

Developed in partnership with Motorsport UK

# 1st4sport Level 2 Certificate in Coaching Motorsport

## 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 2 Certificate in Coaching Motorsport
Qualification Overview:	Ensures that learners have the knowledge, skills and confidence to deliver safe and inclusive motorsport sessions to adults and young people.
Qualification Code:	L2CCMS
Qualification Regulation Number:	610/1555/6
Guided Learning Hours (GLH):	97
Total Qualification Time (TQT):	124
Credit Value (if applicable):	Not applicable
Operational Start Date:	01/10/2022
Qualification Review Date:	30/09/2024
Learner Registration Period:	2 years
Qualification Objective:	This qualification qualifies learners to coach motorsport sessions to adults and young people.
Qualification Purpose:	Prepare for employment in a specific occupational area.

### Who is this qualification for?

This qualification is designed for individuals working in, or preparing to work in, a motorsport coaching environment who wish to independently coach motorsport to young people and adults, usually within a club environment. This qualification is not designed for those wishing to coach junior drivers in a kart environment.

## Qualification Progression

The qualification sits within a suite of motorsport coaching qualifications and is recognised as the industry standard level 2 qualification for coaching motorsport in the UK.

Coaches may wish to undertake further CPD, better preparing them for coaching in an alternative environment to that currently being operated within.

This qualification may lead to paid or voluntary roles as a motorsport coach or they may wish to explore other industry-relevant roles which include:

- Race and rally marshalling
- Race and rally stewarding/spectator safety
- Activities in other motorsporting disciplines (eg sprints, hillclimbs, autotesting etc)
- Motorsport engineering
- Sports Volunteer.

## 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:

- Portfolio of Evidence (in 8 of 8 mandatory units),
- Practical Demonstration/Assignment (in 8 of 8 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
T/650/4325	Understanding the fundamentals of coaching motorsport	10
Y/650/4326	Understanding how to develop participants through coaching motorsport	8
A/650/4327	Supporting participants' lifestyle through coaching motorsport	9
D/650/4328	Understanding the principles of safe and equitable coaching practice in motorsport	6
F/650/4329	Plan a series of motorsport coaching sessions	12
K/650/4330	Prepare the motorsport coaching environment	12
L/650/4331	Deliver a series of motorsport coaching sessions	32
M/650/4332	Monitor and evaluate motorsport coaching sessions	8

### Optional Units

There are no optional units in this qualification

### Pathway Units (where applicable)

There are no pathway units in this qualification

Unit Title	Understanding the fundamentals of coaching motorsport
Unit Aim	This unit assesses the coach's understanding of the basic attributes and factors involved in creating a holistic approach to delivering effective coaching in motorsport.
Unique Unit Number	T/650/4325
Unit Assessment Method(s)	- Portfolio of Evidence - Practical Demonstration/Assignment
Assessment Specification	This unit will be assessed through a portfolio of evidence and observation of coaching practice.

### Learning Outcome: 1. understand the role of a coach

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 how to ensure that the participant is at the centre of the coaching process	There is no mandatory content for this criteria	
1.2 explain how to empower participants' choice, discovery of solutions and need to develop at their own pace	There is no mandatory content for this criteria	
1.3 describe how to develop and maintain positive relationships with and between participants	There is no mandatory content for this criteria	
1.4 describe how to provide a coaching environment that motivates, recognises and values diversity, controls risk, encourages challenge, enjoyment and achievement	There is no mandatory content for this criteria	

1.5 identify methods to develop participants' confidence and self esteem	There is no mandatory content for this criteria	
1.6 describe how to identify opportunities for the coach to reflect and develop their coaching practice	There is no mandatory content for this criteria	
1.7 list the different support personnel that can contribute to coaching sessions	There is no mandatory content for this criteria	
1.8 describe how support personnel can be used to contribute to coaching sessions	There is no mandatory content for this criteria	
1.9 explain the importance of positively promoting the role of officials in competition	There is no mandatory content for this criteria	
1.10 define what is acceptable in terms of a coach:participant relationship	There is no mandatory content for this criteria	
1.11 explain the consequences of not adhering to the principles of what is acceptable in terms of a coach:participant relationship	There is no mandatory content for this criteria	
1.12 identify the components of a code of practice for coaching which allows high standards of personal conduct to be maintained and a positive image of the sport to be projected	There is no mandatory content for this criteria	
1.13 outline the types of information that the coach should provide to participants after a coaching session	There is no mandatory content for this criteria	

