

Cycling Safely (SCQF level 1) Unit

SCQF: level 1 (6 SCQF credit points)

Unit code: H3YH 41

Unit outline

The general aim of this Unit is to enable the learner to develop an awareness of the main safety requirements when cycling.

Learners who complete this Unit will be able to:

- 1 Prepare for a cycling activity.
- 2 Participate in a cycling activity.

This Unit is a mandatory Unit of the SCQF level 1 Cycling Award and is also available as a free-standing Unit. The Unit Specification should be read in conjunction with the *Unit Support Notes*, which provide advice and guidance on delivery, assessment approaches and development of skills for learning, skills for life and skills for work.

Recommended entry

Entry to this Unit is at the discretion of the centre. However, relevant experiences and outcomes may provide an appropriate basis for doing this Unit.

Equality and inclusion

This Unit Specification has been designed to ensure that there are no unnecessary barriers to learning or assessment. The individual needs of learners should be taken into account when planning learning experiences, selecting assessment methods or considering alternative evidence. For further information, please refer to the *Unit Support Notes*.

Standards

Outcomes and assessment standards

Outcome 1

The learner will:

1 Prepare for a cycling activity by:

- 1.1 Agreeing to a cycling activity
- 1.2 Choosing clothing and equipment appropriate to the activity

Outcome 2

The learner will:

2 Participate in a cycling activity by:

- 2.1 Carrying out the cycling activity
- 2.2 Responding to instructions and to signals given by others during the activity

Evidence Requirements for the Unit

Assessors should use their professional judgement, subject knowledge and experience, and understanding of their learners, to determine the most appropriate ways to generate evidence and the conditions and contexts in which they are used.

Evidence may be presented for individual Outcomes or it may be gathered for the Unit as a whole through integrating assessment in one single activity. If the latter approach is used, it must be clear how the evidence covers each Outcome.

Evidence is likely to come from assessor observation of learners' participation in practical activities associated with preparing for and then taking part in a cycling activity.

It is expected that learners will receive support to achieve the Outcomes of this Unit.

Evidence may take a variety of formats, such as observation checklists, written, oral, or pictorial, and may be gathered using the learner's usual means of communication.

Advice and guidance on possible approaches to assessment is provided in the *Unit Support Notes*.

Development of skills for learning, skills for life and skills for work

It is expected that learners will develop broad, generic skills through this Unit. The skills that learners will be expected to improve on and develop through the Unit are based on SQA's *Skills Framework: Skills for Learning, Skills for Life and Skills for Work* and drawn from the main skills areas listed below. These must be built into the Unit where there are appropriate opportunities.

1 Literacy

1.3 Listening and talking

3 Health and Wellbeing

3.3 Physical Wellbeing

5 Thinking skills

5.2 Understanding

Amplification of these is given in SQA's *Skills Framework: Skills for Learning, Skills for Life and Skills for Work*. The level of these skills should be at the same SCQF level as the Unit and be consistent with the SCQF level descriptor. Further information on building in skills for learning, skills for life and skills for work is given in the *Unit Support Notes*.

Administrative information

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Superclass: ZH

History of changes to Award Unit Specification

Version	Description of change	Authorised by	Date

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