



**Group Award Specification for:
SQA Advanced Diploma in Applied Sport Science
Group Award code — GT8H48**

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1 Introduction

The purpose of this document is to:

- ◆ assist centres to implement, deliver, and manage the qualification
- ◆ provide a guide for new staff involved in offering the qualification
- ◆ inform course managers, teaching staff, assessors, learners, employers, and higher education institutions of the aims and purpose of the qualification
- ◆ provide details of the range of learners that the qualification is suitable for and the progression opportunities

This new SQA Advanced Diploma in Applied Sport Science is designed to equip candidates with the knowledge, understanding and skills required for success in current and future employment or for progression to further academic and/or professional qualifications.

1.1 Background and rationale for the development

This award was designed to enable candidates to develop the practical competences required to work with athletes performing at elite levels and with recreational exercisers embracing a healthier lifestyle.

In 1999, a Scottish Institute of Sport hub was formed which embraces regional institutes promoting and supporting the development of Scottish athletes in a range of competitive sports. There has also been an expansion in integrated health and fitness clubs within hotels and workplaces, and in the provision of services such as coaching, sport science, sports medicine, physical conditioning and lifestyle advice. These developments along with the government's policy for health living, and events such as the London 2012 Olympic Games and the Commonwealth Games in Glasgow in 2014, require suitably qualified practitioners to support these initiatives at both local level and national level. This new SQA Advanced Diploma will provide candidates with an appropriate mix of knowledge, understanding and practical skills to pursue a career in the field of Applied Sport Science in a variety of settings or to progress to higher education.

2 Qualification structure

The SQA Advanced Diploma in Applied Sport Science is designed in accordance with SQA's design principles for SQA Advanced awards, that is, SQA Advanced Diplomas shall be designed to be at SCQF level 8 and shall comprise 240 SCQF credit points with at least 64 SCQF credit points at SCQF level 8. This should include a mandatory section of at least 96 SCQF credit points and include one graded unit of 8 SCQF credit points at SCQF level 7, plus 16 SCQF credit points of graded units at SCQF level 8.

To attain the SQA Advanced Diploma, candidates must achieve 30 SQA credits — 23 mandatory credits plus seven optional credits.

2.1 Structure

Mandatory units

4 code	2 code	Unit title	SQA credit	SCQF credit points	SCQF level
J6P8	47	Exercise Physiology and Anatomy	2	16	7
J6P9	47	Exercise Principles and Programming	2	16	7
J6PG	47	Nutrition for Fitness, Health and Exercise	1	8	7
J6PD	47	Health Screening	0.5	4	7
J6PA	47	First Aid for Sport	0.5	4	7
J6PB	47	or First Aid for Sport and Fitness	0.5	4	7
HR1P	47	Health and Safety Legislation: An Introduction	1	8	7
J6P6	47	or Exercise and Fitness: Health and Safety Management	0.5	4	7
J6R3	47	and Work Effectively and Safely with Clients	0.5	4	7
J6R1	47	Supporting Talented Sports Performers	1	8	7
J6PS	48	Psychology of Exercise	1	8	8
J6PY	48	Sports Mechanics	1	8	8
J6NY	47	Fitness, Health and Exercise: Graded Unit 1	1	8	7
J6PK	48	Physiological Responses to Exercise	2	16	8
J6PR	48	Psychological Skills Training in Sport	1	8	8
J6PH	48	Nutrition for Sports Performance	1	8	8
J6R0	48	Strength and Conditioning	2	16	8
J6PT	48	Qualitative Biomechanical Analysis	2	16	8
J6PF	48	Measuring Fitness in Exercise and Sport	1	8	8
J6PX	47	Skills Acquisition in Sport and Exercise	1	8	8
J6NX	48	Applied Sport Science: Graded Unit 2	2	16	8

Optional units group 1 — 2 SQA credits required

4 code	2 code	Unit title	SQA credit	SCQF credit points	SCQF level
J6PN	47	Plan, Teach and Evaluate Group Exercise with Music Sessions	2	16	7
J6PP	47	Plan, Teach and Evaluate Gym Based Exercise Sessions	2	16	7

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J75F	47	Plan, Teach and Evaluate Group Exercise Sessions	2	16	7
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Optional units group 2 — 5 SQA credits required

