

Developed in partnership with British Wrestling



1st4sport Level 1 Award in Coaching Assistant (Wrestling)

Qualification Specification



About Us

Welcome to 1st4sport, established in 2000, 1st4sport Qualifications 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 1 Award in Coaching Assistant (Wrestling)
Qualification Overview:	Enables learners to assist the delivery of wrestling coaching sessions under guidance.
Qualification Code:	L1AACW
Qualification Regulation Number:	603/2629/3
Guided Learning Hours (GLH):	16
Total Qualification Time (TQT):	38
Credit Value (if applicable):	Not applicable
Operational Start Date:	01/01/2018
Qualification Review Date:	30/06/2024
Learner Registration Period:	1 year
Qualification Objective:	This qualification qualifies learners to assist the delivery of wrestling coaching sessions under guidance.
Qualification Purpose:	Develop knowledge and/or skills in a subject area.

Who is this qualification for?

This qualification is designed for those who wish to become involved in coaching wrestling at an assistant level, and to have responsibility for the delivery of wrestling coaching activities under the appropriate supervision of a more qualified coach. It is directed at learners who have an interest in wrestling. In order to register on to this qualification learners are required to be a minimum of 16 years of age.

Qualification Progression

Learners could progress on to the 1st4sport Level 2 Certificate in Coaching (Wrestling) or on to another sport-specific coaching qualification at level 1 or at level 2. The skills and knowledge developed through this qualification may also be used to progress to other industry-relevant qualifications in coaching sport, activity leadership or sports development.

This qualification may lead to paid or voluntary roles in wrestling, working as a coaching assistant under the appropriate supervision of a more qualified coach. Other roles that the learner may consider exploring include Activity Leader, Official and Sports Volunteer.

Entry Requirements

Learners must be a minimum of 16 years old at registration and 16 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 16 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 3 of 3 mandatory units),
- Practical Demonstration/Assignment (in 3 of 3 mandatory units)

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
M/616/6981	The role of the coaching assistant	9
T/616/6982	The coaching assistant in practice	9
D/618/0276	Technical coaching requirements for wrestling	4

Optional Units

There are no optional units in this qualification

Pathway Units (where applicable)

There are no pathway units in this qualification

Unit Title	The role of the coaching assistant
Unit Aim	This unit aims to develop the coach's understanding of their role and responsibilities. This unit is designed to ensure duty of care through safe and equitable practice as a coaching assistant.
Unique Unit Number	M/616/6981
Unit Assessment Method(s)	- Coursework - Practical Demonstration/Assignment
Assessment Specification	Learners are required to complete a series of assessed tasks within their learner portfolio.

Learning Outcome: 1. understand the role of the coaching assistant

Assessment Criteria The learner can:	Mandatory Delivery Content The learner will develop an understanding of:	Evidence Requirements The learner is required to complete:
1.1 identify the key aspects of the role	<ul style="list-style-type: none"> the role and its boundaries adherence to codes of conduct the importance of being a role model the importance of building relationships and rapport with others working within a coaching team 	

Learning Outcome: 2. understand the responsibilities of the coaching assistant

Assessment Criteria The learner can:	Mandatory Delivery Content The learner will develop an understanding of:	Evidence Requirements The learner is required to complete:
2.1 identify responsibilities related to rules and regulations	<ul style="list-style-type: none"> the sport's organisational procedures, responsibilities and liabilities the rules and regulations of sport or physical activity to enable the delivery of activities 	
2.2 identify responsibilities related to duty of care	<ul style="list-style-type: none"> the principles of duty of care towards participants the principles of safeguarding children and adults at risk how to assist with accessing resources for all participants including those who share protected characteristics how to assist with accessing information for and about participants how to maintain participants' confidentiality the rationale and processes for referring participants whose needs cannot be met to a more qualified coach 	
2.3 identify responsibilities related to safe coaching practice	<ul style="list-style-type: none"> general principles of safe practice health and safety requirements following emergency procedures correct procedures for dealing with accidents, injuries and illnesses correct procedures for reporting accidents, injuries and illnesses 	
2.4 identify responsibilities related to inclusive coaching practice	<p>Inclusive delivery of coaching activities</p> <p>Assisting the coaching of participants who share protected characteristics</p> <p>Communicating with a variety of participant types:</p> <ul style="list-style-type: none"> disabled and non-disabled people, children, youths and adults <p>Recognising that different participants learn in different ways.</p> <p>Different backgrounds and stages of participant development can impact on coaching:</p> <ul style="list-style-type: none"> age emotional development skill development 	