## Learning Outcome: 2. understand the coaching process

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 outline how to identify participants' needs	There is no mandatory content for this criteria	
2.2 state the sources of information that a coach can use when planning and preparing coaching sessions	There is no mandatory content for this criteria	
2.3 identify the types of information about participants which should be treated confidentially	There is no mandatory content for this criteria	
2.4 describe the stages and components of the coaching process	There is no mandatory content for this criteria	
2.5 describe how to plan coaching sessions that meet participants' needs	There is no mandatory content for this criteria	
2.6 explain how individual coaching sessions support the aims of the wider coaching programme	There is no mandatory content for this criteria	
2.7 explain the process of setting smart goals/objectives	There is no mandatory content for this criteria	
2.8 describe how to start and end a coaching session	There is no mandatory content for this criteria	
2.9 explain how the physical and psychological capabilities of participants will influence the content and structure of the session	There is no mandatory content for this criteria	



2.10 describe different types of demonstrations that encourage learning	There is no mandatory content for this criteria	
2.11 explain how to balance instruction, facilitation, and demonstration within sessions	There is no mandatory content for this criteria	
2.12 describe how to use listening skills	There is no mandatory content for this criteria	
2.13 describe how to select language that is appropriate to participants	There is no mandatory content for this criteria	
2.14 list how the coach can establish the views of participants about the coaching sessions	There is no mandatory content for this criteria	
2.15 identify situations when a coach may need to change or adapt a session	There is no mandatory content for this criteria	
2.16 describe how to give constructive feedback to participants	There is no mandatory content for this criteria	
2.17 identify how to cater for an individual's needs within group coaching	There is no mandatory content for this criteria	
2.18 describe how to organise group coaching sessions	There is no mandatory content for this criteria	

### Learning Outcome: 3. know ways to coach to meet participant 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 outline different learning styles and needs	There is no mandatory content for this criteria	
3.2 explain how to consider participants' learning styles and needs when planning coaching sessions	There is no mandatory content for this criteria	
3.3 describe the difference between the ways that adults and children learn	There is no mandatory content for this criteria	
3.4 define the principles of monitoring and evaluating learning	There is no mandatory content for this criteria	
3.5 describe how the coach can support participants in taking responsibility for their own learning	There is no mandatory content for this criteria	
3.6 describe how to manage different learning styles and learning needs, in group coaching	There is no mandatory content for this criteria	

## Learning Outcome: 4. understand behaviour management

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 the principles of positive behaviour management	There is no mandatory content for this criteria	
4.2 describe how to develop a behaviour management strategy for coaching sessions	There is no mandatory content for this criteria	
4.3 outline ground rules for positive behaviour during coaching sessions	There is no mandatory content for this criteria	
4.4 outline the methods of communicating and implementing ground rules	There is no mandatory content for this criteria	
4.5 explain the importance of fair and consistent behaviour management	There is no mandatory content for this criteria	
4.6 explain how to encourage and reward positive behaviour	There is no mandatory content for this criteria	
4.7 identify the types of behaviour by participants and others that may cause emotional distress	There is no mandatory content for this criteria	
4.8 explain how to respond as a coach to behaviour by participants that may cause emotional distress	There is no mandatory content for this criteria	
4.9 describe how to respond to discriminatory behaviour	There is no mandatory content for this criteria	
4.10 describe the procedures to be followed if a participant wants to complain about discrimination	There is no mandatory content for this criteria	

