NextGen: HN unit specification

Esports: Game Performance (SCQF level 7)

Unit code: J9K1 47

SCQF level: 7 (24 SCQF credit points)

Valid from: August 2026

This unit specification provides detailed information about the unit to ensure consistent and transparent assessment year on year. It is for lecturers and assessors, and contains all the mandatory information you need to deliver and assess the unit.

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Contents

Unit purpose

This unit helps learners develop their knowledge and skills in game performance in the context of esports. It covers a range of topics essential for understanding and improving performance in competitive gaming environments. The focus of the unit is game playing, individually and in teams, rather than other aspects of esports.

Learners delve into game mechanics, performance analysis, and the psychological aspects that influence success in esports. They also explore strategies for individual and team improvement, including communication, co-ordination, and tactical planning.

Learners engage in both theoretical and practical activities, including:

- **game mechanics**: understanding the fundamental mechanics of popular esports titles, including controls, game rules, and character abilities
- **performance analysis**: techniques for analysing gameplay to identify strengths and areas for improvement
- **psychological factors**: exploring the mental aspects of gaming, such as focus, stress management, and motivation
- **team dynamics**: strategies for effective team communication and co-ordination during gameplay
- **tactical planning**: developing and implementing game strategies to improve game performance

The unit is suitable for learners studying esports, sports science, or related fields. It is primarily intended for learners who want to take up a career or further study in esports coaching, professional gaming, or game analysis, but is also appropriate for those who want to develop their strategic thinking and teamwork skills.

Entry to the unit is at your centre's discretion. Learners do not need previous experience of competitive team playing, however they should be familiar with

computer games and game mechanics. We recommend that learners complete Esports: Foundations before starting this unit.

Learners study this unit as part of an esports qualification. They can also study it on a stand-alone basis. This unit provides a solid foundation for further study or careers in the esports industry, providing learners with the skills needed to succeed in competitive gaming environments.

Unit outcomes

Learners who complete this unit can:

1. analyse the mechanics of various esports games to identify key elements that influence performance
2. evaluate individual and team gameplay to determine strengths and areas for improvement
3. apply psychological strategies to enhance focus, manage stress, and maintain motivation during competitive play
4. develop effective communication and co-ordination strategies to improve team dynamics and performance
5. create tactical plans and strategies to improve performance in competitive gaming scenarios
6. critically assess and improve personal and team performance through reflective practice and feedback

Evidence requirements

Learners must provide knowledge, product and performance evidence. The standard of evidence should be consistent with the SCQF level of this unit.

Knowledge evidence

Learners analyse the mechanics of at least two diverse esports games. They must analyse game mechanics, including controls, game rules, and character abilities. They must also identify key elements that influence performance.

Product evidence

Learners submit at least two evaluations of individual and team gameplay (at least one of each). These evaluations should critically assess gameplay, highlighting strengths and areas for improvement, and include specific examples and actionable recommendations.

Learners create at least one team strategy plan, outlining communication and co-ordination strategies, with clear roles and responsibilities for team members. They also create at least two detailed tactical plans for different gaming scenarios, including objectives, strategies and contingency plans.

Performance evidence

Learners produce a reflective journal and recorded practice sessions. The reflective journal documents how learners apply psychological strategies to enhance focus, manage stress, and maintain motivation during competitive play. It also provides a critical assessment of personal and team performance, incorporating feedback from peers and mentors.

Learners participate in and record at least two team practice sessions, demonstrating their communication and coordination strategies. They must apply psychological strategies effectively.

You must observe learners during one competitive play session. You must use an observation checklist.

Authentication is required when learners produce evidence in lightly-controlled conditions.

The ‘Approaches to assessment’ section provides advice on assessment methods suitable for generating this evidence.

