

1st4sport Level 2 Award in Coach Parker Sessions

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 Coach Parker Sessions
Qualification Overview:	Gives learners the knowledge and skills to plan, deliver and evaluate Our Parks sessions.
Qualification Code:	L2CPQ
Qualification Regulation Number:	603/7210/2
Guided Learning Hours (GLH):	8
Total Qualification Time (TQT):	27
Credit Value (if applicable):	Not applicable
Operational Start Date:	01/03/2021
Qualification Review Date:	31/01/2025
Learner Registration Period:	2 years
Qualification Objective:	This qualification qualifies learners to become a Coach Parker delivering Our Parks sessions.
Qualification Purpose:	Prepare for employment in a specific occupational area.

Who is this qualification for?

The qualification is designed for those who wish to become involved as a Coach Parker delivering Our Parks sessions. The Coach Parker may be involved in the provision of coaching sessions of a more 'drop in' nature and may be meeting the needs of people keen to participate on an ad hoc basis.

Qualification Progression

Successful learners are eligible to seek employment in appropriate paid or voluntary session coaching roles. Learners could progress on to the 1st4sport Level 2 Certificate in Coaching. The skills and knowledge developed through this qualification may also be used to progress to other industry-relevant qualifications in coaching sport, activity leadership, supporting PE in school sport or sports development.

Entry Requirements

Learners must be a minimum of 16 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 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:

- E-Assessment (in 3 of 3 mandatory units),
- Practical Demonstration/Assignment (in 3 of 3 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
J/618/6590	Role of the Coach Parker	11
L/618/6591	Coach Parker in Practice	12
R/618/6592	Technical coaching requirements for Coach Parker's	10

Optional Units

There are no optional units in this qualification

Pathway Units (where applicable)

There are no pathway units in this qualification

Unit Title	Role of the Coach Parker
Unit Aim	This unit assesses understanding of the role and responsibilities of the Coach Parker.
Unique Unit Number	J/618/6590
Unit Assessment Method(s)	- E-Assessment - Practical Demonstration/Assignment
Assessment Specification	Learners are required to evidence the understandings defined in this unit through successful completion of the Our Parks™ Coach Parker Digital eLearning module and elements of applied understanding during Live assessment.

Learning Outcome: 1. understand the Coach Parker role

Assessment Criteria The learner can:	Indicative Delivery Content
1.1 describe the role of a Coach Parker	<ul style="list-style-type: none"> • The Our Parks™ brand and the importance of the Coach Parkers' role. • the remit of the Coach Parker role. • the importance of building relationships and rapport with Parkers'. • the importance of a person-centred approach in being a Coach Parker. • fundamental behaviour change theory. • the 'Plan - Do - Review' coaching process including participant journey

Learning Outcome: 2. understand the responsibilities of the Coach Parker role

Assessment Criteria The learner can:	Indicative Delivery Content
2.1 define the responsibilities of related to rules and regulations	<ul style="list-style-type: none"> • The 'Coaches Code of Conduct' for Coach Parkers'. • the overarching legal responsibilities for the Coach Parker role. • the regulations that enable the delivery of exercise sessions.
2.2 define the responsibilities related to duty of care	<ul style="list-style-type: none"> • Diversity and how it impacts on the Coach Parker role • inclusion and how it impacts on the Coach Parker role. • safeguarding and how it impacts on the Coach Parker role. • mental health & wellbeing and how it impacts on the Coach Parker role. • equality and wellbeing and how it impacts on the Coach Parker role.
2.3 define the responsibilities related to safe coaching practice	<ul style="list-style-type: none"> • general principles of safe practice • health and safety requirements including basic risk assessment • health and safety management; knowing how to <ul style="list-style-type: none"> - prepare the environment, - conduct risk assessment - minimise risk - put contingency plans in place • emergency procedures; knowing how to follow: - correct procedures for dealing with accidents, emergencies and incident

Learning Outcome: 3. understand fundamental development needs of Parkers'

Assessment Criteria The learner can:	Indicative Delivery Content
3.1 describe how to engage with and develop Parkers	<ul style="list-style-type: none"> • Parkers' needs, motivations and expectation for taking part • the importance of confidence in creating a motivating environment. • the importance of connection in creating a motivating environment • the importance of competence in creating a motivating environment. • utilising social media safely and appropriately to enhance engagement
3.2 identify the physical factors that may affect a Parkers' experience and safe participation	<ul style="list-style-type: none"> • Basic hydration and nutritional needs to taking part in exercise. • how to manage effort and the importance of recovery when exercising. • how the physical capabilities of Parkers' can influence a session
3.3 psychological and social factors that may affect a Parkers' experience and safe participation	<ul style="list-style-type: none"> • How to build connection with and the confidence of Parkers'. • the importance of relationships and rapport with and between Parkers' • how factors may influence participation

Unit Title	Coach Parker in Practice
Unit Aim	This unit assesses the fundamentals of the operational role of the Coach Parker.
Unique Unit Number	L/618/6591
Unit Assessment Method(s)	- E-Assessment - Practical Demonstration/Assignment
Assessment Specification	Learners are required to evidence the understandings defined in this unit through successful completion of the Our Parks™ Coach Parker Digital eLearning module and elements of applied understanding during Live assessment.