## Learning Outcome: 5. understand how to reflect on a coaching session

Assessment Criteria The learner can:	Mandatory Delivery Content The learner will develop an understanding of:	Evidence Requirements The learner is required to complete:
5.1 identify valid sources of feedback from participants and support staff	There is no mandatory content for this criteria	
5.2 explain how to do each of the following as part of self-reflection: <ul style="list-style-type: none"> <li>• make self-assessment of skill level</li> <li>• identify action to be taken</li> <li>• use different methods of self-reflection</li> </ul>	There is no mandatory content for this criteria	
5.3 outline how to use evidence of own performance	There is no mandatory content for this criteria	
5.4 list factors that impact on the ability to identify own development needs	There is no mandatory content for this criteria	
5.5 identify methods for personal action planning and the prioritisation of such planning	There is no mandatory content for this criteria	
5.6 describe how to measure each of the following: <ul style="list-style-type: none"> <li>• the quality of the coaching experience</li> <li>• participant development</li> <li>• the quality assurance mechanisms used</li> </ul>	There is no mandatory content for this criteria	
5.7 describe how to use information taken from evaluations to improve the programme/session	There is no mandatory content for this criteria	

Unit Title	Understanding how to develop participants through coaching motorsport
Unit Aim	This unit assesses the coach's understanding of the principles of planning, delivering, and evaluating coaching sessions, which improve participants' performance in sport
Unique Unit Number	Y/650/4326
Unit Assessment Method(s)	- Portfolio of Evidence - Practical Demonstration/Assignment
Assessment Specification	This unit will be assessed through a portfolio of evidence and observation of coaching practice.

Learning Outcome: 1. know key factors which can impact 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 identify the information required to plan coaching sessions	There is no mandatory content for this criteria	
1.2 identify health and safety requirements that may impact on coaching sessions	There is no mandatory content for this criteria	
1.3 describe how to establish goals for coaching sessions based on participants' needs	There is no mandatory content for this criteria	
1.4 identify sport-specific technical content to be included in coaching session plans	There is no mandatory content for this criteria	

1.5 list a range of coaching styles	There is no mandatory content for this criteria	
1.6 explain the use of different coaching styles	There is no mandatory content for this criteria	
1.7 describe how fun and enjoyment in coaching sessions can impact on learning	There is no mandatory content for this criteria	
1.8 describe the components of planning a progressive coaching sessions	There is no mandatory content for this criteria	
1.9 identify other appropriate people who can contribute to the delivery of coaching sessions and describe their potential contributions	There is no mandatory content for this criteria	
1.10 describe how coaching sessions might be adapted as a result of unforeseen changes to the coaching environment or participants' needs	There is no mandatory content for this criteria	

## Learning Outcome: 2. understand the principles of skill development through 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:
2.1 define: <ul style="list-style-type: none"> <li>• skill coordination</li> <li>• motor-skill learning</li> <li>• skill acquisition</li> <li>• skill retention</li> <li>• skill transfer</li> </ul>	There is no mandatory content for this criteria	
2.2 describe the basic methods of analysing participants' performance	There is no mandatory content for this criteria	
2.3 identify factors that affect the development of participants' skills in sport	There is no mandatory content for this criteria	
2.4 describe the organisational requirements for the delivery of coaching sessions	There is no mandatory content for this criteria	
2.5 describe the different techniques available for developing participants' skill through coaching	There is no mandatory content for this criteria	
2.6 identify methods to support participant development	There is no mandatory content for this criteria	
2.7 identify sources of feedback which will support participants' development	There is no mandatory content for this criteria	
2.8 explain the importance of gaining feedback from participants	There is no mandatory content for this criteria	

### Learning Outcome: 3. understand stages of participants' development can impact on their coaching

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 the progressive stages of development through maturity	There is no mandatory content for this criteria	
3.2 identify how the participants' stage of development affects the content of coaching sessions	There is no mandatory content for this criteria	
3.3 identify how participants' stage of development impacts on the coaching environment	There is no mandatory content for this criteria	
3.4 identify what influence training and competition have throughout the different stages of development	There is no mandatory content for this criteria	