Unit Title	The coaching assistant in practice
Unit Aim	This unit aims to develop the coach's ability to deliver coaching activities. It also enables the coach to assist with the review of sessions and own practice.
Unique Unit Number	T/616/6982
Unit Assessment Method(s)	- Coursework - Practical Demonstration/Assignment
Assessment Specification	Learners are required to demonstrate their ability to coach Fives in a practical coaching assessment. The demonstration must be a minimum of 15 minutes in duration either in the form of a single session, or a series of shorter micro-session.

Learning Outcome: 1. be able to prepare the coaching environment

Assessment Criteria The learner can:	Mandatory Delivery Content The learner will develop an understanding of:	Evidence Requirements The learner is required to complete:
1.1 interpret the session plan to prepare equipment and participants	<ul style="list-style-type: none"> understand principles of planning choose, set out and take down the equipment for the sessions set 'ground rules' and understand why this is important 	

Learning Outcome: 2. be able to assist with the delivery of coaching sessions

Assessment Criteria The learner can:	Mandatory Delivery Content The learner will develop an understanding of:	Evidence Requirements The learner is required to complete:

<p>2.1 ensure safety is maintained within sessions</p>	<p>Ensure participants are physically prepared;</p> <ul style="list-style-type: none"> • knowing how to deliver warm-ups and cooldowns <p>Manage behaviours by being:</p> <ul style="list-style-type: none"> • positive and challenging • encouraging and motivating <p>Contribute to the review the effectiveness of the plan</p> <ul style="list-style-type: none"> • timings • suitability of planned activities • progressions/adaptations <p>Contribute of the review safety elements of</p> <ul style="list-style-type: none"> • the session • behaviour • equipment <p>Organisation of activities and/or participants</p> <p>Contribute to the review of the overall delivery</p> <ul style="list-style-type: none"> • coaching style of coaching team • progress made by participants • recommendations for future sessions/activities 	
<p>2.2 deliver planned activities to agreed timings</p>	<p>Use a range of coaching styles;</p> <p>understand how different participants learn</p> <p>encourage, engage, interest and empower participants</p> <p>communicate with a variety of participant types:</p> <ul style="list-style-type: none"> • disabled and non-disabled people • children, youths and adults 	
<p>2.3 provide technically correct explanations and demonstrations of activities</p>	<ul style="list-style-type: none"> • explain relevant technical and tactical requirements of the sport or physical activity • deliver demonstrations and explanations that are technically and tactically correct 	
<p>2.4 observe participants' performance and provide feedback</p>	<ul style="list-style-type: none"> • analyse performance and give feedback to participants • facilitate effective questions and deliver correct answers • assist with the development of participants' skill 	

Learning Outcome: 3. be able to assist with the review of coaching sessions

Assessment Criteria The learner can:	Mandatory Delivery Content The learner will develop an understanding of:	Evidence Requirements The learner is required to complete:
3.1 contribute to the review of coaching sessions	<p>Contribute to the review the effectiveness of the plan:</p> <ul style="list-style-type: none"> • timings • suitability of planned activities • progressions/adaptations <p>contribute of the review safety elements of</p> <ul style="list-style-type: none"> • the session • behaviour • equipment <p>organisation of activities and/or participants</p> <p>contribute to the review of the overall delivery</p> <ul style="list-style-type: none"> • coaching style of coaching team • progress made by participants • recommendations for future sessions/activities 	
3.2 review own coaching practice.	<ul style="list-style-type: none"> • review chosen coaching styles and inclusive practice • review personal contribution to safety • review personal technical explanations and demonstrations • review personal contribution to the development of participants • take responsibility for own development as a coach <p>gaining feedback on performance from others</p> <p>understanding career development pathways and the continuing professional development (CPD) that can support these</p> <p>developing a personal action plan</p>	

Unit Title	Technical coaching requirements for wrestling
Unit Aim	This unit aims to develop the assistant wrestling coach's ability to be able to coach a range of skills to support the development of a participant in wrestling.
Unique Unit Number	D/618/0276
Unit Assessment Method(s)	- Coursework - Practical Demonstration/Assignment
Assessment Specification	Learners are required to demonstrate their ability to coach wrestling activities in a practical coaching assessment (either in their workplace or in a simulated environment). The demonstration must be a minimum of 15 minutes in duration either in the form of a single session, or a series of shorter micro-sessions.