4 code	2 code	Unit title	SQA credit	SCQF credit points	SCQF level
HR1C	46	Workplace Communication in English	1	8	6
J6PW	47	Research and Methodology	1	8	7
J1NB	47	or Research Skills	1	8	7
J6P4	46	Body Massage	2	16	6
HR0A	47	Using Software Application Packages	1	8	7
J6R2	47	Swimming Pool Lifeguard: Skills and Practice	1	8	7
J6PM	47	Plan, Teach and Evaluate a Water Based Exercise Session	2	16	7
J6PC	47	Flexibility Training	1	4	7
J6PJ	47	Physical Activity for Children	1	8	7
HP6M	47	Personal Development Planning	1	8	7
J6PL	48	Plan, Teach and Evaluate a Physical Activity Programme to Meet the Needs of Older Adults	2	16	7
HP4X	47	Work Placement	1	8	7
J6PE	48	Managing Stress through Exercise and Therapy	1.5	12	8
J6P7	48	Exercise for Pre and Post-natal Clients	1.5	12	8
J6P2	48	Assisting Sports for Disability	1	8	8
HV49	46	Fundamental Chemistry: An Introduction	1	8	6
J6P3	47	Biochemistry: Theory and Practice	1	8	7

2.1.1 Core Skills

The recommended Core Skills entry and exit profiles for the group award are detailed below:

Core Skills	Entry SCQF level Yr1 SQA Advanced Diploma in Applied Sport Science	Exit SCQF level Yr1 SQA Advanced Diploma in Applied Sport Science	Exit SCQF level Yr2 SQA Advanced Diploma in Applied Sport Science
Communication	5	6	6
Information Technology	5	6	6
Numeracy	5	5	6
Problem Solving	5	6	6
Working with Others	5	6	6

All practical learning and teaching activities within the award provide a context for developing and enhancing the five Core Skills to a significant level. A Core Skills signposting guide is given in section 5.3 which shows where each of the Core Skills may be developed or is embedded within specific units.

3 Aims of the qualification

The award is designed to meet the needs of employers and candidates in a range of organisations. It will provide candidates with a theoretical background across the main disciplines of sport and exercise sciences and 'hands-on' practical expertise in applying a range of sport and exercise science skills.

3.1 General aims of the qualification

The general aims of the SQA Advanced Diploma in Applied Sport Science are to:

- 1 develop knowledge and skills such as planning, analysis and synthesising
- 2 develop employment skills related to the National Occupational Standards or other professional body requirements and so enhance employment prospects
- 3 develop transferable skills, including Core Skills, to the levels demanded by employers and/or progression in higher education

3.2 Specific aims of the qualification

The specific aims of the SQA Advanced Diploma in Applied Sport Science are to:

- 1 provide advanced practical and theoretical knowledge which will enable the candidate to work with clients in a range of sport science settings with minimum guidance and support
- 2 develop on previously acquired transferable skills and develop transferable competences
- 3 meet the demand from industry in which Core Skills are supplemented by more specialist competences identified relating to applied functions within the health and fitness industry
- 4 offer the opportunity for progression within the SCQF to undergraduate degree level study
- 5 develop key skills for employability by providing the competences required by many other types of employers across the range of employment situations, including full-time, part-time or freelance work
- 6 develop study and research skills which will allow candidates to successfully perform on HE courses
- 7 prepare candidates for entry to a range of positions in sports clubs, local authority sports facilities or self-employment as sport support personnel on the national and international fronts

3.3 Target groups

The SQA Advanced Diploma in Applied Sport Science award is suitable for a wide range of candidates, including:

- ◆ school leavers interested in the practical application of sport science
- ◆ candidates studying related subject areas such as fitness, exercise or sports coaching
- ◆ adult returners to education
- ◆ candidates in employment who wish to enhance their career prospects through CPD
- ◆ people changing direction or seeking a career change
- ◆ part-time candidates wishing to broaden their skills and knowledge
- ◆ candidates who wish to progress academically but who do not currently meet HE entry requirements
- ◆ athletes and sports officiators or volunteers wishing to capitalise on their performance experience and provide themselves with knowledge, skills and qualifications to continue within sport post-performance or competition

3.4 Employment opportunities

Candidates completing this award may find employment opportunities within:

- ◆ the national governing body for sport or national sporting organisations
- ◆ local councils promoting health and exercise agendas
- ◆ commercial sporting or fitness organisations

Candidates may also consider self-employment options.

