



Higher National Unit specification: general information

Unit title: Inclusive Sport Provision: An Introduction

Unit code: H01A 34

Superclass: MA

Publication date: November 2011

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Version: 01

Unit purpose

This Unit introduces the knowledge and skills necessary to assist sporting activities for client(s) with disability.

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

- 1 Identify types of disabilities and relate them to the sporting/physical activity environment.
- 2 Identify and describe the factors involved in working with clients with a disability in a sport/physical activity environment.
- 3 Assist with the delivery and then evaluate three sport/physical activity sessions for clients with disability.

Recommended prior knowledge and skills

Candidates should possess good communication skills. Other knowledge, skills and experience relevant to the Unit would also be beneficial. Successful completion of the following HN Units would also be beneficial: *Conduct and Ethics for Sport and Fitness Practitioners*; *Coaching Children* and *Sports Coaching Theory and Practice*. Ultimately, entry is at the discretion of the centre.

Credit points and level

1 Higher National Unit 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.*

General information (cont)

Core Skills

Opportunities to develop aspects of Core Skills are highlighted in the Support Notes of this Unit Specification.

There is no automatic certification of Core Skills or Core Skill components in this Unit.

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/D Coaching and Developing Sport.

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

Identify types of disabilities and relate them to the sporting/physical activity environment.

Knowledge and/or Skills

- ◆ Main types of disability
 - Physical
 - Sensory
 - Learning
- ◆ Specifically design sport/physical activities for client(s) with disability
 - Physical
 - Sensory
 - Learning

Evidence Requirements

Candidates will need to provide evidence to demonstrate their Knowledge and/or Skills by showing they can demonstrate through closed-book questions that they can identify a range of disabilities from each group, Physical, Sensory and Learning. The candidate should then chose one disability from the range within each group and relate their chosen disability to a sporting/physical activity environment by providing a plan of the activity taking account of the disability. This will be completed under controlled supervised conditions.

Outcome 2

Identify and describe the factors involved in working with client(s) with a disability in a sporting/physical activity environment.

Knowledge and/or Skills

- ◆ The specific demands of working with client(s) with disabilities
- ◆ Additional facilities and resources which may be required
- ◆ Additional safety provision which may be required

Higher National Unit specification: statement of standards (cont)

Unit title: Inclusive Sport Provision: An Introduction

Evidence Requirements

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

Provide a report on the specific demands of working with clients with a disability. The report should include an introduction to the client(s) disabilities, the additional facilities and resources that will be required within the environment and include any additional safety provision which may be required.

Outcome 3

Assist with the delivery and then evaluate three sport/physical activity sessions for clients with disability.

Knowledge and/or Skills

- ◆ Personal skills required to assist in the delivery of a sports programme
- ◆ Observation and feedback
- ◆ Application of Health, Safety and Security procedures
- ◆ Evaluation of session/activity

Evidence Requirements

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

Assist with the delivery of the planned sporting/physical activity with clients, ensuring the following issues are addressed:

- ◆ Identifying through a log book/record plan that the candidate has been able to make observations relating to the activities
- ◆ Offering feedback to the lead coach undertaking the delivery of the sessions
- ◆ Undertake a short risk assessment to ensure that the identified Health, Safety and Security procedures for your clients are acceptable
- ◆ Evaluate the sporting/physical activity sessions

Higher National Unit specification: support notes

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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

Outcome 1

- ◆ **Physical:** Amputation; paraplegia; Cerebral Palsy; Stroke; Muscular Dystrophy/Muscular Sclerosis; Spina Bifida; Hidden disabilities
- ◆ **Sensory:** Visual Impairment; Hearing Impairment
- ◆ **Learning:** Learning Disability; Dyslexia; Dyspraxia; Autism

Outcome 2

- ◆ Physical; Sensory; Learning
- ◆ Supervision/Coaching Ratio
- ◆ Supports
- ◆ Adaptations
- ◆ Additional facilities and resources
- ◆ Specific requirements
- ◆ Safety requirements

Outcome 3

- ◆ Assistance is appropriate and relevant for clients
- ◆ Assistance is appropriate and relevant for activities available
- ◆ Demonstrate good procedures to ensure the health, safety and security
- ◆ Explain accurately the importance of health, safety and security of clients in accordance with accepted practice
- ◆ Voice projection, pitch, tone, and movement within class
- ◆ Appropriate eye contact
- ◆ Sustains an enjoyable and caring approach
- ◆ Names specific client group
- ◆ Highlight organisational skills required for client group
- ◆ Provide activity outline
- ◆ Demonstrate appropriate clear concise communication methods
- ◆ Presentation of general appearance and dress is appropriate when carrying out activity session
- ◆ Individual/group correction
- ◆ Positive verbal feedback
- ◆ Class feedback
- ◆ Self feedback/self reflection
- ◆ Content of sessions
- ◆ Management of sessions
- ◆ Delivery of sessions

Higher National Unit specification: support notes (cont)

Unit title: Inclusive Sport Provision: An Introduction

The Unit is likely to form part of a Group Award and is primarily designed to provide candidates with knowledge of the broad nature of inclusive sports coaching. The Unit also introduces the candidate to the importance of the various categories and types of disabilities and highlights the differences between the physical, sensory and learning disabilities. The Unit will also give candidates the opportunity to experience differing requirements required to support in the provision of sport and physical activities in accordance with accepted practice. As such candidates will benefit from studying relevant subject based Units prior to studying this Unit. In these circumstances it is likely the Unit will be delivered in year 1 of a HNC/D award. This should allow the Unit to be delivered in such a way that enables candidates to appreciate the relevance of the Unit in the context of current research and developments in sport and physical activity. It is recognised that terminology is subject to change. Current terminology and current practice should be applied where this is appropriate.