## Learning Outcome: 4. understand the principles of evaluation in coaching

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 explain the principles of evaluating coaching sessions	There is no mandatory content for this criteria	
4.2 identify a variety of evaluation methods that can be used to monitor participants' development and learning	There is no mandatory content for this criteria	
4.3 identify types of information that can be gathered to monitor participants' development and learning	There is no mandatory content for this criteria	
4.4 identify appropriate other people who can contribute to the evaluation of coaching sessions	There is no mandatory content for this criteria	
4.5 describe how and when to gather information on current coaching practice from participants and others	There is no mandatory content for this criteria	
4.6 explain how the feedback from participants and others should impact on future coaching practice	There is no mandatory content for this criteria	
4.7 describe how to develop and record a personal action plan to improve own coaching practice, including highlighting opportunities for continuous professional development	There is no mandatory content for this criteria	

Unit Title	Supporting participants' lifestyle through coaching motorsport
Unit Aim	This unit assesses the coach's understanding of the lifestyle factors of nutrition, physical conditioning, mental preparation and drug awareness, which underpin performance in sport.
Unique Unit Number	A/650/4327
Unit Assessment Method(s)	<ul style="list-style-type: none"> <li>- Portfolio of Evidence</li> <li>- Practical Demonstration/Assignment</li> </ul>
Assessment Specification	This unit will be assessed through a portfolio of evidence and observation of coaching practice.

## Learning Outcome: 1. Know the key nutrition and hydration principles for sports performance

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 five different food/nutritional groups	There is no mandatory content for this criteria	
1.2 describe the principles of good nutrition as it relates to sports performance	There is no mandatory content for this criteria	
1.3 describe the principles of hydration	There is no mandatory content for this criteria	
1.4 identify the signs and symptoms of dehydration	There is no mandatory content for this criteria	
1.5 describe the principles of weight management as appropriate to motorsport	There is no mandatory content for this criteria	
1.6 explain how best to achieve optimum nutrition and hydration levels before, during and after training and competition	There is no mandatory content for this criteria	

## Learning Outcome: 2. understand physical conditioning for sport

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 components of physical and skill-related fitness	There is no mandatory content for this criteria	
2.2 describe the physical capabilities required for a sport	There is no mandatory content for this criteria	
2.3 describe the principles of injury prevention in training	There is no mandatory content for this criteria	
2.4 describe how to support participants in the management of injury	There is no mandatory content for this criteria	
2.5 identify methods of training different physical components in participants	There is no mandatory content for this criteria	
2.6 identify the basic anatomy and biomechanical demands of a sport related activity	There is no mandatory content for this criteria	
2.7 identify specific physical testing protocols for a sport related activity	There is no mandatory content for this criteria	
2.8 identify methods to enhance participant recovery time from session to session	There is no mandatory content for this criteria	

### Learning Outcome: 3. Know the key principles of mental preparation in sport

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 mental capabilities required for a sport related activity	There is no mandatory content for this criteria	
3.2 identify key methods for improving participants': <ul style="list-style-type: none"> <li>• confidence</li> <li>• concentration</li> <li>• motivation</li> <li>• emotional control</li> <li>• cohesion</li> </ul>	There is no mandatory content for this criteria	
3.3 describe the principles of participants' development at the different stages of cognitive, emotional and social development	There is no mandatory content for this criteria	
3.4 outline how a coach can profile participants' mental skills	There is no mandatory content for this criteria	
3.5 describe the basic coach intervention techniques for developing mental skills for training and competition	There is no mandatory content for this criteria	

### Learning Outcome: 4. understand ways to support participant awareness of drugs in sport.

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 outline the ethical issues surrounding drug taking in sport	There is no mandatory content for this criteria	
4.2 identify sources of information on drugs in sport	There is no mandatory content for this criteria	
4.3 outline the consequences for participants in taking supplementation or prescription medicines	There is no mandatory content for this criteria	

Unit Title	Understanding the principles of safe and equitable coaching practice in motorsport
Unit Aim	This unit assesses the coach's understanding of how to ensure that their coaching is safe and equitable.
Unique Unit Number	D/650/4328
Unit Assessment Method(s)	- Portfolio of Evidence - Practical Demonstration/Assignment
Assessment Specification	This unit will be assessed through a portfolio of evidence and observation of coaching practice.