3.5 Graded units

The purpose of the graded units is to assess the candidate's ability to integrate and apply the knowledge and/or skills gained in the individual units to demonstrate that they have achieved the principal aims of the group award and to grade the candidate's achievement. The graded units will be assessed and a grade of A, B or C will be awarded to each of the graded units.

Candidates will undertake a one credit SQA Advanced graded unit (8 SCQF credit points) at level 7 in the first year of the award and a two credit SQA Advanced graded unit (16 SCQF credit points) at level 8 in the second year.

3.5.1 Graded Unit 1

This unit will be project based and will take the form of an investigation. It will cover a range of skills achieved through studying the mandatory units of the award.

3.5.2 Graded Unit 2

This unit will be project based and will take the form of a practical assignment. This type of graded unit will ensure that both the practical elements and the underpinning knowledge aspects are integrated. Candidates will plan, implement and evaluate a sport science support plan. The four main strands of sport science (physiology, nutrition, psychology and biomechanics) will be used and applied while working with a small group of individuals to assist them in achieving exercise, sport or fitness objectives.

4 Recommended entry to the qualification

Entry to this qualification is at the discretion of the centre. All prospective candidates must be treated fairly in regard to access, based upon the philosophy that entry is open to anyone who can show a reasonable potential for success through formal qualifications, credible experience or otherwise. The following information on prior knowledge, skills, experience, or qualifications that provide suitable preparation for this qualification has been provided by the Qualification Design Team as guidance only.

Prospective candidates should have an active interest in sport and/or exercise in terms of participation, coaching or teaching. Candidates will be informed that a Scottish Criminal Records Office (SCRO) check will take place, prior to commencement of the award, as they will be expected to work with young children or at risk adults during the delivery of the award.

Candidates would benefit from having attained the skills, knowledge, and understanding required by one or more of the following or equivalent qualifications and/or experience:

4.1 Formal qualifications

- ◆ SQA National Units and courses in relevant areas at Intermediate 2 and Higher level
or
- ◆ SQA Project Based National Courses at Intermediate 2 or Higher level in Fitness, Coaching, Leading Sport or Sports Organisation or other relevant awards
or
- ◆ GCE 'A' level in relevant subjects and other relevant GCE awards

4.2 Entry to Year 2 SQA Advanced Diploma

To achieve the SQA Advanced Diploma in Applied Sport Science, candidates must gain 30 SQA credits. Full-time candidates should be encouraged to achieve 15 credits in each year of the award. Candidates would be expected to have a minimum of 12 credits on entry to year 2. Candidates progressing to the second year of the SQA Advanced Diploma in Applied Sport Science course should be advised to take the following optional units:

Unit code	Unit title
J6PN 47	Plan, Teach and Evaluate Group Exercise with Music Sessions
OR	
J6PP 47	Plan, Teach and Evaluate Gym Based Exercise Sessions
J6R1 47	Supporting Talented Sports Performers
J6PS 48	Psychology of Exercise
J6PY 48	Sports Mechanics

4.3 Core Skills entry profile

Details of the recommended Core Skills entry profile are given in the table below. The information would be used to identify whether additional learning support needs should be put in place for learners whose Core Skills profile is below the recommended entry level, or whether learners should be encouraged to do an alternative level or learning programme.

Core Skill	Recommended SCQF entry profile
Communication	5
Numeracy	5
Information and communication technology (ICT)	5
Problem solving	5
Working with others	5

4.4 Work experience

Candidates with suitable relevant work experience may be accepted for entry provided the enrolling centre believes that the candidate is likely to benefit from undertaking the award.

4.5 Accreditation of prior learning

Formal entry qualifications may be reinterpreted in the context of current work being undertaken in the accreditation of prior and experiential learning.

4.6 English as an additional language

If English is not the candidate's first language, it is recommended that they possess English for Speakers of Other Languages (ESOL) level 5 or a score of 5.5 in the International English Language Testing System (IELTS).