This would enable candidates to broaden their perspective and lead towards a more comprehensive understanding of sport in the UK.

Inclusive Sport Coaching has been designed for candidates who wish to develop the competences necessary to work effectively with clients with a disability in a sport or physical activity environment.

The candidates will also be able to utilise current international research and developments in sport. This would enable candidates to broaden their perspective and lead towards a more comprehensive understanding of sport in the UK.

Guidance on the delivery of this Unit

It is envisaged that an integrated approach to teaching the Unit will be adopted. Examples should be relevant to disability in sport. Candidates will be expected to investigate types of disability and reveal the effects these may have in selected activities.

One possible approach may be as follows:

Outcome 1 — Restricted response assessment

Outcome 2 — Assignment

Outcome 3 — Log Book

Higher National Unit specification: support notes (cont)

Unit title: Inclusive Sport Provision: An Introduction

Guidance on the assessment of this Unit

Outcome 1 will require recorded evidence in the form of restricted response assessment paper

Outcome 2 will require recorded evidence in the region of 750–1,000 words

Outcome 3 requires that candidates work in a supervised capacity with client/s with a disability for three sessions. Evidence of delivering, assisting and evaluating must be provided along with a review of health and safety considerations for the area and group. Candidates are required to produce a portfolio containing all the above.

Assessment Guidelines

Outcome 1

Will require recorded evidence in the form of restricted response assessment paper.

Candidates will need to provide evidence to demonstrate their Knowledge and/or Skills by showing they can demonstrate through closed-booked questions that they can identify a range of disabilities from each group, Physical, Sensory and Learning. The candidate should then chose one disability from the range within each group and relate their chosen disability to a sporting/physical activity environment by providing a plan of the activity taking account of the disability. This will be completed under controlled supervised conditions.

Outcome 2

Will require recorded evidence in the region of 750–1,000 words.

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

Provide a report on the specific demands of working with clients with a disability. The report should include an introduction to the client(s) disabilities, the additional facilities and resources that will be required within the environment and include any additional safety provision which may be required.

Higher National Unit specification: support notes (cont)

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Outcome 3

Requires that candidates work in a supervised capacity with client/s with a disability for three sessions. Evidence of delivering, assisting and evaluating must be provided along with a review of health and safety considerations for the area and group. Candidates are required to produce a portfolio containing all the above.

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

Assist with the delivery of the planned sporting/physical activity with clients, ensuring the following issues are addressed:

- ◆ Identifying through a log book/record plan that the candidate has been able to make observations relating to the activities
- ◆ Offering feedback to the lead coach undertaking the delivery of the sessions
- ◆ Undertake a short risk assessment to ensure that the identified Health, Safety and Security procedures for your clients are acceptable
- ◆ Evaluate the sporting/physical activity sessions

Online and Distance 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 (SQA, 2000)*.

Opportunities for developing Core Skills

There may be opportunities to develop Core Skills in *Communication, Problem Solving* and *Working with Others* within the Unit.

Candidates may use the internet to support the process and there will be the opportunity to develop Core Skills in IT and written communication and numeracy.

Candidates should be encouraged to research and identify the various disabilities and relate them to the sporting environment. It is important that candidates identify Main Sports/Specific Sports in which different client groups may participate. Candidates should also explore the main factors that are involved when working with clients in a practical context.

Candidates will have to assess the needs of clients with a disability in a sports/physical recreation environment and wherever possible give assistance in the provision of sporting activity sessions, whilst ensuring the health, safety and security of the clients is in accordance with accepted practice.

Higher National Unit specification: support notes (cont)

Unit title: Inclusive Sport Provision: An Introduction

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

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The Unit introduces you to the broad nature of working with participants/clients with disability in a sporting/physical activity environment. It introduces the competences necessary to work with participants/clients with a disability and you will learn how to assess these factors in a practical setting. You should understand the various categories of disability which exist, ranging from Physical, Sensory and Learning. Specific sports should be identified for different participants/client groups and the assessment of the differing requirements involved when working in a practical context.

You will develop and understanding of how and when Sports Coaches make use of verbal and non-verbal communications along with when to utilise practical demonstrations, analysing individual/group performance throughout the lesson plan on an on-going basis.

On completion of the Unit, you will be able to identify, assess and assist in the delivery of Sport/Physical activity sessions for participants/clients with disabilities. You will also demonstrate the importance of all major aspects of coaching participants/clients with disabilities.

You will be assessed by a restricted response assessment in Outcomes 1 and by an assignment in Outcome 2 covering all factors from the Evidence Requirements. Assessment for Outcome 3 will be completed during a placement and then you will submit a log book which will cover all factors from the Evidence Requirements. You will assist in the provision of sports activity sessions for participants/client/s with disabilities. Finally, you will evaluate your own sport/physical activity sessions when the placement is completed.

The assessor will observe at least one session in its entirety and this will be supported by your own log.

Assessor feedback will be included within this log.