Knowledge and skills

Knowledge	Skills
Learners should understand: • the historical development and evolution of esports • the mechanics of specific esports games • game-specific strategies and tactics • roles and responsibilities in an esports team • communication protocols and coordination techniques • game data and performance metrics • training methods and routines • psychological aspects of competitive play • stress management techniques • ethical standards in esports • physical and mental wellbeing in esports • the impact of technology on game performance • rules and regulations governing competitive play • cultural and social aspects of the esports community	Learners can demonstrate: • motor skills required for effective game play • technical proficiency with gaming equipment and software • effective use of game-specific tools and resources • effective verbal and non-verbal communication • time management and organisation • critical thinking and problem-solving • data analysis and interpretation • analytical skills for reviewing and improving gameplay • strategic planning and execution • team coordination and collaboration • conflict resolution and sportsmanship • leadership and motivational skills in a team • adaptability and quick decision-making • stress management and mental resilience • continuous self-improvement and skill development

Meta-skills

You must give learners opportunities to develop their meta-skills throughout this unit. We have suggested how to incorporate the most relevant ones into the unit content, but you may find other opportunities.

Self-management

This includes focusing, integrity, adapting and initiative. The most relevant are:

- focusing:
    - developing ability to maintain concentration during extended gameplay sessions
    - analysing complex game situations
    - adapting to changing match dynamics
    - using techniques such as mindfulness, targeted practice, and performance review
- integrity:
    - demonstrating ethical conduct in esports, including fair play, respect for opponents, and adherence to rules and regulations
    - analysing case studies of ethical dilemmas
    - participating in discussions about sportsmanship
- adapting:
    - analysing and responding to diverse playstyles, game updates, and unexpected challenges
    - adjusting strategies and tactics in real-time during simulated and actual competitive scenarios
- initiative:
    - taking ownership of development by setting personal goals and seeking out opportunities for improvement

- proactively contributing to team strategies
- identifying areas for self-improvement and developing action plans

Social intelligence

This includes communicating, feeling, collaborating and leading. The most relevant are:

- communicating:
  - developing effective communication skills through team-based activities, including pre-match planning, in-game coordination, and post-match analysis
  - practising verbal and non-verbal communication techniques, including active listening and clear articulation of strategies
- feeling:
  - exploring the emotional aspects of competitive gaming, including managing performance anxiety, coping with setbacks, and celebrating successes
  - participating in discussions and exercises aimed at developing emotional resilience and empathy
- collaborating:
  - working in groups to develop strategies, co-ordinate actions, and support each other during gameplay
  - engaging in team-building activities and collaborative problem-solving tasks
- leading:
  - developing leadership skills by taking on roles such as team captain, strategist, or mentor
  - practising motivating teammates, resolving conflicts, and making effective decisions under pressure

Innovation

This includes curiosity, creativity, sense-making and critical thinking. The most relevant are:

- curiosity:
    - exploring new strategies, game mechanics, and technologies in esports
    - researching emerging trends
    - analysing innovative gameplay
- creativity:
    - developing novel game strategies, designing training drills, and adapting existing tactics to new situations
    - generating original solutions
- sense-making:
    - analysing complex game situations, identifying patterns, and extracting meaningful insights from data
    - using analytical tools and techniques to evaluate performance and inform decision-making
- critical thinking:
    - evaluating the effectiveness of different strategies
    - identifying strengths and weaknesses in their own and their opponents' gameplay
    - making informed judgments under pressure
    - engaging in debates, simulations, and post-match reviews that require critical analysis

Literacies

This unit provides opportunities to develop the following literacies.

Numeracy

Learners use data analysis and interpretation skills. This involves the collection, organisation, analysis and presentation of data relating to game performance, including win rates, kill/death (K/D) ratios, and other relevant statistics. Learners also understand and apply mathematical concepts related to game mechanics, such as probability, percentages, and averages, to inform strategic decision-making.

Communication

Developing effective communication skills is central to the unit. Learners engage in verbal and non-verbal communication in teams, encompassing clear articulation of strategies, active listening, and providing constructive feedback. They also develop written communication skills through the creation of game plans, performance reports, and reflective journals, demonstrating the ability to convey complex information in a clear and concise manner.