5 Additional benefits of the qualification in meeting employer needs

This qualification was designed to meet a specific purpose and what follows are details on how that purpose has been met through mapping of the units to the aims of the qualification. Through meeting the aims, additional value has been achieved by linking the unit standards with those defined in National Occupational Standards and/or trade/professional body requirements. In addition, significant opportunities exist for learners to develop more generic skills, known as Core Skills, through this qualification.

5.1 Mapping of qualification aims to units

Code	Unit title	Aims						
		1	2	3	4	5	6	7
J6P8 47	Exercise Physiology and Anatomy	X			X		X	
J6P9 47	Exercise Principles and Programming	X		X	X	X		X
J6PG 47	Nutrition for Fitness, Health and Exercise	X		X	X		X	
J6PD 47	Health Screening	X		X	X	X		X
J6PA 47	First Aid for Sport	X		X	X	X		X
HR1P 47	Health and Safety Legislation: An Introduction	X		X	X	X		X
J6R1 47	Supporting Talented Sports Performers	X			X		X	X
J6PS 48	Psychology of Exercise	X	X	X	X		X	X
J6NY 47	Fitness, Health and Exercise: Graded Unit 1			X	X	X	X	X
J6PK 48	Physiological Responses to Exercise	X		X	X		X	X
J6PR 48	Psychological Skills Training in Sport	X	X	X	X		X	X
J6PH 48	Nutrition for Sports Performance	X			X		X	X
J6R0 48	Strength and Conditioning	X	X	X	X	X		X
J6PT 48	Qualitative Biomechanical Analysis	X	X		X		X	X
J6PF 48	Measuring Fitness in Exercise and Sport	X	X	X	X	X		X
J6PX 47	Skills Acquisition in Sport and Exercise	X	X	X	X			X
J6NX 48	Applied Sport Science: Graded Unit 2	X	X	X	X	X	X	X
J6PN 47	Plan, Teach and Evaluate Group Exercise with Music Sessions	X		X	X	X		X
J6PP 47	Plan, Teach and Evaluate Gym Based Exercise Sessions	X		X	X	X		X

5.2 Mapping of National Occupational Standards (NOS) and/or trade standards

The following elements of National Occupational Standards applying to the practical/vocational units are:

Instructing Physical Activity and Exercise SVQ/NVQ Qualification Structure 2004	Coaching Teaching Instructing SVQ/NVQ Approved Qualification Structure	Coaching Teaching and instructing SVQ/NVQ Qualification Structure, Approved by PSAG 2003
D437 Collect and analyse information to plan a progressive physical activity programme	B27 Analyse information and identify goals	B28 Plan a coaching programme
D438 Plan, review and adapt a progressive physical activity programme	B28 Plan a programme to achieve goals	D418 Implement a coaching programme
D439 Plan and instruct specific physical activities	B29 Manage and evaluate a programme to achieve goals	D419 Develop participant performance through progressive sessions
C313 Provide motivation and support to clients during a progressive physical activity programme	D45 Coach participants to improve their performance	
D440 Apply the principles of nutrition and weight management to a progressive physical activity programme	D13 Establish and maintain relationships which support the coaching process	

These elements can be mapped to the practical/vocational units as illustrated in the table that follows:

Unit code	Unit name	D437	D438	D439	C313	D440	B27	B28	B29	D45	D13	D28	D418	D419
J6R1 47	Supporting Talented Sports Performers	X	X		X						X			
J6PS 48	Psychology of Exercise	X	X		X		X	X	X		X			
J6PK 48	Physiological Responses to Exercise	X			X		X							
J6PR 48	Psychological Skills Training in Sport	X			X		X							
J6PH 48	Nutrition for Sports Performance					X	X	X	X					
J6R0 48	Strength and Conditioning	X	X	X	X									
J6PT 48	Qualitative Biomechanical Analysis			X			X	X	X	X				

5.3 Mapping of Core Skills development opportunities across the qualification

Unit code	Unit title	Communication		Numeracy		ICT	Problem solving			Working with others
		Oral	Written	Using number	Using graphical information		Critical thinking	Planning and organising	Reviewing and evaluating	
J6P8 47	Exercise Physiology and Anatomy		X			X				
J6P9 47	Exercise Principles and Programming	X	X	X	X			X	X	X
J6PG 47	Nutrition for Fitness, Health and Exercise		X			X		X		
J6PD 47	Health Screening	X	X					X	X	X
J6PA 47	First Aid for Sport	X	X					X		X
HR1P 47	Health and Safety Legislation: An Introduction		X			X			X	X
J6R1 47	Supporting Talented Sports Performers	X	X			X			X	
J6PS 48	Psychology of Exercise		X				X			
J6NY 47	Fitness, Health and Exercise: Graded Unit 1	X	X	X	X	X	X	X	X	X
J6PK 48	Physiological Responses to Exercise		X	X	X		X			
J6PR 48	Psychological Skills Training in Sport	X	X				X	X	X	X
J6PH 48	Nutrition for Sports Performance		X			X		X		

