



National Unit Specification: general information

UNIT Individual Performance in Sport: Analysis and Evaluation
(SCQF level 6)

CODE F79E 12

SUMMARY

The purpose of this Unit is to introduce candidates to the processes which enhance the effective development of their individual performance within the context of their chosen sport. This will be achieved by using current best practice in terms of analytical evaluation of individual performance and where applicable, performance as member of a team.

This Unit will provide an environment within which the candidates can develop their understanding and application of analysis and evaluation tools and processes in the context of improving and reviewing their performance. This will include current best practice and involve the use of a variety of methods to provide evaluation and feedback.

This Unit when integrated with the Units *Individual Performance in Sport: Codes of Conduct* and *Individual Sporting Performance* forms the Course leading to the NPA Achieving Excellence in Sport.

OUTCOMES

- 1 Describe and apply the use of analysis and evaluation methods to measure performance.
- 2 Apply analysis and evaluation methods for the improvement of individual performance.

RECOMMENDED ENTRY

Entry to this Unit is at the discretion of the centre but it is recommended that candidates who apply for this Course should have a letter of recommendation from their club or PE dept.

Candidates must have shown potential to further develop as a player or athlete. It is expected that candidates will be regular participants in their chosen sport at a competitive level.

Administrative Information

Superclass: MA

Publication date: August 2009

Source: Scottish Qualifications Authority

Version: 01

© Scottish Qualifications Authority 2009

This publication may be reproduced in whole or in part for educational purposes provided that no profit is derived from reproduction and that, if reproduced in part, the source is acknowledged.

Additional copies of this Unit Specification can be purchased from the Scottish Qualifications Authority. Please contact the Customer Contact Centre, telephone 0845 279 1000.

National Unit Specification: general information (cont)

UNIT Individual Performance in Sport: Analysis and Evaluation
(SCQF level 6)

CREDIT VALUE

1 credit at SCQF level 6 (6 SCQF credit points at SCQF level 6*).

**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 is no automatic certification of Core Skill 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

UNIT Individual Performance in Sport: Analysis and Evaluation (SCQF level 6)

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

Describe and apply the use of analysis and evaluation methods to measure performance.

Performance Criteria

- (a) Describe selected performance analysis and evaluation methods.
- (b) Demonstrate and apply the practical application of analysis equipment.

OUTCOME 2

Apply analysis and evaluation methods for the improvement of individual performance.

Performance Criteria

- (a) Apply analysis and evaluation methods to preview/review aspects of individual performance.
- (b) Convert analysis data into action plans for improving the effectiveness of individual performance.

EVIDENCE REQUIREMENTS FOR THIS UNIT

All Outcomes

Evidence is required to demonstrate that candidates meet the requirements of all Outcomes and Performance Criteria.

Laws/Rules of the sport should be interpreted in line with the S/NGB requirements for the activity.

Outcomes should be assessed in a holistic manner with candidates gathering evidence at required intervals throughout the completion of the Course. It is expected that much of the evidence will arise from the candidate's participation in the practical practice and game/event environments. This will be supplemented by a review of practical and theoretical sessions. Additional questions may be used if appropriate.

Candidates should keep a log throughout the season which details practical application of the Outcome requirements, and contains examples of uses of Code of Conduct, laws and rules for the sport. Evidence must be collected from a range of sources to enable an overall assessment to be made.

Candidates will be required to provide records of planning, evaluations and feedback including remedial actions where applicable.

National Unit Specification: statement of standards (cont)

UNIT Individual Performance in Sport: Analysis and Evaluation (SCQF level 6)

The planned evaluation and assessment programme should allow evidence to be collected as the candidates' progress their development and performance.

The planned evaluation and assessment programme should allow evidence to be collected as the candidates' progress their development and performance.

Outcome 1

The candidate will be required to provide evidence of understanding and application of analysis systems, and demonstrate the ability to utilise these systems.

Candidates will require to use at least three different methods of gathering data. The methods and types of data gathered will vary from sport to sport. Data will be required to cover what is normally recognised as a season for the chosen sport.

Outcome 2

Candidates will make use of the analysis and evaluations developed for Outcome 1 and apply them effectively in order to inform the next steps so that performance can benefit. Candidates must use the data gathered to justify why and how any action has been taken to prioritise further stages of personal development. The evidence would be expected to be gathered and collated in a log-book or diary or similar document or record and as with Outcome 1, would cover a season of participation.

