



National Unit Specification: general information

UNIT Sport and Recreation: An Introduction (SCQF level 5)

CODE F40L 11

SUMMARY

This Unit is an optional Unit of the NC Sport and Fitness (SCQF level 5) award, and has been designed to be undertaken as part of that award. However this may be studied as a standalone Unit.

The purpose of this Unit is to provide the candidate with the underpinning knowledge and a basic understanding of the roles sport and recreation facility provision plays within a local area. The candidate will be also be given the opportunity to investigate and report on current sector based sport and recreation facilities and understand the roles, services, staff and opportunities that they provide to local clientele.

OUTCOMES

- 1 Identify sport and recreation facility function and provision.
- 2 Identify and describe client groups and staff who occupy sport and recreation facilities and briefly explain the opportunities available to them.
- 3 Investigate and compare local sport and recreation facility provision.

RECOMMENDED ENTRY

While entry is at the discretion of the centre, candidates would normally be expected to have an interest in sport and recreation and, preferably, be aware of local sport and recreation provision.

CREDIT VALUE

1 credit at Intermediate 2 (6 SCQF credit points at SCQF level 5*).

**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.*

Administrative Information

Superclass: MA

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CORE SKILLS

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

Opportunities for developing aspects of Core Skills are highlighted in Learning and Teaching Approaches for this Unit

National Unit Specification: statement of standards

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Acceptable performance in this Unit will be the satisfactory achievement of the standards set out in this part of the Unit Specification. All sections of the statement of standards are mandatory and cannot be altered without reference to SQA.

OUTCOME 1

Identify sport and recreation facility function and provision.

Performance Criteria

- (a) Identify the sector providers of sport and recreation facilities.
- (b) Identify the organisational roles of sport and recreation facilities.
- (c) Identify the types of sport and recreation facilities.
- (d) Identify the services sport and recreation facilities provide.

OUTCOME 2

Identify and describe client groups and staff who occupy sport and recreation facilities and briefly explain the opportunities available to them.

Performance Criteria

- (a) Identify the types of client groups who use sport and recreation facility services.
- (b) Explain the opportunities available to client groups who use sport and recreation facility services.
- (c) Identify the types of staff who work in sport and recreation facilities
- (d) Describe the roles of staff working within sport and recreation facilities.
- (e) Explain the development opportunities available to staff who work in sport and recreation facilities.

OUTCOME 3

Investigate and compare local sport and recreation facility provision.

Performance Criteria

- (a) Investigate local sport and recreation facilities within a variety of sector provision.
- (b) Identify and report on the roles and types of facilities, services offered, clients groups, staff and opportunities associated with each facility.
- (c) Compare provision of local sport and recreation facilities and report findings.

EVIDENCE REQUIREMENTS FOR THIS UNIT

Evidence is required to demonstrate that candidates meet the requirements of all Outcomes and Performance Criteria. The assessment for this Unit must be conducted under supervised, controlled conditions.

National Unit Specification: statement of standards (cont)

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Outcome 1

Identify sport and recreation facility function and provision.

The candidate is required to identify:

- ◆ three sector providers of sport and recreation facilities
- ◆ the at least three organisational roles of sport and recreation facilities
- ◆ at least three types of sport and recreation facilities
- ◆ at least three services sport and recreation facilities provide

This assessment will be conducted under closed-book conditions, consisting of short answer and/or multiple choice response questions.

Outcome 2

Identify and describe client groups and staff who occupy sport and recreation facilities and briefly explain the opportunities available to them.

The candidate is required to:

- ◆ identify at least four types of client groups who use sport and recreation facility services
- ◆ briefly explain at least three opportunities available to client groups who use sport and recreation facility services
- ◆ identify at least four types of staff working in sport and recreation facilities
- ◆ describe at least four operational roles staff, working within sport and recreation facilities, carry out
- ◆ briefly explain at least three development opportunities available to staff who work in sport and recreation facilities

This assessment will be conducted under open-book conditions, consisting of short answer and/or restricted response questions of approximately 150 words.

