

1st4sport Level 2 Award in Understanding an Athlete's Lifestyle

Qualification Specification



About Us

Welcome to 1st4sport, established in 2000, 1st4sport are an industry specialist recognised awarding organisation regulated in England by the Office of the Qualifications and Examinations Regulator (Ofqual), in Wales by Qualifications Wales, and in Northern Ireland by the Council for the Curriculum, Examination and Assessment (CCEA) Regulation.

Serving the needs of the sport, physical activity and active leisure industry; our niche status is emphasised through our accomplished people, network of esteemed industry partnerships and our culture of excellence. We have an outstanding reputation; evidenced through the loyalty we receive from our trusted partners, recognised centres and most importantly our learners.

We have a proven track record; offering of valid, value-added, educational solutions and services and outstanding customer care. Our offer includes sector specific qualifications and pathways, and a range of relevant high-performing educational services; underpinned by leading digital solutions. The majority of these are developed and deployed in partnership with governing bodies of sport and other sector specific professional organisations. More than any other awarding organisation, our knowledge of the industry and our continuous cross-sector network enables us to understand the direction of our sector.

Our involvement in shaping our sector has been significant and we continue to be the awarding organisation that partner and representative organisations turn to for guidance on the direction of travel, as appropriate to the needs of our partners, centres, industry employers and learners.

Our Mission: To deliver excellent educational solutions and value-added services to sport, physical activity and the active leisure industry.

Our Direction: We aim to support the ongoing professionalisation of our industry; supporting employment, growth, sustainability and success. We embrace performance, participation and health agendas. Our objective is to continue to support our respected partners, providers and learners.

Qualification Specification

Title:	1st4sport Level 2 Award in Understanding an Athlete's Lifestyle
Qualification Overview:	Provides the knowledge, confidence and skills to support talented athletes' lifestyles.
Qualification Code:	L2AUAL
Qualification Regulation Number:	603/6235/2
Guided Learning Hours (GLH):	15
Total Qualification Time (TQT):	28
Credit Value (if applicable):	Not applicable
Operational Start Date:	01/08/2020
Qualification Review Date:	31/01/2026
Learner Registration Period:	2 years
Qualification Objective:	This qualification qualifies learners to deliver informal support to athletes.
Qualification Purpose:	Develop knowledge and/or skills in a subject area.

Who is this qualification for?

The 1st4sport Level 2 Award in Understanding an Athlete's Lifestyle is designed for individuals who wish to enhance their knowledge and skills to deliver informal support to athletes. This includes upskilling learners to understand the basics around how to assist athletes in their personal development and lifestyle alongside their sporting commitments. It has been designed to enable learners to study both the theoretical and practical aspects of the support and advising process.

Qualification Progression

Holders of this qualification can progress onto the 1st4sport Level 3 Certificate in Talented Athlete Lifestyle Support. Those who do go on to complete the Level 3 Certificate could seek employment in appropriate paid or voluntary Athlete Lifestyle Advisor roles, or similar. Learners may wish to further develop their knowledge by undertaking relevant CPD within the performance and talent environment.

Successful learners could use the qualification to enhance their work within their current role. Those learners who take an interest in this area can continue to develop and gain the appropriate qualification to be employed in an Athlete Lifestyle Advisor role.

Entry Requirements

Learners must be a minimum of 18 years old at registration and 18 years old at certification.

Pre-requisite(s) or other entry requirements

The recognised centre is required to conduct an initial assessment of learners to ensure that pre-requisites to registration and certification and any barriers that may disadvantage a learner under the Equality Act 2010 are considered and outcomes recorded during the application process.

Prior to registration learners are required to:

- be accurately identified
- be at least 18 years of age
- be able to undertake this assessment in English or Welsh (if available)

Assessment Methods

The assessment methods used in this qualification are:

- Coursework (in 4 of 4 mandatory units)

Reasonable adjustments can be applied to these assessments in line with 1st4sport Policy Statement: Access Arrangements.

Grading Methods

This qualification will be graded Pass / Fail.

Qualification Structure

Learners must successfully complete all mandatory units to achieve this qualification.

Mandatory Units

Unit ID	Unit Title	GLH
R/618/3241	Sporting Landscapes and Athlete Pathways	4
Y/618/3242	Athlete support networks	3
D/618/3243	Athlete demands and Planning	4
H/618/3244	Athlete Transitions	3

Optional Units

There are no optional units in this qualification

Pathway Units (where applicable)

There are no pathway units in this qualification

Unit Title	Sporting Landscapes and Athlete Pathways
Unit Aim	This unit assesses a learner's understanding of the wider sporting landscape and the pathways that athletes may take within them.
Unique Unit Number	R/618/3241
Unit Assessment Method(s)	Coursework
Assessment Specification	To complete this unit learners are required to: (i) Complete an athlete timeline activity - outline when different organisations will have an impact upon an athlete of their choice (ii) Answer short answer questions - focused on dual career pathways in different sports.

Learning Outcome: 1. understand the wider sporting landscape that may impact athletes

Assessment Criteria The learner can:	Indicative Delivery Content
1.1 explain the role of different organisations within a talented athlete's pathway	<ul style="list-style-type: none"> the different organisations that sit within the wider sporting landscape the role and purpose of different organisations organisations that have a direct impact on athletes vs. those that have an indirect impact performance pathways the differences and similarities of Olympic and Professional sporting pathways changes in landscape across different ages difference in pathways between early and late specialisation sports
1.2 explain the various pathways that athletes may take	<ul style="list-style-type: none"> What a dual career is dual career misconceptions different dual career pathways (how athletes prioritise dual career) dual career environments (what makes an environment effective and how they change across career) dual career pathways in different sports

Unit Title	Athlete support networks
Unit Aim	This unit assesses a learner's understanding of athlete's support networks, including how different members of the network can support an athlete's lifestyle.
Unique Unit Number	Y/618/3242
Unit Assessment Method(s)	Coursework
Assessment Specification	To complete this unit learners are required to: (i) Complete a multidisciplinary team case study task (ii) Complete short answer questions on the lifestyle role.

