

Developed in partnership with British Taekwondo



1st4sport Level 2 Certificate in Coaching Taekwondo (World Taekwondo Federation Style)

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 2 Certificate in Coaching Taekwondo (World Taekwondo Federation Style)
Qualification Overview:	Gives learners a key understanding of their roles and responsibilities as an independent Taekwondo coach.
Qualification Code:	L2CCTKD
Qualification Regulation Number:	603/0184/3
Guided Learning Hours (GLH):	27
Total Qualification Time (TQT):	129
Credit Value (if applicable):	Not applicable
Operational Start Date:	01/08/2016
Qualification Review Date:	31/05/2023
Learner Registration Period:	2 years
Qualification Objective:	This qualification qualifies learners to plan, deliver and review linked coaching Taekwondo sessions that show progression.
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 in Taekwondo as an independent coach, and wish to take responsibility for the ongoing development of participants. This qualification is aimed at learners who have achieved a 1st Degree/Dan Black Belt/tag (dependent on pathway chosen), may currently operate at a community club or aspire to do so, those who already have instructor status or support a club instructor, under supervision, or who have achieved a leadership qualification in the delivery of Taekwondo.

Qualification Progression

Learners completing this qualification may choose to broaden their knowledge by undertaking an alternative sport specific Level 2 qualification, or progress to an alternative sport specific Level 3 qualification. The skills and knowledge developed may be used to enable learners to progress to other industry-relevant qualifications in coaching sport, activity leadership, supporting PE in school sport and sports development, refereeing, umpire events staff.

This qualification may lead to paid employment or unpaid voluntary roles in coaching Taekwondo, either working independently or as part of a coaching team. Other roles that the learner may consider exploring include Activity Leader, Official and Sports Volunteer.

This qualification will also support learners who aspire to, or are currently coaching Taekwondo within a community club, working in schools and/or with county sports partnerships and local authorities.

Entry Requirements

Learners must be a minimum of 17 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 17 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 5 of 5 mandatory units),
- Practical Demonstration/Assignment (in 5 of 5 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
R/615/0949	Deliver a series of Taekwondo coaching sessions	12
J/615/0947	Plan a series of Taekwondo coaching sessions	4
R/615/0966	The role of the Taekwondo coach	5
Y/615/0953	Technical coaching requirements for Taekwondo (World Taekwondo Federation Style)	7
L/615/0982	Review a series of Taekwondo coaching sessions	5

Optional Units

There are no optional units in this qualification

Pathway Units (where applicable)

There are no pathway units in this qualification

Unit Title	Deliver a series of Taekwondo coaching sessions
Unit Aim	This unit assesses a coach's ability to deliver a series of Taekwondo coaching sessions to meet the needs of participants. The series of coaching sessions delivered will be linked and progressive in nature in order to develop participants' performance within the Taekwondo environment.
Unique Unit Number	R/615/0949
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. be able to deliver a series of Taekwondo 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:
1.1 establish a safe coaching environment	<ul style="list-style-type: none"> conduct a risk assessment, minimising any identified risks organise the setting up of equipment required for the session 	
1.2 prepare the participants for the coaching sessions	<ul style="list-style-type: none"> apply the principles of good practice for starting coaching sessions provide information to participants on the aims and objectives of sessions, agreeing these with participants understand physical preparation and how to deliver warm-ups 	
1.3 deliver a series of coaching sessions in line with guidelines	<ul style="list-style-type: none"> incorporate a variety of coaching styles and techniques in delivery to incorporate: <ul style="list-style-type: none"> listening to participants motivating participants learning styles of participants (visual, auditory, kinaesthetic) differentiation between participants cater to a variety of learning styles; balancing instruction, facilitation, demonstration, questions and answers ensure there is a balance of activities; realistic timings, sequences, intensity and duration of activities within the session identify participants' needs and modify session plan(s) to meet participants' changing needs 	
1.4 develop technical and tactical aspects of Taekwondo through the provision of explanations and demonstrations of activities	<ul style="list-style-type: none"> know how and when to apply appropriate communication methods in the provision of technical guidance use the principles of skill development in their coaching, selecting correct techniques to developing participants' skills understand different types of demonstration provide technical and tactical demonstrations and explanations that are correct identify and utilise taekwondo specific rules and codes prepare participants for competition. 	

1.5 analyse and provide feedback on participants' performance	<ul style="list-style-type: none"> understand the principles of analysing participants' performance observe participants', analyse performance and provide constructive feedback communicate effectively with participants and show listening skills support participant(s) in taking responsibility for their own learning 	
1.6 ensure participants' safety is maintained	<ul style="list-style-type: none"> manage coaching activities and adapt to maintain safety as required manage safe use of equipment during the session manage behaviours by being: positive and challenging encouraging and motivating 	
1.7 conclude the session	<ul style="list-style-type: none"> apply the principles of good practice for concluding coaching sessions deliver cool-downs summarise session outcomes, providing feedback to participants organise the taking down and storage of equipment used during the session offer information to participants after coaching sessions. 	