Outcome 3

Investigate and compare local sport and recreation facility provision.

The candidate will be required to investigate at least two local sport and recreation facilities from different sector providers.

For each sport and recreation facility investigated, the candidate is required to gather evidence on the:

- ◆ provision sector in which the facility operates
- ◆ organisational role(s) of the facility
- ◆ type of facility
- ◆ services offered at the facility
- ◆ client groups that use the facility
- ◆ opportunities available to clients at the facility

National Unit Specification: statement of standards (cont)

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- ◆ types of staff employed at the facility
- ◆ development opportunities available to staff at the facility

Once evidence has been identified, the candidate will be required to compare and present a basic report of the sport and recreation facilities provision.

This assessment will be conducted under open-book conditions, consisting of:

- ◆ extended response questioning of approximately 150 words for each facility investigated

or

- ◆ a presentation of no more than five minutes for each facility investigated.

An Assessment Support Pack has been produced for this Unit. This pack includes a sample of activity plans, a template for the plan, candidate review sheets and an observation checklist. Centres wishing to produce their own instruments of assessment should refer to the Assessment Support Pack to ensure that they are of a comparable standard.

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

The purpose of this Unit is to introduce candidates to the 'world' of sport and recreation. Candidates will need to be able to gain information that relates to a variety of sport and recreation sector provision, facilities, services, clients, staff, and opportunities. It is expected that the content in Outcomes 1 and 2 will provide the candidate with a sound basis for successful completion of Outcome 3.

For Outcome 3, Candidates will also need the opportunity to investigate sport and recreation facilities to gain 'firsthand' knowledge, understanding and experience of the facilities provision factors detailed in Outcomes 1 and 2. The candidate will then compare the facilities and produce a basic report to reflect their findings. In order to accommodate appropriate comparison of facilities, the candidate should be given access to at least two facilities that operate within different provision sectors. It would also be advantageous if the facilities selected were also of a differing nature, in terms of type, services offered and/or client group provision.

Within each of the Outcomes, the following should be covered:

Outcome 1

- ◆ *Sector Providers:* Public, Private/Commercial and Voluntary: Such as local authority facilities and services, youth clubs and voluntary clubs, school, college, local sports clubs & training providers, (public and private). This list is not exhaustive.
- ◆ *Organisational Roles:* sports/recreation provision, coaching, curriculum provision, health promotion, social/community interaction, crèche provision, club development, elite performance, leagues/competitions, fitness referral/cardiac rehabilitation. This list is not exhaustive.
- ◆ *Types of Facilities:* indoor, outdoor, wet, dry, outdoor pursuits, water based, parks, walkways, parklands: Such as Leisure centres, outdoor centres, sport specific centres (football/rugby/athletic stadiums), snow/artificial ski centres, National sport academies. This list is not exhaustive.
- ◆ *Services:* coaching (introductory sessions, clubs, elite performance), sports/recreation provision (recreational sporting/fitness activities, competitive leagues), leisure (relaxation, spa therapy, fun and enjoyment activities.), family (crèche, child play activities, parties.), health and fitness (specialist activities ie 50+, medical referrals), other services (cafe, meeting rooms). This list is not exhaustive.

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Outcome 2

- ◆ *Client groups:* adults (men and women), children, clubs, schools, candidates, youth groups, clubs, disabled, low income/unemployed, ethnic minorities, single parents, elderly, mother and child, elite athletes, workers (regular/irregular hours): This list is not exhaustive.
- ◆ *Staff:* coaches, attendants, personal trainers, cleaning staff, reception/customer services, administration staff, committee members, managers, maintenance, full-time, part-time, volunteers. This list is not exhaustive.
- ◆ *Staff operational roles:* Coaching/Training, Customer care, Facility security & maintenance, Health & Safety, Staff training, Budgetary management, Stock control, Volunteer recruitment, Bookings, Facility/Service programming, Marketing/Advertising. This list is not exhaustive.
- ◆ *Client opportunities:* individuals/groups: performance enhancing, fun/enjoyment, introductory and taster sessions, regular participation, curriculum based (focusing on team work, personal, social development), health/fitness development/rehabilitation, relaxation, social interaction, skill development. This list is not exhaustive.
- ◆ *Staff development opportunities:* career development, industry experience, skills development (technical and personal/soft skills), access to industry training, industry/governing body qualifications. This list is not exhaustive.