Learning Outcome: 1. understand athletes support networks

Assessment Criteria The learner can:	Indicative Delivery Content
1.1 analyse athletes support networks	<ul style="list-style-type: none"> Who is in the athlete's support network support services (where they sit and what they may offer) what makes support effective what is a multidisciplinary team the role of multidisciplinary teams (benefits and challenges)

Learning Outcome: 2. understand the lifestyle advisor role

Assessment Criteria The learner can:	Indicative Delivery Content
2.1 explain the athlete advisor role	<ul style="list-style-type: none"> What is the lifestyle advisor (aims of the role) the limitations and boundaries of the lifestyle role what type of organisations the lifestyle role sits in what happens if the athlete's you work with don't have access to this role

Unit Title	Athlete demands and Planning
Unit Aim	This unit assesses a learner's understanding of athlete demands, the value of dual career, and athletes need to consider when planning for their future.
Unique Unit Number	D/618/3243
Unit Assessment Method(s)	Coursework
Assessment Specification	To complete this unit learners are required to: (i) Answer short answer questions (ii) Complete an athlete case study activity.

Learning Outcome: 1. understand athlete demands

Assessment Criteria The learner can:	Indicative Delivery Content
1.1 describe the demands that are placed upon athletes	<ul style="list-style-type: none"> the varying demands placed upon athletes <ul style="list-style-type: none"> physical, mental, and emotional what is meant by balance within an athlete's lifestyle the consequences of failing to manage

Learning Outcome: 2. understand the value of a dual career and athletes' considerations when planning for future

Assessment Criteria The learner can:	Indicative Delivery Content
2.1 describe the value of dual career, as well as the importance of future planning	<ul style="list-style-type: none"> The value and benefits of dual career challenges of a dual career different types of dual careers potential barriers to undertaking a dual career pathway skills to manage a dual career the value and benefits of personal development the need for athletes to plan for future careers in advance transferrable skills athletes develop through sport

Unit Title	Athlete Transitions
Unit Aim	This unit assesses a learner's understanding of athlete transitions, including transition theory, and the challenges that transitions may lead to.
Unique Unit Number	H/618/3244
Unit Assessment Method(s)	Coursework
Assessment Specification	To complete this unit learners are required to: (i) Complete an athlete case study activity (ii) Complete interactive assessment activities on Moodle (iii) Short answer questions.

Learning Outcome: 1. understand athlete transitions

Assessment Criteria The learner can:	Indicative Delivery Content
1.1 identify the different types of transitions	<ul style="list-style-type: none"> transition theory holistic athlete career model different types of transitions the different transitions an athlete may experience in across their career reflect on the transitions that the learner supports athletes in within their specific role
1.2 identify the challenges that transitions may lead to	<ul style="list-style-type: none"> transition challenges (transition to university, junior to senior and athletic retirement) the factors that may affect the impact of transitions
1.3 describe the role of key stakeholders in providing support	<ul style="list-style-type: none"> the role of key stakeholders during transitions what can the support network do to optimise these transitions

Qualification Conditions: Delivery and assessment requirements

To complete the delivery, assessment, and internal quality assurance of the qualification, providers will be required to adhere to the guidance set out in the Recognised Centre Handbook.

Qualification Approval Conditions: Workforce requirements

In addition to the workforce requirements stated in the Recognised Centre Handbook, the following qualification specific requirements must be met and evidenced.

Tutor(s):

For this qualification, the minimum requirements stated in the centre handbook apply in addition to any further qualification specific requirements stated below

The recognised centre is required to recruit and deploy a TASS accredited Tutor who must:

- hold or be working towards the 1st4sport Level 3 Certificate in Talented Athlete Lifestyle Support (TALS) or UK Sport Performance Lifestyle Accreditation or recognised equivalent
- have experience working with national or international level athletes in a lifestyle support role

Assessor(s):

For this qualification, the minimum requirements stated in the centre handbook apply in addition to any further qualification specific requirements stated below

The recognised centre is required to recruit and deploy a TASS accredited Assessor who must:

- hold or be working towards the 1st4sport Level 3 Certificate in Talented Athlete Lifestyle Support (TALS) or UK Sport Performance Lifestyle Accreditation or recognised equivalent
- have experience working with national or international level athletes in a lifestyle support role

Internal Verifier(s) and Quality Assurer(s):

For this qualification, the minimum requirements stated in the centre handbook apply in addition to any further qualification specific requirements stated below

The recognised centre is required to recruit and deploy a TASS accredited internal quality assurer who must:

- have experience internally quality assuring sports qualifications, such as sport-specific coaching qualifications at either Level 2 or Level 3.

Additional Qualification Requirements

The minimum venue, facility and requirements stated in the centre handbook apply.

In addition further qualification specific requirements are: The recognised centre is required to have one or more delivery sites which contain facilities to support the programme of learning and assessment. These must comply with health and safety regulations and have in place appropriate access arrangements.

The recognised centre is required to have equipment in place to facilitate the full programme of learning and assessment which must comply with accepted health and safety practice. Learners will need to have access to a recording device to support their simulated meeting, which will then be sent to the assessor via Moodle.

This qualification is regulated by Ofqual (603/6235/2) and CCEA .

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