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J6R0 48	Strength and Conditioning	X	X	X	X		X	X	X	X
J6PT 48	Qualitative Biomechanical Analysis	X	X	X		X	X	X	X	X
J6PF 48	Measuring Fitness in Exercise and Sport	X	X	X	X	X		X	X	X
J6PX 47	Skills Acquisition in Sport and Exercise	X	X				X		X	X
J6NX 48	Applied Sport Science: Graded Unit 2	X	X	X	X	X	X	X	X	X
J6PN 47	Plan, Teach and Evaluate Group Exercise with Music Sessions	X	X		X			X	X	X
J6PP 47	Plan, Teach and Evaluate Gym Based Exercise Sessions	X	X	X	X			X	X	X

6 Guidance on approaches to delivery and assessment

A holistic approach should be implemented in the delivery and assessment of the practical units. The overall assessment strategy, under the SQA Advanced design principles, encourages a more holistic approach to assessment. The SQA Advanced unit specification places the emphasis on assessing the whole outcome or a combination of outcomes. The assessment burden for both candidates and centres may be reduced as the new unit specification allows the use of 'sampling' of knowledge and/or skills in some assessments.

Centres are encouraged to identify opportunities for integration of assessments across units and this approach has been adopted in the SQA Advanced Diploma in Applied Sport Science award.

All of the units listed may be delivered as stand-alone qualifications. Alternatively, they may be included in a variety of group awards as mandatory or optional units. However, where they are delivered within a specified framework, that is, the SQA Advanced Diploma in Applied Sport Science, they constitute a coherent, attractive and very relevant programme designed as 'fit for purpose' to equip candidates with the knowledge and/or skills needed for today's working environment. Individual units contain advice regarding the knowledge and skills a candidate may require prior to undertaking the unit in order to benefit from the unit. This information may influence a centre regarding the order of delivery of units and the timing of the graded unit assessments.

6.1 Mode of delivery

The structure of the group award allows for a high degree of flexibility in the delivery modes.

The award can be offered on a full-time standard, full-time fast track, day release, evening and by flexible learning mode. In addition, it is also possible (and it has become increasingly popular within the predecessor awards) to offer the award using a combination of modes. Such combination of study modes may enable candidates to complete the awards within a shorter time period. In addition, it is also possible for centres to offer individual units on an open learning or e-learning basis especially if home based study of more factual based information is possible.

Information regarding open or flexible learning delivery is available within each unit specification. Due to the practical nature of some units, it may be difficult to deliver these outside centres. It is the responsibility of centres to ensure the authentication of a candidate's work if assessment is not undertaken within the centre.

6.2 Sequencing/integration of units

The delivery and assessment of the award is at the discretion of centres. The table below gives a suggested delivery schedule for both years of the award. This is based on a 3-block academic session.

SQA Advanced Diploma in Applied Sport Science — Year 1

Block 1	Block 2	Block 3
Exercise Physiology and Anatomy (2.0)		Nutrition for Fitness, Health and Exercise (1.0)
Exercise Principles and Programming (2.0)		Fitness, Health and Exercise: Graded Unit 1 (1.0)
Health Screening (0.5) First Aid for Sport (0.5)	Health and Safety Legislation: An Introduction (1.0)	Sports Mechanics (1.0)
Personal Development Planning (1.0) <i>(option — others available)</i>	Physical Activity for Children (1.0) <i>(option — others available)</i>	Psychology of Exercise (1.0)
Plan, Teach and Evaluate Gym Based Exercise Sessions (2.0)		Supporting Talented Sports Performers (1.0)
Total — 5.0 credits	Total — 5.0 credits	Total — 5.0 credits