Learning Outcome: 1. know how to coach wrestling activities

Assessment Criteria The learner can:	Mandatory Delivery Content The learner will develop an understanding of:	Evidence Requirements The learner is required to complete:
1.1 identify the key elements of wrestling skills.	<ul style="list-style-type: none"> • deliver Components of a Warm Up and Cool Down (wrestling related) <ul style="list-style-type: none"> - movement skills (no equipment) - movement skills (with equipment) - fun games and activities - stretching and movement - core stability <ul style="list-style-type: none"> • deliver Skills (relevant to wrestling) - principles of correct equipment use - principles of standing stances and movement - principles of ground stances (Par-Terre) - principles of level change - principles of penetration - principles of rotation - principles of defence - principles of pin and control - application of principles within the sport (modified game, situational game, matches) <ul style="list-style-type: none"> • deliver Physical Activity Skills (Relevant to Wrestling) - principles of movement skills within the wrestling activity - principles of body positioning within the wrestling activity - application of principles within the physical activity (constrained activity, full activity) 	

<p>1.2 identify the key coaching points of wrestling skills.</p>	<ul style="list-style-type: none"> • deliver Components of a Warm Up and Cool Down (wrestling related) <ul style="list-style-type: none"> - movement skills (no equipment) - movement skills (with equipment) - fun games and activities - stretching and movement - core stability <ul style="list-style-type: none"> • deliver Skills (relevant to wrestling) - principles of correct equipment use - principles of standing stances and movement - principles of ground stances (Par-Terre) - principles of level change - principles of penetration - principles of rotation - principles of defence - principles of pin and control - application of principles within the sport (modified game, situational game, matches) <ul style="list-style-type: none"> • deliver Physical Activity Skills (Relevant to Wrestling) - principles of movement skills within the wrestling activity - principles of body positioning within the wrestling activity - application of principles within the physical activity (constrained activity, full activity) 	
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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 do not apply. Centres must ensure that all workforce meet the requirements stated below.

The recognised centre is required to recruit and deploy BWA approved tutors.

Tutors are required to:

- hold the 1st4sport Level 2 Certificate in Coaching Wrestling or recognised equivalent (must be approved by BWA)
- hold or be working towards a recognised teaching/tutor qualification or have attended a programme of tutor training matched to national standards

Assessor(s):

For this qualification, the minimum requirements stated in the centre handbook do not apply. Centres must ensure that all workforce meet the requirements stated below.

The recognised centre is required to recruit and deploy BWA approved assessors. Assessors are required to:

- hold the 1st4sport Level 2 Certificate in Coaching Wrestling or recognised equivalent (must be approved by BWA)
- hold or be working towards a recognised assessing qualification or have attended a programme of assessor training matched to national standards

OR

- Hold a PGCE/QTS/CertEd

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

For this qualification, the minimum requirements stated in the centre handbook apply.

Additional Qualification Requirements

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

In addition further qualification specific requirements are

All training and/or assessment sites must include the following facilities and equipment:

- an area suitable in size and of safe construction for a minimum of 16 learners
- the area surrounding the wrestling mat must have minimum of one metre free from any obstacles and wall mats must be installed where walls, radiators or other objects protrude near the matted area.
- ceiling height must be a minimum of three metres.
- each facility to comply with BWA facilities checklist
- access to the internet in order to complete elements of the course
- a minimum of one 40mm in depth wrestling mat (jigsaw or fixed) mats must be cleaned and disinfected before and after course, there must be no gaps within the matted area

This qualification is regulated by Ofqual (603/2629/3) and QiW (C00/1305/1 - Designated).

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