Digital

The unit enhances learners' digital literacy by requiring them to use a variety of digital tools and technologies relevant to esports. This includes game software, communication platforms, video recording and editing software, and data analytics tools. Learners develop skills in using these technologies to improve game performance, analyse gameplay, and collaborate effectively with teammates.

Learning for Sustainability

Throughout this unit, you should encourage learners to develop their skills, knowledge and understanding of sustainability.

This includes:

- a general understanding of social, economic and environmental sustainability
- a general understanding of the United Nations Sustainable Development Goals (SDGs)
- a deeper understanding of subject-specific sustainability
- the confidence to apply the skills, knowledge, understanding and values they develop in the next stage of their life

SDG 3: Good health and well-being

You should teach learners about the importance of physical and mental well-being for gamers by incorporating health management strategies, such as ergonomic setups, regular breaks, and mental health support, to maintain a sustainable gaming lifestyle.

SDG 5: Gender equality

Learners promote gender equality by advocating for inclusive team dynamics and diverse representation in competitive gaming environments, ensuring equal opportunities for all genders in esports.

SDG 9: Industry, innovation, and infrastructure

Learners use innovative approaches to training and performance analysis using technology, while also considering the environmental impact of gaming hardware and promoting sustainable choices.

SDG 10: Reduced inequalities

Learners focus on creating inclusive gaming communities that reduce barriers to participation based on socioeconomic status, geography, or other factors, promoting equitable access to esports opportunities.

SDG 12: Responsible consumption and production

Learners understand the environmental impact of gaming equipment and promote responsible consumption by advocating for sustainable practices, such as recycling e-waste or choosing energy-efficient products.

Delivery of unit

You can deliver the unit as a stand-alone unit or partially integrated with elements of other mandatory and optional units of a qualification.

The notional time for delivery and assessment is 120 hours. The amount of time that is allocated to each outcome is at your centre's discretion. We suggest the following distribution of time, including assessment. This allocation aims to balance foundational knowledge, practical application, and continuous reflection, ensuring learners develop the comprehensive skills necessary for excelling in esports performance:

Outcome 1 — Analyse the mechanics of various esports games to identify key elements that influence performance (20 hours)

Understanding game mechanics is foundational, requiring learners to delve into controls, rules, and character abilities. A strong grasp here sets the stage for all other learning outcomes.

Outcome 2 — Evaluate individual and team gameplay to determine strengths and areas for improvement (25 hours)

Comprehensively assessing strengths and areas for improvement in gameplay is crucial. This outcome requires slightly more time, to allow for detailed analysis and practical application through observation and practice sessions.

Outcome 3 — Apply psychological strategies to enhance focus, manage stress, and maintain motivation during competitive play (15 hours)

While significant, this outcome requires fewer hours since it involves learning techniques for focus and stress management, which you can integrate with other learning experiences.

Outcome 4 — Develop effective communication and co-ordination strategies to improve team dynamics and performance (20 hours)

Given the critical role of teamwork in esports, you should place equal emphasis on developing skills necessary for co-ordinating within a team and fostering a collaborative environment.

Outcome 5 — Create tactical plans and strategies to improve performance in competitive gaming scenarios (25 hours)

Developing tactical plans is intensive, requiring both theoretical knowledge and practical application, with learners designing and testing strategies in different scenarios, necessitating substantial time.

Outcome 6 — Critically assess and improve personal and team performance through reflective practice and feedback (15 hours)

Reflective practice and feedback are essential for continuous improvement and you can integrate them throughout the unit, necessitating some, but not the majority of, allocated time for focused reflection.

You should deliver the unit by combining theoretical instruction, practical application, and self-directed study. This can include:

- **blended learning:** combining face-to-face instruction with online resources and activities to provide flexibility and cater to different learning styles
- **experiential learning:** providing learners with hands-on opportunities to apply their knowledge and skills in practical settings, such as simulated competitions and game analysis labs
- **collaborative learning:** encouraging learners to work in teams to develop strategies, solve problems, and support each other's learning
- **problem-based learning:** presenting learners with real-world scenarios and challenges related to game performance, requiring them to apply their knowledge and skills to find solutions

- **reflective practice:** guiding learners to reflect on their learning experiences, analyse their progress, and identify areas for improvement through journaling, peer feedback, and self-assessment
- **integrating technology:** using digital tools and technologies to enhance learning, such as video analysis software, data visualisation tools, and online communication platforms

Additional guidance

The guidance in this section is not mandatory.