SQA Advanced Diploma in Applied Sport Science — Year 2

Block 1	Block 2	Block 3
Physiological Responses to Exercise* (2.0)		Measuring Fitness in Exercise and Sport* (1.0)
Psychological Skills Training* (1.0)	Any unit from the options list (1.0)	Skills Acquisition in Sport and Exercise* (1.0)
Nutrition for Sports Performance* (1.0)	Qualitative Biomechanical Analysis* (2.0)	
Research and Methodology (1.0) — (option)	Applied Sport Science: Graded Unit 2* (2.0)	
Strength and Conditioning* (2.0)		Options — ONE of the following: Work Experience (1.0) exercise prescription for specific groups (1.0) etc.
Total — 5.0 credits	Total — 5.0 credits	Total — 5.0 credits

* indicates a core unit

6.3 Recognition of prior learning

SQA recognises that learners gain knowledge and skills acquired through formal, non-formal, and informal learning contexts.

In some instances, a full group award may be achieved through the recognition of prior learning. However, it is unlikely that a learner would have the appropriate prior learning and experience to meet all the requirements of a full group award.

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The recognition of prior learning may not be used as a method of assessing in the following types of units and assessments:

- ◆ SQA Advanced graded units
- ◆ course and/or external assessments
- ◆ other integrative assessment units (which may or not be graded)
- ◆ certain types of assessment instruments where the standard may be compromised by not using the same assessment method outlined in the unit
- ◆ where there is an existing requirement for a license to practice
- ◆ where there are specific health and safety requirements
- ◆ where there are regulatory, professional, or other statutory requirements
- ◆ where otherwise specified in an assessment strategy

More information and guidance on the recognition of prior learning may be found on our website: www.sqa.org.uk.

The following sub-sections outline how existing SQA units may contribute to this group award. Additionally, they also outline how this group award may be recognised for professional and articulation purposes.

6.3.1 Articulation and/or progression

Candidates are advised to liaise directly with the HE establishments prior to each year's intake of candidates as unit credits that count towards entry requirements can vary.

The SQA Advanced Diploma in Applied Sport Science framework also has common units with the SQA Advanced Certificate/Diploma in Sports Coaching and Development.

6.4 Guidance on graded units and timing of delivery

In assessing the graded units for this award, centres are encouraged to set the parameters for the graded unit delivery and assessment from the outset. The Conditions of Assessment section in the graded unit specification gives additional guidance.

Individual units contain advice regarding the knowledge and skills a candidate may require in order to benefit from undertaking that unit. This may influence a centre regarding the order of delivery of units and the timing of the graded units. These units bring together many of the competencies gained by the candidate while undertaking the individual mandatory units. It is also designed to reflect the award title; that is, as the graded units draw heavily upon the skills gained within other units, it is recommended that delivery takes place after some or most of the supporting units have been completed. Centres will manage this at their discretion.

6.5 Assessment integration opportunities

The following table identifies some possible integration opportunities in the delivery and assessment of units.

Unit title	Integration opportunity
Skills Acquisition in Sport and Exercise/Strength and Conditioning	Skills to be focused on may be covered in the practical side of Strength and Conditioning.
Strength and Conditioning/Qualitative Biomechanical Analysis	Biomechanical principles can be applied and assessed through strength and conditioning exercises.

Psychological Skills Training/Skills Acquisition in Sport and Exercise	Psychological skills including imagery or visualisation can be used to assist in successful skill acquisition.
Physiological Responses to Exercise/Measuring Fitness in Exercise and Sport	Changes in response to exercise during different conditions and pre/post training can be assessed through Measuring Fitness in Exercise and Sport.

6.6 Re-assessment

Centres may manage re-assessment of candidates in different ways. This will be subject to internal and external verification procedures to test its robustness. Centres should ensure that the assessment process is as holistic as possible and that assessors are able to effectively judge candidates' performance in the outcome or unit as a whole. It may not always be possible to re-assess only those parts of the performance in which candidates have not satisfactorily demonstrated competence. Scenarios where candidates may need to re-do the whole assessment include:

- ◆ assessments which test knowledge and other cognitive skills and where it may not be possible to extract some of the items for re-assessment
- ◆ where parts of several outcomes are involved
- ◆ where a project has been designed as an integrated assessment and where there is a requirement to complete the project as a single complex task.