Unit Title	Plan a series of Taekwondo coaching sessions
Unit Aim	This unit assesses a coach's ability to plan a series of Taekwondo coaching sessions to meet the needs of participants. The series of coaching sessions planned will be linked and progressive in nature in order to develop participants' performance within Taekwondo.
Unique Unit Number	J/615/0947
Unit Assessment Method(s)	<ul style="list-style-type: none"> - 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. be able to plan a series of Taekwondo 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:
1.1 plan a series of progressive sessions	<ul style="list-style-type: none"> understand the principles of producing progressive sessions identify aims and objectives of the coaching programme, setting SMART/ tangible goals that have been agreed with participants plan a series of progressive sessions with goals that are linked, progressive and consistent with the overall aims of the coaching programme 	
1.2 plan activities to meet the aims of the sessions	<ul style="list-style-type: none"> understand how individual coaching sessions support the aims of the coaching programme identify aims and objectives of sessions, setting SMART/ tangible goals that have been agreed with participants plan and prepare sessions that meet the needs of participants from different backgrounds and at different stages of development to include: <ul style="list-style-type: none"> realistic timings sequences of activities intensity of activities duration of activities specific technical content within activities specific tactical content within activities contingencies 	

Unit Title	The role of the Taekwondo coach
Unit Aim	This unit assesses a coach's understanding of their role and responsibilities and the roles of others, ensuring that their coaching is safe and inclusive.
Unique Unit Number	R/615/0966
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. understand the role of the coach in Taekwondo

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 describe the role	<ul style="list-style-type: none"> the role of the fully independent Taekwondo coach, its boundaries and adherence to the BTC/BT Code of Conduct and Ethics the responsibilities of the fully independent Taekwondo coach when working with others such as assistant coaches/instructors, and young leaders the importance of being a role model the Taekwondo coaching process of plan-do-review 	

Learning Outcome: 2. understand the responsibilities of the coach in Taekwondo

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 describe the responsibilities related to rules and regulations	<ul style="list-style-type: none"> the overarching legal and sport-specific responsibilities the BTC/BT's organisational procedures, responsibilities and liabilities the rules and regulations of Taekwondo to enable the delivery of sessions the role of Taekwondo competition/event officials and the positive promotion of these 	

<p>2.2 describe responsibilities related to duty of care</p>	<ul style="list-style-type: none"> • what constitutes acceptable relationships as a Taekwondo coach • the guidelines for safeguarding and protecting the following participant groups, adherence to these and maintaining confidentiality: young people and children, including signs and symptoms of abuse adults at risk participants who share protected characteristics • how to encourage and reward positive behaviour and to respond to discriminatory behaviour, behaving in a fair, consistent and ethical manner • the requirements of the participant group; managing information for and about all types of participants 	
<p>2.3 describe responsibilities related to safe coaching practice</p>	<ul style="list-style-type: none"> • how to set and agree ground rules • health and safety management, understanding how to: prepare the environment conduct a risk assessment minimise risk put contingency plans in place • emergency procedures; knowing how to follow: correct procedures for dealing with accidents, emergencies and incidents correct procedures for reporting issues 	
<p>2.4 describe responsibilities related to inclusive coaching practice</p>	<ul style="list-style-type: none"> • inclusive delivery of coaching sessions and activities and where to gain information on this • how to communicate, deal with and meet the needs of a variety of participant types: disabled and non-disabled people children/youth/adults those who share protected characteristics • how to assist with meeting the needs of participants who share protected characteristics • recognising that different participants learn in different ways • different backgrounds and stages of participant development can impact on age skill development emotional development. 	

Learning Outcome: 3. Understand participants and their development needs

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 describe how to engage with and develop a range of participants	<ul style="list-style-type: none"> how to gather information about lifestyle, previous experience, and the needs of different participant groups participants' motivations for taking part the impact of the participants' background, stage of development and needs on: <ul style="list-style-type: none"> session management the different ways adults and children learn learning and the coaching environment (beginner vs experienced) training and competition how to cater for individual needs within group coaching 	
3.2 describe the physical influences on participation	<ul style="list-style-type: none"> the physical capabilities required for, and the basic anatomical and biomechanical demands of taekwondo the units of physical fitness and how they link directly to taekwondo how to minimise the risk of injury and assist a participant returning from injury the role of the coach in encouraging the pursuit of a healthy lifestyle, including an awareness of: <ul style="list-style-type: none"> nutrition hydration social and performance-enhancing drugs the principles of weight management in relation to the sport how the physical capabilities of participants will influence the content and structure of the session 	