Content and context for this unit

The unit covers a range of popular and relevant esports titles, which may include games from genres such as MOBAs (Multiplayer Online Battle Arenas), FPS (First-Person Shooters), fighting games, and sports simulations. You should choose games based on their current popularity, competitive scene, and relevance to the learning outcomes.

Learners analyse the factors that contribute to success in different esports contexts, such as online tournaments, local area network (LAN) events, and professional team environments.

Resources

We suggest the following resources for the unit:

- access to computer gaming hardware and peripherals suitable for the selected esports titles
- game software and online accounts for the selected esports titles
- video recording and editing software for capturing and analysing gameplay footage
- data analysis tools and software for collecting and interpreting game statistics
- communication platforms for team-based activities and online discussions
- access to esports events, tournaments, and professional players for observation and analysis

Approaches to delivery

Your delivery of the unit should be learner-centred, emphasising active participation, collaboration, and experiential learning. You can incorporate the following elements:

- **Lectures and seminars:** These sessions provide learners with foundational knowledge of game mechanics, performance analysis techniques, psychological factors in gaming, historical esports tournaments, and team dynamics. Guest lectures from industry professionals, such as esports coaches, professional players, and game analysts, can offer valuable insights and real-world perspectives.
- **Practical sessions:** Learners participate in hands-on practice sessions, applying the concepts and strategies learned in lectures to specific esports titles. These sessions can include individual and team-based exercises, simulated competitive scenarios, and opportunities for learners to refine their gameplay skills.
- **Game analysis labs:** Learners use in-game software and tools to analyse gameplay footage, identify strengths and weaknesses, and develop targeted improvement strategies. They can work individually and in groups to evaluate their own performance and that of their peers.
- **Team-based projects:** Learners collaborate in teams to develop and implement game strategies, participate in simulated or actual competitions, and reflect on their team dynamics and performance. These projects foster teamwork, communication, and leadership skills.
- **Reflective practice:** Learners maintain reflective journals throughout the unit, documenting their learning experiences, analysing their progress, and identifying areas for further development. They can also participate in peer feedback sessions to gain insights from others and enhance their self-awareness.
- **Industry engagement:** Learners can have the opportunity to attend esports events, workshops, and conferences, and to interact with professionals.

Approaches to assessment

You can use a variety of assessment methods to evaluate learners' achievement of the unit outcomes. We recommend the following approaches:

- **Knowledge evidence:** Written assignments, tests, or presentations to assess learners' understanding of esports concepts, game mechanics, and performance analysis techniques.
- **Product evidence:** Game plans, strategy documents, and performance analysis reports to evaluate learners' ability to apply their knowledge to develop effective strategies and analyse gameplay.
- **Performance evidence:** Observing learners' gameplay in simulated or actual competitive scenarios, using checklists or rating scales to assess their skills, decision-making, and teamwork.
- **Reflection:** Reflective journals, self-evaluation reports, and peer feedback to assess learners' ability to critically analyse their own performance, identify areas for improvement, and engage in self-directed learning. This can include analysing recorded gameplay footage to identify mistakes, develop strategies and prepare for future matches.
- **Team-based evaluations:** Evaluating team projects, presentations, or competitive performance to assess learners' ability to collaborate effectively, communicate clearly, and contribute to a team's success.
- **Portfolio:** A collection of learner work, including written assignments, game plans, performance reports, and reflective journals, provides a holistic view of their learning and achievement throughout the unit.

Equality and inclusion

This unit is designed to be as fair and as accessible as possible with no unnecessary barriers to learning or assessment.

You must consider the needs of individual learners when planning learning experiences, selecting assessment methods or considering alternative evidence.