Candidates will be required to show that they can use the gathered information and apply it thereby demonstrating their ability to collate, synthesise and prioritise actions for short, medium and long term improvement of performance.

The candidate will be required to provide evidence of knowledge and understanding of analysis and evaluation when preparing and contextualising action plans for performance improvement and/or remedial work.

National Unit Specification: support notes

UNIT Individual Performance in Sport: Analysis and Evaluation (SCQF level 6)

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

In order to achieve the Group Award, this Unit must be delivered in the same sports context as *Individual Performance in Sport* and *Individual Performance in Sport: Codes of Conduct*.

The candidate will be required to follow the Scottish/National Governing Body (SGB/NGB) guidelines in terms of Course content and this will vary from sport to sport. Candidates will not always be in direct or immediate contact with the tutor/assessor but some form of contact is required for support and to advance the competence of the candidate. Candidates will therefore require support from the tutor/assessor/mentor on a regular basis to ensure that guidelines are safely adhered to and receive guidance in methods of gathering, utilising and evaluating data.

It is expected that candidates will be participating competitively in their chosen sport on a very regular basis. Much of the evidence would be gathered by the candidate in the form of a portfolio or similar, and would cover the work of a season long programme. This may include both training and competitive stages.

Whilst this is not an exhaustive list, examples of evidence collection are:

- ◆ Recorded — diary/log book
- ◆ Observation — checklist
- ◆ Q & A — record notes
- ◆ Visual through video/DVD

GUIDANCE ON LEARNING AND TEACHING APPROACHES FOR THIS UNIT

Candidates are expected to gain experience and improve their competence through implementation of methods and processes for analysis and evaluation of individual performance. This will include both practical and theoretical elements, using individual and/or Unit or team/group situations.

Candidates will wherever possible, be encouraged to take responsibility for their own learning (with tutor support and guidance) over the period of the Course.

Candidates could for example show how the analysis may be used to develop their own short and long term goals in terms of their personal performance.

This Unit is largely practical in nature. Candidates will be expected to be very regular participants in their chosen sport and taking part at a competitive level. It is expected that candidates will keep a record of their on-going performance and any actions that are taken through individual analysis of those performances. Candidates may also utilise additional data from other sources and this may include:

National Unit Specification: support notes (cont)

UNIT Individual Performance in Sport: Analysis and Evaluation (SCQF level 6)

- ◆ Recognised elite performers
- ◆ Feedback from mentors
- ◆ Personal reflection
- ◆ Use of DVD/video
- ◆ Statistical information from a variety of sources, eg checklists, preview and review sheets, focus sheets etc

Note that this list is not exhaustive.

OPPORTUNITIES FOR CORE SKILL DEVELOPMENT

There will be many opportunities to develop good skills in Oral Communication as the Unit is undertaken. Candidates will be made aware of the importance of active listening and observation skills in order to relate and respond to others in the most effective way. Through understanding and responding to their physical, cultural and emotional needs, participants will evolve adaptive language and non-verbal communication techniques in order to progress effective communication. Candidates will be expected to use vocabulary and style which is relevant and meets the needs of all involved and to respond confidently to questions from both participants and the assessor.

Candidates will develop skills in *Problem Solving* and *Working with Others* as they plan activities and effectively negotiate goals and targets. They will need to consider all resources and take account of their own strengths and weaknesses. Identifying and examining areas of potential improvement, and using working methods consistent with available resources they should be able to demonstrate and explain practical tasks to others. They will review and evaluate the overall success of the appropriate sessions, including the way in which they fulfilled their own responsibilities in tasks undertaken.

Candidates have to carry out numerical calculations and measurements involving physiological and environmental data and check procedures to ensure accuracy. Reading and recording relevant statistical and graphic data, checked for accuracy, will encourage the development of skills in *Numeracy*.

GUIDANCE ON APPROACHES TO ASSESSMENT FOR THIS UNIT

Candidates must be assessed whilst participating in the different elements of the Course content over an appropriate period of time. A candidate portfolio, together with the assessor's observation report s will establish the competence of the candidate.

The assessor report will cover ALL PCs in all Outcomes. This may be in the form of comprehensive reports or checklists together with detailed comments.

It may be useful for candidates to be introduced to this through a study of recognised elite performers and making use of an analysis of that performance to inform their own progress.

National Unit Specification: support notes (cont)

UNIT Individual Performance in Sport: Analysis and Evaluation (SCQF level 6)

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)*.

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