Learning Outcome: 1. be able to plan, a group exercise session in line with the Our Parks™ ethos

Assessment Criteria The learner can:	Indicative Delivery Content
1.1 select activities to meet Parkers' needs	<ul style="list-style-type: none"> • Use target audience insight to select appropriate activities. • build connection with and the confidence of Parkers'
1.2 plan a session to meet Parkers' needs	<ul style="list-style-type: none"> • Plan a balance of activities to meet the needs of the group • plan and prepare for session involving realistic timings, sequences, intensity and duration of activities • manage group sizes to facilitate sessions appropriately

Learning Outcome: 2. be able to deliver, a group exercise session in line with the Our Parks™ ethos

Assessment Criteria The learner can:	Indicative Delivery Content
2.1 manage and maintain the safety of Parkers' throughout	<ul style="list-style-type: none"> • Demonstrations to enhance delivery and maintain safety within sessions. • demonstrate effective instruction and explanation to maintain safety. • structure and organise equipment, exercises and sessions. • conduct a risk assessment, minimising identified risks • supervise techniques to ensure safety and effectiveness. • deliver appropriate warm/up cool-down and stretching activities
2.2 deliver planned activities to agreed timings	<ul style="list-style-type: none"> • Use a range of coaching techniques including: <ul style="list-style-type: none"> adapting activities to meet participants needs engaging and motivating participants • deliver demonstrations and explanations that are technically correct • manage effort and the importance of recovery when exercising. • differentiate between activities to make them easier, or more challenging. • provide feedback on performance and advise suitable adaptations/regressions/progressions/ corrective strategies to ensure continued success

Learning Outcome: 3. be able to review, a group exercise session in line with the Our Parks™ ethos

Assessment Criteria The learner can:	Indicative Delivery Content
3.1 review an Our Parks™ session	<ul style="list-style-type: none"> • Methods to review and evaluate sessions to support future delivery. • places to refer Parkers' for additional support or information.
3.2 reflect on own coaching practice as a Coach Parker	<ul style="list-style-type: none"> • How to take responsibility for own development in coaching. • ways to reflect on their practice and create a Personal Development Plan

Unit Title	Technical coaching requirements for Coach Parker's
Unit Aim	This unit aims to develop the Coach Parker to be able to deliver a range of activities to create Our Parks™ sessions.
Unique Unit Number	R/618/6592
Unit Assessment Method(s)	- E-Assessment - Practical Demonstration/Assignment
Assessment Specification	Learners are required to demonstrate their ability to deliver a group exercise session in a practical coaching assessment (audition).

Learning Outcome: 1. be able to design and safely deliver a range of activities to create an Our Park session

Assessment Criteria The learner can:	Indicative Delivery Content
1.1 plan a variety of fitness based activities	Plan and deliver activities which include; <ul style="list-style-type: none"> • Fundamental movement skills • Functional movement exercises • Components of fitness • The safe incorporation of park furniture into sessions. Including green gym equipment. • High Intensity Interval Training • Warm Ups, Work Out, Cool Down
1.2 deliver a variety of fitness based activities	

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

Both assistant and lead tutors are required to:

- have completed the L2 Coach Parker eLearning modules
- have attended an orientation for the Level 2 Coach Parker
- hold or be working towards a recognised Level 2 coaching/fitness qualification or hold the 1st4sport Level 2 Award in Coach Parker Sessions

The Lead tutor must also

- hold or be working towards a recognised teaching qualification

Assessor(s):

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

Both assistant and lead tutors are required to:

- have completed the L2 Coach Parker eLearning modules
- have attended an orientation for the Level 2 Coach Parker
- hold or be working towards a recognised Level 2 coaching/fitness qualification or hold the 1st4sport Level 2 Award in Coach Parker Sessions

The Lead tutor must also

- hold or be working towards a recognised assessor qualification

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

Internal quality assurers are required to:

- hold or be working towards a recognised L2 coaching qualification or above or hold the 1st4sport Level 2 Award in Coach Parker Sessions
- hold or be working towards a recognised internal quality assurance qualification

Additional Qualification Requirements

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

All delivery sites must include the following:

- a practical outdoor space for activities to be delivered.
- public Wi-Fi (advisable)

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 for Our Parks.

This qualification is regulated by Ofqual (603/7210/2).

UK Coaching
2 City Walk
Leeds
LS11 9AR

T: 0113 274 4802
E: centreservices@1st4sportqualifications.com

www.1st4sport.com