Guidance on assessment arrangements for disabled learners and those with additional support needs is available on the assessment arrangements web page.

Information for learners

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This information explains:

- what the unit is about
- what you should know or be able to do before you start
- what you need to do during the unit
- opportunities for further learning and employment

Unit information

In this unit, you develop the essential knowledge, skills, and behaviours you need to excel as a player in an esports team. You understand game mechanics, strategic thinking, and teamwork, which are crucial for high performance in competitive gaming environments.

You describe the mechanics and strategies of specific esports games, explain team roles and communication techniques, and analyse game data to identify areas for improvement. You also evaluate training methods, apply psychological techniques to manage stress, and demonstrate effective teamwork and sportsmanship.

To show your competence, you need to provide various types of evidence. This includes written assessments and presentations to demonstrate your understanding of game mechanics and strategies. You also carry out performance analysis and create gameplay recordings and data analysis reports to highlight your practical skills. Additionally, live demonstrations and feedback from peers and coaches assess your in-game performance and teamwork.

Throughout the unit, you gain knowledge in areas such as game mechanics, strategies, team roles, communication techniques, and the psychological aspects of competitive play. For example, you learn how to analyse game data to improve your

performance and understand the importance of physical and mental well-being in esports.

You also develop a range of skills, including critical thinking, data analysis, strategic planning, and effective communication. For instance, you practice team co-ordination and quick decision-making during gameplay. You also learn stress management techniques to maintain focus and resilience under pressure.

On completion of the unit, you can:

1. analyse the mechanics of various esports games to identify key elements that influence performance
2. evaluate individual and team gameplay to determine strengths and areas for improvement
3. apply psychological strategies to enhance focus, manage stress, and maintain motivation during competitive play
4. develop effective communication and co-ordination strategies to improve team dynamics and performance
5. create tactical plans and strategies to improve performance in competitive gaming scenarios
6. critically assess and improve personal and team performance through reflective practice and feedback

You have a well-rounded understanding of what it takes to perform at a high level in esports. You can contribute meaningfully to your teams and continuously improve your skills. You can pursue a successful career in the competitive gaming industry or further study in esports coaching, professional gaming, or game analysis.

Meta-skills

Throughout this unit, you develop meta-skills that are useful for the esports sector.

Meta-skills are transferable behaviours and abilities that help you adapt and succeed in life, study and work. There are three categories of meta-skills: self-management, social intelligence and innovation.

Self-management

You concentrate during intense gameplay, adjust to changing match dynamics, and proactively contribute to team strategies. You foster integrity, emphasising ethical conduct, respect for opponents, and adherence to rules.

Social intelligence

Social intelligence is another key focus, encompassing effective communication, collaboration, and leadership. You practise articulating strategies clearly, co-ordinating with teammates, and leading your peers through various in-game situations. Emotional resilience helps you to manage performance anxiety and celebrate successes, and develop empathy for others.

Innovation

Innovation is encouraged through curiosity, creativity, and critical thinking. You explore new strategies and technologies, think creatively about game tactics, and analyse performance data to make decisions.

These meta-skills not only help you to succeed in esports, but also personally and professionally.

Learning for Sustainability

Throughout this unit, you develop skills, knowledge and understanding of sustainability.

You learn about social, economic and environmental sustainability principles and how they relate to the esports sector. You also develop an understanding of the United Nations Sustainable Development Goals.

Sustainability is interwoven with several key focus areas aligned with the United Nations Sustainable Development Goals (SDGs). You explore how good health and well-being are crucial for gamers, emphasising the importance of ergonomic setups, regular breaks, and mental health support to maintain a balanced lifestyle. You champion inclusivity by promoting diverse representation and equal opportunities in competitive gaming.

You learn how sustainability is integrated into esports, promoting a more responsible and inclusive industry. You also learn about the importance of choosing sustainable gaming equipment and responsible consumption practices to minimise environmental impact.

Administrative information

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Superclass: CB

History of changes

Version	Description of change	Date

Please check our website to ensure you are using the most up-to-date version of this unit.