. This is an ever changing area and you will be expected to access current information and policies etc (where relevant).

The delivery of this Unit should continue to reflect this dynamic area and candidates should be encouraged to access websites to research new developments. You will also be encouraged to speak to athletes who have benefited from the agencies/support mechanisms in their role in developing potential.

On completion of the Unit, you will understand further the sport development process and in particular be able to evaluate the frameworks, which have developed opportunities in sport performance.