### Learning Outcome: 1. understand how to ensure participants' safety during motorsport 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 describe the health and safety requirements that are relevant to planned motorsport-specific activities and competition	There is no mandatory content for this criteria	
1.2 describe how to structure motorsport coaching sessions to minimise the risk of injury to participants	There is no mandatory content for this criteria	
1.3 explain how to plan for contingencies to motorsport coaching sessions as a result of external influences	There is no mandatory content for this criteria	
1.4 explain how to implement contingencies to motorsport coaching sessions as a result of external influences	There is no mandatory content for this criteria	
1.5 describe the principles for checking the safe functionality of equipment used during sport-specific activities and competition	There is no mandatory content for this criteria	
1.6 outline the main rules/regulations of the motorsport activity appropriate to the level of the participants	There is no mandatory content for this criteria	
1.7 explain how to interpret and communicate the rules/regulations of motorsport to participants	There is no mandatory content for this criteria	
1.8 describe the coach's duty of care responsibilities for participants, including children	There is no mandatory content for this criteria	
1.9 outline the coach's responsibilities for ensuring that the coaching environment is maintained appropriately	There is no mandatory content for this criteria	

1.10 describe the following requirements for ensuring the protection of children from abuse:  <ul style="list-style-type: none"> <li>• legal requirements</li> <li>• sport-specific requirements</li> </ul>	There is no mandatory content for this criteria	
1.11 describe the insurance requirements on a coach operating in a coaching environment	There is no mandatory content for this criteria	

## Learning Outcome: 2. Know ways to promote equitable coaching

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 following requirements impacting on equitable coaching:  <ul style="list-style-type: none"> <li>• legal requirements</li> <li>• sport-specific requirements</li> </ul>	There is no mandatory content for this criteria	
2.2 explain the purpose of motorsport-specific codes of practice for coaching	There is no mandatory content for this criteria	
2.3 explain how motorsport-specific codes of practice for coaching impact on coaching behaviour	There is no mandatory content for this criteria	
2.4 describe methods to minimise barriers to participant development	There is no mandatory content for this criteria	
2.5 explain what information is required in order to provide appropriate and safe opportunities for disabled participants and specific populations	There is no mandatory content for this criteria	



2.6 describe the nature of impairments and how their implications may affect aspects of the coaching process	There is no mandatory content for this criteria	
2.7 describe how to identify coaching styles/delivery methods appropriate to variations in participant, task and environment	There is no mandatory content for this criteria	
2.8 describe how and when to involve support staff to ensure participants' needs are provided for within the coaching activity	There is no mandatory content for this criteria	
2.9 describe how to adapt and progress activities and sessions	There is no mandatory content for this criteria	
2.10 describe how to prepare athletes for competition	There is no mandatory content for this criteria	
2.11 identify types of performance enhancing drugs and illegal substances	There is no mandatory content for this criteria	
2.12 explain how a coach can discourage the use of performance enhancing drugs and any illegal substances	There is no mandatory content for this criteria	

Unit Title	Plan a series of motorsport coaching sessions
Unit Aim	This unit covers the planning of a short series of linked motor sport coaching sessions, which includes reviewing participants' needs and establishing goals for motor sport coaching sessions, producing plans for individual motor sport coaching sessions within the series that support participants' needs and identified goals, and planning for the evaluation of the series of motor sport coaching sessions.
Unique Unit Number	F/650/4329
Unit Assessment Method(s)	<ul style="list-style-type: none"> <li>- Portfolio of Evidence</li> <li>- Practical Demonstration/Assignment</li> </ul>
Assessment Specification	<p>Learners need to produce evidence of:</p> <ul style="list-style-type: none"> <li>• an outline plan for a series of four coaching sessions in motor sport. The series of sessions is required to be drawn from the Level 2 Motorsport Technical Syllabus and demonstrate progression appropriate to the needs of the participants. The outline plan should identify the evaluation methods to be used and identify sources of feedback</li> <li>• individual session plans for each of the four coaching sessions derived from the outline plan above, and an additional two coaching sessions</li> </ul> <p>All sessions must be drawn from the Level 2 motorsport Technical Syllabus.</p>