Outcome 3

The information delivered in Outcomes 1 and 2 should provide the candidate with a sound understanding of the information required for successful completion of Outcome 3.

The information that the candidate will be required to investigate and gather from sport and recreation facilities will include the:

- ◆ provision sector in which the facility operates
- ◆ organisational role(s) of the facility
- ◆ type of facility
- ◆ services offered at the facility
- ◆ client groups that use the facility
- ◆ opportunities available to clients at the facility
- ◆ types of staff employed at the facility
- ◆ development opportunities available to staff at the facility

It is strongly recommended that centres provide candidates opportunity of access to appropriate sport and recreation facilities to accommodate their investigation. This could be achieved through class/individual local site visits and interviews with appropriate personnel. However, there may be opportunities for alternative methods of 'off-site' investigation that candidates may utilise if site visits are not available to the candidate. These off-site methods could include: Facility staff visits/presentations to delivery centres or by electronic based research and/or communications. However, it is imperative that if these methods are utilised, that all required information for successful completion of Outcome are accessible to the candidate.

National Unit Specification: support notes (cont)

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GUIDANCE ON LEARNING AND TEACHING APPROACHES FOR THIS UNIT

Given the related nature of the performance criterion in this Unit, the tutor is strongly encouraged to deliver the Outcomes in a sequential order. Information delivered in Outcomes 1 and 2 directly relate to information required for the successful completion of assessment in Outcome 3.

A diverse approach should be taken in the learning and teaching for this Unit as candidates will need to gather information on different sport and recreation facilities, activities, clients, staff and opportunities.

Teachers/lecturers should provide information to candidates on:

- ◆ the provision sectors in which sport and recreation facilities can operate, such as Public, Private/Commercial and Voluntary sectors
- ◆ the varying organisational roles that sport and recreation facilities carry out, such as Health Promotion, Improving client/community participation in physical activity and enhancing sporting excellence
- ◆ different types sport and recreation facilities and that sport and recreation covers a wide range of areas, for example, parks, swimming pools, outdoor activities, health and fitness centres etc
- ◆ a range of clients who take part in sport and recreation activities, such as: adults, children, individuals, groups
- ◆ different types of Public, Private/Commercial and Voluntary sport and recreation facilities, such as public swimming pools, private health/sports clubs, amateur sports clubs/initiatives
- ◆ types of staff who work within the different sport and recreation facilities, such as sports coach, receptionist, leisure attendant, volunteer
- ◆ opportunities that sport and recreation provision offers to both staff and clients, such as increased participation, enhancing performance, career development and industry experience/qualifications
- ◆ gathering relevant information, asking questions and writing basic reports

It will be beneficial to candidates to visit sport and recreation facilities, so that they can explore the different opportunities ‘first hand’, in relation to how and why the sport and recreation facilities provide the services it offers, the staff involved in service delivery and the opportunities it offers to staff and clients. Guidance may be required when making links to the information gathered in Outcomes 1 and 2, the candidate’s investigation of the facilities and the completion of their final basic report in Outcome 3.

OPPORTUNITIES FOR CORE SKILL DEVELOPMENT

While undertaking this Unit, the candidate is required to demonstrate that they have the knowledge and understanding of aspects within sport and recreation provision. By doing this they will need to effectively communicate with others, therefore there may be opportunities for candidates to develop aspects of the Core Skill in *Communication*.