Candidates may need to do only part of an assessment, where their evidence has been generated over a period of time and/or a discrete part of the unit, such as an outcome, has been assessed originally.

It is recommended that candidates be allowed one, or in exceptional circumstances two, re-assessment opportunities. Please refer to SQA's Guide to Assessment and Quality Assurance for Colleges of Further Education, for details. (www.sqa.org.uk)

6.7 Core Skills development

The development of all five Core Skills is important. *Communication* (especially Oral Skills), *Problem Solving* and *Working with Others* are recognised as the key skill areas required of candidates employed in this sector. The SQA Advanced Diploma in Applied Sport Science framework supports and develops Core Skills.

A Core Skills signposting guide with specific areas which offer opportunities for Core Skills development to the proposed exit level, primarily in the mandatory units of the group award, can be found in section 5.3, although further enhancement of skills will occur in the wide range of optional units which will be selected to meet the professional needs of candidates.

All practical learning and teaching activities within the course provide a context for developing and enhancing the five Core Skills to a significant level beyond those recommended at entry. The practical assignment based graded unit, by its very design, also provides opportunities to develop the *Problem Solving* component of Planning and Organising; *Communication* — in particular written and oral communication skills; and *Working with Others* scenarios.

6.8 Risk management

A number of units within the award refer to risk management. Centres should ensure that risk assessments are carried out when required.

6.9 Staff training and resource requirements

It is the responsibility of each centre to ensure that current SQA requirements are met regarding the competence of assessors. Centres should ensure that staff hold appropriate qualifications to deliver and/or assess units which have a high technical demand and/or risk factor. This would be particularly significant where 'speciality' units are delivered — such as first aid or water based units. There may be legal requirements in addition to a recognised teaching/lecturing qualification.

7 General information for centres

Equality and inclusion

The unit specifications making up this group award have been designed to ensure that there are no unnecessary barriers to learning or assessment. The individual needs of learners will be taken into account when planning learning experiences, selecting assessment methods or considering alternative evidence.

Further advice can be found on our website www.sqa.org.uk/assessmentarrangements.

Internal and external verification

All instruments of assessment used within these group awards should be internally verified using the appropriate policy within the centre and the guidelines set by SQA.

External verification will be carried out by SQA to ensure that internal assessment is within the national guidelines for these qualifications.

Further information on internal and external verification can be found in *SQA's Guide to Assessment* (www.sqa.org.uk).

8 Glossary of terms

Consortium-devised SQA Advanced Certificates and Diplomas: Those with developments or revisions undertaken by a group of centres in partnership with SQA.

Dedicated unit to cover Core Skills: This is a non-subject unit that is written to cover one or more particular Core Skills.

Embedded Core Skills: The assessment evidence for the unit also includes full evidence for complete Core Skill or Core Skill components. A learner successfully completing the unit will be automatically certificated for the Core Skill. (This depends on the unit having been successfully audited and validated for Core Skills certification.)

Finish date: The end of a group award's lapsing period is known as the finish date. After the finish date, the group award will no longer be live and the following applies:

- ◆ Candidates may not be entered for the group award.
- ◆ The group award will continue to exist only as an archive record on the Awards Processing System (APS).

Graded unit: Graded units assess learners' ability to integrate what they have learned while working towards the units of the group award. Their purpose is to add value to the group award, making it more than the sum of its parts, and to encourage learners to retain and adapt their skills and knowledge.

Lapsing date: When a group award enters its lapsing period, the following will apply:

- ◆ The group award will be deleted from the relevant catalogue.
- ◆ The group award specification will remain until the qualification reaches its finish date, at which point it will be removed from SQA's website and archived.
- ◆ No new centres may be approved to offer the group award.
- ◆ Centres should only enter candidates whom they expect to complete the group award during the defined lapsing period.

Qualification Design Team: The QDT works in conjunction with a qualification manager or development manager to steer the development of the SQA Advanced Certificate or Diploma from its inception or revision through to validation. The group is made up of key stakeholders representing the interests of centres, employers, universities and other relevant organisations.

SCQF: The Scottish Credit and Qualification Framework (SCQF) provides the national common framework for describing all relevant programmes of learning and qualifications in Scotland. SCQF terminology is used throughout this guide to refer to credits and levels. For further information on the SCQF, visit the SCQF website at www.scqf.org.uk.