Unit Title	Technical coaching requirements for Taekwondo (World Taekwondo Federation Style)
Unit Aim	This unit aims to develop the coach's knowledge of the technical coaching requirements for WTF styles of Taekwondo.
Unique Unit Number	Y/615/0953
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 how to coach Taekwondo participants to complete foundation stances, blocks and releases

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 the specific stances, blocks and releases	<ul style="list-style-type: none"> perform a parallel stance perform a walking stance perform an L-stance perform a low block perform a middle block perform a high block perform a wrist release move perform a release from a shoulder/neck grasp 	
1.2 identify the key coaching points of the specific stances, blocks and releases		

Learning Outcome: 2. know how to coach Taekwondo participants to complete foundation strikes

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 the key elements of the specific strikes	<ul style="list-style-type: none"> perform a front punch perform a palm-heel strike perform a knifehand strike perform a fingertip strike perform a backfist strike 	
2.2 identify the key coaching points of the specific strikes		

Learning Outcome: 3. know how to coach Taekwondo participants to complete foundation kicks

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 the key points of the specific kicks	<ul style="list-style-type: none"> perform a front kick perform a turning kick perform a side kick perform a back kick perform a downward kick 	
3.2 identify the key coaching points of the specific kicks	<ul style="list-style-type: none"> measure participant development use a variety of evaluation methods that can be used to monitor participant(s) development and learning 	

Unit Title	Review a series of Taekwondo coaching sessions
Unit Aim	This unit assesses a coach's ability to review a series of Taekwondo coaching sessions that meet the needs of participants. The series of Taekwondo coaching sessions reviewed will be linked and progressive in nature in order to develop participants' performance within Taekwondo.
Unique Unit Number	L/615/0982
Unit Assessment Method(s)	<ul style="list-style-type: none"> - 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. be able to review a series of Taekwondo 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:
1.1 review participants' performance	<ul style="list-style-type: none"> • measure participant development • use a variety of evaluation methods that can be used to monitor participant(s) development and learning 	
1.2 analyse own coaching practice	<ul style="list-style-type: none"> • understand the principles of self-reflection • utilise feedback from others • identify personal development needs • gain valid feedback on own performance from participants and others • take responsibility for own development • access continuing personal development (CPD) and develop a personal action plan and mentoring opportunities • participate in continual review • identify career progressions in the sport and the role of others 	
1.3 apply the review of coaching sessions to future planning	<ul style="list-style-type: none"> • review and evaluate the session, using the views of participants and others, and using it to impact on future sessions • agree the outcomes of the review with participants and others, advise them on their development needs and adapt future sessions to reflect needs 	
1.4 review the effectiveness of the series of coaching sessions in Taekwondo	<ul style="list-style-type: none"> • review the overall aims and goals of the programme and progress made towards these • use a variety of evaluation methods that can be used to monitor participant(s) development and learning • measure the quality of the coaching experience • measure participant development 	

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 approved tutors. The tutors are responsible for the delivery of the qualification. Tutors are required to:

- be 18 years of age
- hold the BTC Registered Instructor Qualification or BT Registered Tutor
- hold a 1st degree/Dan black belt (it is not deemed necessary for all tutors to come from within BTC)

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 approved assessors responsible for the assessment of the qualification.

Assessors are required to:

- be 18 years of age
- hold the BTC Registered Instructor Qualification or BT Registered Assessor
- hold a 1st degree/Dan black belt (not necessary for all tutors to come from within BTC)

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 approved internal quality assurers who are responsible for the internal quality assurance activities. Internal quality assurers are required to:

- be 18 years of age
- hold the BTC Registered Instructor Qualification or BT Registered Assessor
- hold a 1st degree/Dan black belt (not necessary for all tutors to come from within BTC)

Additional Qualification Requirements

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

All delivery sites must include the following:

- a practical space for Taekwondo coaching activities to be delivered
- a space for theoretical sessions to be delivered with conditions conducive to learning
- Toilets and changing room facilities for both male and female learners/participants.

The recognised centre is required to have equipment in place to facilitate the full programme of learning and assessment which must include:

- sports equipment to facilitate chosen coaching activities (kick shields, focus pads/paddles, cones, balls, skipping ropes, etc)

All learners and persons being coached must

- wear appropriate sports apparel, including correct footwear for the surface and environment. This should include: martial art training shoes, dobok, sparring gear, umpire apparel, etc. (Provided by recognised centre)

This qualification is regulated by Ofqual (603/0184/3) and QiW (C00/1302/4 - Regulated).

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