



National Unit Specification: general information

UNIT Individual Performance in Sport (SCQF level 6)

CODE F79D 12

SUMMARY

The purpose of this Unit is to provide an environment within which candidates can develop personal potential in their chosen sport. This should be achieved by enhancing their personal performance through participation in appropriate theoretical and practical sessions.

The Unit will introduce candidates to processes which will encourage their effective development of their individual performance within their sport.

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

OUTCOMES

- 1 Demonstrate, develop, and evaluate the techniques appropriate to the role of the individual within the context of their sport or event.
- 2 Demonstrate, develop, and evaluate the ability to contextualise techniques into skilled performance within a practice environment.
- 3 Demonstrate, develop, and evaluate the ability to apply the performance of relevant skills appropriately within the context of a competitive game/event.

RECOMMENDED ENTRY

While entry is at the discretion of the centre, it is recommended that candidates who apply for the Course should have a letter of recommendation from their club or PE dept.

Candidates will be required to demonstrate their potential to further develop as a player or athlete.

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 (SCQF level 6)

CREDIT VALUE

2 credits at SCQF level 6 (12 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 (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

Demonstrate, develop and evaluate the techniques appropriate to the role of the individual within the context of their sport or event.

Performance Criteria

- (a) Through participation in appropriate practical and theoretical sessions, demonstrate, develop and evaluate techniques relating to the role of the individual.
- (b) Evaluate the effectiveness of an individualised strength and conditioning program.

OUTCOME 2

Demonstrate, develop and evaluate the ability to contextualise techniques into skilled performance within a practice environment.

Performance Criteria

- (a) Through participation in individualised training programmes, demonstrate, develop and evaluate identified skills and techniques relating to specific role(s) in the game or event.
- (b) Through participation in practice sessions, demonstrate, develop and evaluate identified skills and techniques relating to specific role(s) in the game or event.

OUTCOME 3

Demonstrate, develop and evaluate the ability to apply the performance of relevant skills appropriately within the context of a competitive game/event.

Performance Criteria

- (a) Demonstrate, develop, and evaluate the ability to convert and adapt learned techniques into skilled performance within the context of a competitive game/event.
- (b) Demonstrate and evaluate correct and accurate application of the role(s) required for the performer within the context of the competitive game/event.

National Unit Specification: statement of standards (cont)

UNIT Individual Performance in Sport (SCQF level 6)

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 SGB/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 the 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 evidence of their skill and technical development within the selected sport. Evidence must be collected from a range of sources to enable an overall assessment to be made.

The log must include at least 3 assessments completed by the assessor. This will normally be in the nature of a checklist with detailed comments which show clearly, that the candidates has developed the necessary skills and techniques required over the stated period.

Evidence must include:

- ◆ Detail of both practical and theory sessions attended
- ◆ Evidence of active participation
- ◆ A description of the role of the candidates within the selected activity
- ◆ Assessor reports of skill development
- ◆ Evidence that the use of analysis has informed the process of skill and technical development
- ◆ Evidence from practice, training and competitive environments

Evidence must be able to demonstrate candidates' understanding and be collated to enable an overall assessment to be made.

This will be in the form of:

Recorded evidence — diary/log book for the period of a season or other relevant period of time as recognised by the SGB/NGB.

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

Candidates are expected to provide recorded evidence of their performance over the period of a complete season of activity. Evidence may be integrated with that of the Units associated with the Group Award.

National Unit Specification: statement of standards (cont)

UNIT Individual Performance in Sport (SCQF level 6)

Outcome 1

The candidate will be required to provide a log containing evidence of the development of techniques associated with their chosen role. It should also record:

- ◆ participation and evaluation of performance
- ◆ application of review and improvement processes

The candidate will be required to participate in, and demonstrate understanding of a relevant strength and conditioning programme. Log should detail the programme followed, together with evaluation and review over the period of participation. It is anticipated that this will cover a season for the selected sport.

Outcome 2

The candidate will be required to provide evidence of their ability to show they have developed identified skills and techniques, and applied them in the context of skilled performance in a practice environment.

Candidates must demonstrate their awareness of the relevance of appropriate skill and its application when performing as an individual or when in combination with others. Evidence will normally be in the form of a log book which contains all required information to include as a minimum, all the evidence noted above.

This may be supplemented by personal reflection, mentor reports, other relevant testimony, video evidence etc.

Outcome 3

The candidates will be required to show evidence that they have been able to develop their personal skills and techniques and then utilise them in the context of a competitive environment.

Demonstrate recognition and understanding of contextualising acquired skills appropriately through participation in the competitive game/event.

National Unit Specification: support notes

UNIT Individual Performance in Sport (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 80 hours.

GUIDANCE ON THE CONTENT AND CONTEXT FOR THIS UNIT

The Unit will be delivered in the same sports context as *Individual Performance in Sport: Analysis and Evaluation* and *Individual Performance in Sport: Codes of Conduct*.

It is required that the candidate be observed for assessment during the delivery period of this Unit on a number of occasions.

Functional role(s) as used in this Unit relate to the specific techniques and skills pertaining to the candidate's participation role within their chosen game/event.

Examples of a functional role would be a specific performance position within in a team context or in an individual event the specific discipline requirements.

The candidate should observe SGB/NGB guidelines and these will vary from sport to sport. Candidates will at this stage not always be in daily or immediate contact with the assessor but some form of contact is required for support and to advance the competence of the candidate. Assessors will require to oversee the work of the candidate to ensure that all required guidelines are met and that safety is maintained. Candidates will requires support regularly and will be seen for assessment purposes.

Additional evidence may take the form of:

- ◆ Q & A — checklists
- ◆ Observation — record notes
- ◆ Visual- through video/DVD this should include candidate physical participation evidence

Note that this list is not exhaustive.

GUIDANCE ON LEARNING AND TEACHING APPROACHES FOR THIS UNIT

This Unit is largely practical in nature, but will be assessed by a combination of practical performance and candidate evaluation.

The candidates are expected to gain experience and improve their competence through developing their understanding and implementation of their specific role(s) whilst participating in their chosen sport over the appropriate period of time relevant to the SGB/NGB.

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

This will include practical and theoretical elements and may involve working as an individual, or working along with others in Unit or team/group situations.

National Unit Specification: support notes (cont)

UNIT Individual Performance in Sport (SCQF level 6)

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 performances. Candidates may also utilise additional tools from other sources and this may include:

- ◆ Other performers
- ◆ Feedback from coach and other participants eg mentor, officials, fellow competitors
- ◆ 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. That together with the assessor's observation report will establish the competence of the candidate.

The log together with the candidate report completed by the assessor will cover ALL PCs in all Outcomes. The assessor report may be in the form of a detailed written report or checklists together with detailed comments.

National Unit Specification: support notes (cont)

UNIT Individual Performance in Sport (SCQF level 6)

Candidates are expected to keep a detailed log of their own performance and should be encouraged to take responsibility for ensuring that it is up to date and accurately reflects what has taken place. ie training and competitive contexts, feedback from relevant sources and personal reflections/ evaluations and where appropriate, actions required.

Evidence must cover the whole of one season or equivalent period as required by the SGB/NGB of the sport selected.

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