SCQF credit points: SCQF credit points provide a means of describing and comparing the amount of learning that is required to complete a qualification at a given level of the framework. One National Unit credit is equivalent to 6 SCQF credit points. One National Unit credit at Advanced Higher and one SQA Advanced unit credit (irrespective of level) is equivalent to 8 SCQF credit points.

SCQF levels: The level a qualification assigned within the framework is an indication of how hard it is to achieve. The SCQF covers 12 levels of learning. SQA Advanced Certificates and

SQA Advanced Diploma

SQA Advanced Diplomas are available at SCQF levels 7 and 8, respectively. SQA Advanced units will normally be at levels 6–9 and graded units will be at level 7 and 8. National Qualification Group Awards are available at SCQF levels 2–6 and will normally be made up of National Units which are available from SCQF levels 2–7.

Signposted Core Skills: These refer to opportunities to develop Core Skills in learning and teaching, but are not automatically certificated.

Specialist single centre and specialist collaborative devised SQA Advanced Certificates and Diplomas: Those with developments or revisions led by a single centre or small group of centres who provide knowledge and skills in a specialist area. Like consortium-devised SQA Advanced Certificates and Diplomas, these developments or revisions will also be supported by SQA.

SQA credit value: The credit value allocated to a unit gives an indication of the contribution the unit makes to an SQA group award. An SQA credit value of 1 given to an SQA unit represents approximately 40 hours of programmed learning, teaching, and assessment.

Subject unit: These contain vocational/subject content and are designed to test a specific set of knowledge and skills.

9 History of changes

It is anticipated that changes will take place during the life of the qualification, and this section will record these changes. This document is the latest version and incorporates the changes summarised below. Centres are advised to check SQA Connect to confirm that they are using the most up-to-date qualification structure.

NOTE: Where a unit is revised by another unit:

- ◆ No new centres may be approved to offer the unit which has been revised.
- ◆ Centres should only enter candidates for the unit which has been revised where they are expected to complete the unit before its finish date.

Version number	Description	Date

Acknowledgements

SQA acknowledges the valuable contribution that Scotland’s colleges have made to the development of SQA Advanced Qualifications.

Further information

Call SQA’s Customer Contact Centre on 44 (0) 141 500 5030 or 0345 279 1000. Alternatively, complete our [Centre Feedback Form](#).

10 General information for learners

This section will help you to decide whether this is the qualification for you by explaining: what the qualification is about; what you should know or what you should be able to do before you start; what you will need to do during the qualification; and opportunities for further learning and employment.

The award of SQA Advanced Diploma in Applied Sport Science has been designed to enable you to meet the demands and requirements of a modern sport science working environment. You will develop the skills and knowledge required to gain employment in the areas of exercise and athlete support, and health promotion. Employment opportunities may be available with national sporting organisations, local councils, commercial sporting or fitness organisations or you may consider self-employment options.

Should you wish to study further, the SQA Advanced Diploma will allow you to progress to a variety of degree course at HE institutions. You should liaise directly with the HE establishments prior to each year's intake, as unit credits that count towards entry requirements can vary and applicants are considered on an individual basis.

The aims of the award are to:

- ◆ provide you with advanced practical and theoretical knowledge to enable you to work with clients in a range of sport science settings with minimum guidance and support
- ◆ build on your current skills and further develop competences relating to applied functions within the health and fitness industry
- ◆ develop Core Skills and transferable skills
- ◆ develop study and research skills to enable you to progress to higher education courses
- ◆ develop key skills for employment

To successfully complete the award, you must gain 30 SQA credits (240 SCQF credit points). The mandatory units within the award cover areas such as: exercise physiology and anatomy; nutrition; first aid; sports mechanics; strength and conditioning; and skill acquisition and performance.

Many of the unit assessments will involve the assessment of your practical skills. The mandatory units include two graded units which are designed to assess your ability to integrate and apply the knowledge and/or skills gained in the individual SQA Advanced units, that you have achieved the principal aims of the group award, and to grade your achievement (in the graded unit only). Graded Unit 1 is assessed by an investigation and Graded Unit 2 is assessed by a practical assignment.

You will also have the opportunity to develop the Core Skills of *Communication, Working with Others, Problem Solving, Information Technology and Numeracy*.