



## Optional assessment guidance 2023–24

This guidance is **optional**. You can use this guidance or deliver and assess as outlined in the group award specification.

<b>Group award titles and codes:</b>	<a href="#">NC Sport and Fitness (G92G 45)</a> <a href="#">NPA Sport and Fitness: Team Sports (G9CJ 45)</a> <a href="#">NPA Sport and Fitness: Outdoor Sports (G9CH 45)</a> <a href="#">NPA Exercise and Fitness Leadership (G9GC 46)</a> <a href="#">NPA Organising Volunteering Events in Sport (G9GD 46)</a> <a href="#">NPA Sports Development (G9GF 46)</a>  <a href="#">Freestanding units</a>
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The approach you take **must** meet the:

- ◆ full evidence requirements for graded units
- ◆ national standards

### Changes to conditions of assessment and/or evidence requirements

If a unit is not listed in the following tables, you must not alter the evidence requirements.

## NC Sport and Fitness (G92G 45)

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Unit title	Unit code	Adaptation
<a href="#">Contemporary Fitness and Exercise Training Methods: An Introduction</a>	F40B 11	<b>Outcome 1</b> — *may be adapted to open-book assessment. <b>Outcome 2</b> — follow case study under open-book conditions.
<a href="#">Sport and recreation: An Introduction</a>	F40L 11	<b>Outcome 1</b> — *may be adapted to open-book assessment.
<a href="#">Sports Development: An Introduction</a>	F40H 11	<b>Outcome 1</b> — *may be adapted to open-book assessment.
<a href="#">Sports Injuries: Identification, Prevention and Treatment: An Introduction</a>	F40J 11	<b>Outcomes 1 and 2</b> — *may be adapted to open-book assessment.
<a href="#">Sports Mechanics: An Introduction</a>	F40K 11	<b>Outcome 1</b> — *may be adapted to open-book assessment.

[NPA Sport and Fitness: Team Sports \(G9CJ 45\)](#)

Unit title	Unit code	Adaptation	Reduction	Sampling
<p><a href="#">Sport and Fitness: Coaching Development</a></p>	F6XD 11	<p>This unit could be delivered as case study or a scenario based on a group of participants.</p> <p><b>Outcomes 1 and 5</b> — candidate plans <b>four</b> sessions and delivers <b>two</b>, following guidance.</p> <p><b>Outcome 2</b> — risk assessment could be completed based on scenario or images used to identify potential hazards. Alternatively, risk assessment could be completed at an external environment, where the candidate delivers coaching sessions.</p> <p><b>Outcome 3</b> — short-answer scenario questions for facility and equipment checks, and for setting up equipment for planned activity.</p> <p><b>Outcome 4</b> — short-answer questions, covered in sessions plans.</p> <p><b>Outcome 5</b> — candidate plans <b>four</b> sessions, delivers <b>two</b> and has a 15-minute sample assessed.</p> <p><b>Outcome 6</b> — candidate reviews a 15-minute coaching session, evaluates good and bad of session in line with aims, good and bad of personal performance, and suggests changes and/or adaptations for future sessions as part of review.</p>		<p>The assessor can request a 15-minute sample of <b>one</b> of the four planned sessions, ensuring minimum evidence is covered.</p>

[NPA Sport and Fitness: Outdoor Sports \(G9CH 45\)](#)

Unit title	Unit code	Adaptation	Reduction	Sampling
<p><a href="#">Sport and Fitness: Coaching Development</a></p>	F6XD 11	<p>This unit could be delivered as case study or a scenario based on a group of participants.</p> <p><b>Outcomes 1 and 5</b> — candidate plans <b>four</b> sessions and delivers <b>two</b>, following guidance.</p> <p><b>Outcome 2</b> — risk assessment could be completed based on scenario or images used to identify potential hazards. Alternatively, risk assessment could be completed at an external environment, where the candidate delivers coaching sessions.</p> <p><b>Outcome 3</b> — short-answer scenario questions for facility and equipment checks, and for setting up equipment for planned activity.</p> <p><b>Outcome 4</b> — short-answer questions, covered in sessions plans.</p> <p><b>Outcome 5</b> — candidate plans <b>four</b> sessions and delivers <b>two</b>.</p> <p><b>Outcome 6</b> — candidate reviews a 15-minute coaching session, evaluates good and bad of session in line with aims, good and bad of personal performance, and suggests changes and/or adaptations for future sessions as part of review.</p>		<p>The assessor can request a 15-minute sample of <b>one</b> of the four planned sessions, ensuring minimum evidence is covered.</p>

[NPA Exercise and Fitness Leadership \(G9GC 46\)](#)

Unit title	Unit code	Adaptation	Reduction	Sampling
<a href="#">Exercise and Fitness: Cardiovascular Training</a>	F7JB 12	<p><b>Outcome 4</b> — Cardiovascular training exercises on machines <b>is not required</b>.</p> <p>Cardiovascular training methods including (but is not confined to) interval, fartlek, and continuous. PC (a) must cover at least <b>three</b> different training methods.</p>	<p><b>Outcome 4</b> — reduced to gather evidence on a <b>minimum of one occasion</b>.</p>	
<a href="#">Exercise and Fitness: Fixed Weight Training</a>	F7JC 12		<p><b>Outcome 4</b> — reduce performance evidence to a <b>minimum of one occasion</b>, providing competence is shown across relevant criteria on the first occasion.</p>	<p>A <b>minimum of six</b> fixed weight exercises should be planned and assessors can sample a <b>minimum of four</b>, using assessors discretion to confirm competence.</p>
<a href="#">Exercise and Fitness: Free Weight Training</a>	F7JD 12		<p><b>Outcome 4</b> — reduce performance evidence to a <b>minimum of one occasion</b>, providing competence is shown across relevant criteria on the first occasion.</p>	<p>A <b>minimum of eight</b> free weight exercises should be demonstrated but assessors could sample <b>six to confirm competence</b>.</p>

## [NPA Organising Volunteering Events in Sport \(G9GD 46\)](#)

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Unit title	Unit code	Adaptation	Reduction	Sampling
<a href="#">Sport and Recreation: Developing Volunteering</a>	F7JG 12	<b>Outcome 1</b> — *may be adapted to open-book assessment under supervised conditions  <b>Outcome 3</b> — *may be adapted to open-book assessment under supervised conditions		

## [NPA Sports Development \(G9GF 46\)](#)

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Unit title	Unit code	Adaptation	Reduction	Sampling
<a href="#">Sports: Activity and Participation Opportunities in the Community</a>	F7JL 12	<b>Outcome 1</b> — *may be adapted to open-book assessment for candidates to gather information required to show competence across criteria.		

## Freestanding units

Unit title	Unit code	Adaptation	Reduction	Sampling
<a href="#">Sporting Activity: Athletics</a>	F82E 10	No change.	<b>Outcome 2</b> — Reduced to <b>four</b> occasions, providing all criteria are covered.	
<a href="#">Exercise and Fitness: Circuit Training</a>	HK4T 44		Evidence could be reduced from participation in minimum of <b>10</b> circuit training sessions to <b>five</b> .  Reduction from <b>two</b> different training environments to <b>one</b> .	

You can find more information on [HNVQ delivery and assessment approaches for session 2023-24](#) on SQA's website.