

Developed in partnership with Badminton England



1st4sport Level 1 Award for Assistant Coaches in Badminton

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

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 for Assistant Coaches in Badminton
Qualification Overview:	Prepares learners to assist coaches in helping participants to develop their skills .
Qualification Code:	L1AACB
Qualification Regulation Number:	601/8262/3
Guided Learning Hours (GLH):	24
Total Qualification Time (TQT):	39
Credit Value (if applicable):	Not applicable
Operational Start Date:	01/01/2016
Qualification Review Date:	31/05/2023
Learner Registration Period:	2 years
Qualification Objective:	This qualification qualifies learners to become an assistant badminton coach.
Qualification Purpose:	Develop knowledge and/or skills in a subject area.

Who is this qualification for?

The qualification is designed for those who wish to become involved in badminton as an assistant coach, working under the supervision of a more qualified coach.

Qualification Progression

Learners can progress onto the 1st4sport Certificate for Coaches in Badminton at Level 2, designed to develop necessary skills, knowledge and experience to deliver progressive coaching sessions in a club or talent environment. Successful learners may also progress to other industry-relevant qualifications in coaching sport, activity leadership, supporting PE in school sport and sports development.

This qualification may lead to paid employment or unpaid voluntary roles working as part of a coaching team as an assistant 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
J/507/9772	The role of the coaching assistant in Badminton	8
L/507/9773	The Badminton coaching assistant in practice	9
R/507/9774	Technical requirement for assistant coaches in Badminton	7

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 in Badminton
Unit Aim	This units 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	J/507/9772
Unit Assessment Method(s)	- Coursework - Practical Demonstration/Assignment
Assessment Specification	Learners are required to complete a series of assessed tasks within their learner portfolio. These are set by 1st4sport and assessed by their tutor/assessor.

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

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 	

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

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 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 	

Learning Outcome: 3. identify responsibilities related to safe coaching practice

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 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 	

Learning Outcome: 4. identify responsibilities related to inclusive coaching practice

Assessment Criteria The learner can:	Mandatory Delivery Content The learner will develop an understanding of:	Evidence Requirements The learner is required to complete:
4.1 identify responsibilities related to inclusive coaching practice	<ul style="list-style-type: none"> • inclusive delivery of coaching activities • assisting the coaching of participants who share protected characteristics • communicating with a variety of participant types: disabled and non-disabled people children, youths and adults • recognising that different participants learn in different ways • different backgrounds and stages of participant development that can impact on coaching: age emotional development skill development 	

Unit Title	The Badminton 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	L/507/9773
Unit Assessment Method(s)	- Coursework - Practical Demonstration/Assignment
Assessment Specification	Learners are required to demonstrate their ability to coach sporting activities in a 15-minute practical coaching assessment either in their workplace or in a simulated environment). The demonstration must be 15 minutes either in the form of a single session, or a series of shorter micro-sessions.

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 in badminton

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 ensure safety is maintained within sessions	<ul style="list-style-type: none"> ensure participants are physically prepared, knowing how to deliver warm-ups and cool-downs manage behaviours by being: positive and challenging encouraging and motivating 	
2.2 deliver planned activities to agreed timings	<ul style="list-style-type: none"> use a range of coaching styles, understanding how different participants learn encourage, engage, interest and empower participants communicate with a variety of participant types: disabled and non-disabled people children, youths and adults 	
2.3 provide technically correct explanations and demonstrations of activities	<ul style="list-style-type: none"> explain relevant technical and tactical requirements of the sport deliver demonstrations and explanations that are technically and tactically correct 	
2.4 observe participants' performance and provide feedback	<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 in badminton.

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	<ul style="list-style-type: none"> contribute to the review for the effectiveness of the plan contribute to the review of safety elements of the session contribute to the review of the overall delivery 	
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. 	

Unit Title	Technical requirement for assistant coaches in Badminton
Unit Aim	This unit aims to develop the assistant coach's knowledge of the technical coaching requirements for badminton.
Unique Unit Number	R/507/9774
Unit Assessment Method(s)	- Coursework - Practical Demonstration/Assignment
Assessment Specification	Learners are required to complete a series of assessed tasks within their learner portfolio. These are set by 1st4sport and assessed by their assessor.

Learning Outcome: 1. know the basic principles of hitting techniques

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 demonstrate understanding of appropriate grips	<ul style="list-style-type: none"> • forehand hitting techniques • backhand hitting techniques 	
1.2 demonstrate understanding of the fundamental principles of overhead forehand hitting techniques following the stroke cycle	<ul style="list-style-type: none"> • overhead forehand hitting techniques • overhead backhand hitting techniques • underarm forehand hitting techniques • underarm backhand hitting techniques 	
1.3 demonstrate understanding of the fundamental principles of serving	<ul style="list-style-type: none"> • high serve • low serve • flick serve 	
1.4 demonstrate understanding of different feeding skills	<ul style="list-style-type: none"> • hand feeding • racket feeding 	

Learning Outcome: 2. know the principle movements of badminton.

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 demonstrate understanding of the fundamental principles of movement	<ul style="list-style-type: none"> • stance/split step • lunging • jumping and landing • recovery • chasse/cross-behind • running 	
2.2 demonstrate understanding of how other sports can be used to develop essential movements.	<ul style="list-style-type: none"> • agility • balance • coordination. 	

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.

Assessor(s):

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

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.

This qualification is regulated by Ofqual (601/8262/3), CCEA and QiW (C00/0765/2 - Regulated).

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