Candidates will be required compile a report on their investigation of sport and recreation provision, by collecting relevant information as required. This task may involve working with other members of their peer group or other people within the industry; therefore it may present opportunities to develop aspects of the Core Skills *Working with Others and Problem Solving*.

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Candidates may be given the opportunity to present their assessment evidence in a range of methods, by using computerised texts, presentations and so on. Candidates may also have opportunities to present statistical data in their final report. As a result, this may contribute to aspects of *Information Technology and Numeracy* Core Skills.

GUIDANCE ON APPROACHES TO ASSESSMENT FOR THIS UNIT

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 communications 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)*.

Evidence is required to demonstrate that candidates meet the requirements of all Outcomes and Performance Criteria. A variety of approaches could be used for gathering evidence, reflecting the variety of candidate learning styles.

Given the sequential nature of the assessment criteria in this Unit, the tutor is encouraged to adopt a logical and progressive approach to assessment in the Unit. It is also recommended that due to the required knowledge for Outcome 3, delivered in Outcomes 1 and 2, candidates should have successfully completed the assessment criterion for Outcomes 1 and 2 before attempting assessment in Outcome 3.

Outcome 1

For successful completion of this Outcome the candidate should identify:

- ◆ three sector providers of sport and recreation facilities
- ◆ the at least three organisational roles of sport and recreation facilities
- ◆ at least three types of sport and recreation facilities
- ◆ at least three services sport and recreation facilities provide

Examples of the above criterion can be found in the '*guidance on the content and context for this Unit*' section of this Unit.

This assessment should be conducted under closed-book conditions, consisting of short answer and/or multiple choice response questions.

There is opportunity within this Outcome for assessment to be carried out as a series of short answer and/or multiple choice questions, covering all criteria. However, there is scope for a more integrative approach to assessment within the performance criterion within this Outcome.

National Unit Specification: support notes (cont)

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Outcome 2

For successful completion of this Outcome the candidate should:

- ◆ identify at least four types of client groups who use sport and recreation facility services
- ◆ briefly explain at least three opportunities available to client groups who use sport and recreation facility services
- ◆ identify at least four types of staff working in sport and recreation facilities
- ◆ describe at least four operational roles staff, working within sport and recreation facilities, carry out
- ◆ briefly explain at least three development opportunities available to staff who work in sport and recreation facilities

Examples of the above criterion can be found in the '*guidance on the content and context for this Unit*' section of this Unit.

This assessment should be conducted under open-book conditions, consisting of short answer and/or restricted response questions of approximately 150 words.

There is opportunity within this Outcome for assessment to be carried out as a series of questions, covering all criteria. However, there is scope for a more integrative approach to assessment within the performance criterion within this Outcome.

Outcome 3

The candidate should investigate at least two local sport and recreation facilities from different sector providers. The sectors selected should include Public, Private/Commercial and/or Voluntary provision.

It would also be advantageous if the facilities selected were also of a differing nature, in terms of type, services offered and/or client group provision.

For each sport and recreation facility investigated, the candidate should gather evidence on the:

- ◆ provision sector in which the facility operates
- ◆ organisational role(s) of the facility
- ◆ type of facility
- ◆ services offered at the facility
- ◆ client groups that use the facility
- ◆ opportunities available to clients at the facility
- ◆ types of staff employed at the facility
- ◆ development opportunities available to staff at the facility

Once evidence has been identified, the candidate should compare and present a basic report of the sport and recreation facilities provision.

National Unit Specification: support notes (cont)

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This assessment should be conducted under open-book conditions, and consisting of either:

- ◆ extended response questioning of approximately 150 words for each facility investigated

or

- ◆ a presentation of no more than five minutes for each facility investigated.

Given the word count/time allocation conditions for this assessment and the level of this Unit, tutors should emphasise to candidate's that in-depth, complex investigative research and evidence of the above criteria is not expected from the candidate.

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).