## Learning Outcome: 1. be able to review participants' needs for a series of motorsport 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 collect accurate and up-to-date information relevant to the participants and the series of sessions	There is no mandatory content for this criteria	
1.2 maintain confidential information appropriately	There is no mandatory content for this criteria	
1.3 use the collected information to identify participants' needs	There is no mandatory content for this criteria	
1.4 identify how participants' needs may impact on the sessions	There is no mandatory content for this criteria	
1.5 identify the overall aims for the series of coaching sessions	There is no mandatory content for this criteria	
1.6 refer participants whose needs cannot be met to a competent person or agency	There is no mandatory content for this criteria	

## Learning Outcome: 2. be able to produce a series of motorsport coaching session plans

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 goals for each session in the series, that meet the needs of the participants and the group	There is no mandatory content for this criteria	
2.2 develop coaching session plans which are consistent with own level of technical knowledge and competence	There is no mandatory content for this criteria	
2.3 identify coaching activities and styles that will motivate the participants and achieve planned goals, for each session in the series	There is no mandatory content for this criteria	
2.4 ensure plans include realistic timings, sequences, intensity and duration of activities	There is no mandatory content for this criteria	
2.5 ensure plans allow for a balance of instruction, activity and discussion	There is no mandatory content for this criteria	
2.6 identify resources required for each session	There is no mandatory content for this criteria	
2.7 ensure plans are consistent with accepted good practice for the sport or activity	There is no mandatory content for this criteria	

### Learning Outcome: 3. be able to plan the evaluation of a series of motorsport 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 identify the information required to evaluate the series of coaching sessions	There is no mandatory content for this criteria	
3.2 identify how and when the information will be collected	There is no mandatory content for this criteria	
3.3 identify others who may be able to contribute to the evaluation	There is no mandatory content for this criteria	

Unit Title	Prepare the motorsport coaching environment
Unit Aim	This unit covers the provision of resources for a motor sport coaching session, assessing and minimising risk, establishing and maintaining working relationships with participants and other people and the safeguarding and protecting of children and vulnerable adults during a motor sport coaching session.
Unique Unit Number	K/650/4330
Unit Assessment Method(s)	- Portfolio of Evidence - Practical Demonstration/Assignment
Assessment Specification	Learners need to produce evidence of: • individual session plans for each of the four coaching sessions derived from the outline plan above • the delivery of a minimum of four coaching sessions, including the four linked and progressive sessions from the outline plan • a health and safety log for each coaching venue utilised for the delivery of coaching sessions contributing the achievement of this qualification • the observation and assessment of the delivery of a minimum of two sessions by an appropriately qualified assessor. The session may be drawn from the sessions planned previously. This may be delivered in a simulator environment All sessions must be drawn from the Level 2 motorsport Technical Syllabus.

## Learning Outcome: 1. be able to prepare resources for the motorsport coaching session

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 ensure that the identified resources meet the requirements of the sport or activity	There is no mandatory content for this criteria	
1.2 handle equipment safely	There is no mandatory content for this criteria	
1.3 set up equipment according to the session plan	There is no mandatory content for this criteria	
1.4 ensure the coaching environment is safe, appropriate and conducive to learning for all participants	There is no mandatory content for this criteria	
1.5 ensure everyone involved in the session has the information they need to participate	There is no mandatory content for this criteria	

## Learning Outcome: 2. be able to assess risks before the coaching session

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 existing risk assessments for: <ul style="list-style-type: none"> <li>the activities</li> <li>the resources</li> <li>the participants</li> </ul>	There is no mandatory content for this criteria	
2.2 identify possible hazards	There is no mandatory content for this criteria	
2.3 assess the risk that identified hazards present, including likelihood of occurrence and severity	There is no mandatory content for this criteria	
2.4 assess how to minimise the identified risks	There is no mandatory content for this criteria	
2.5 identify a competent person who can advise if there are hazards or risks outside of own level of competence to assess	There is no mandatory content for this criteria	
2.6 comply with information in the normal operating procedures for the environment where the session will take place	There is no mandatory content for this criteria	

### Learning Outcome: 3. be able to maintain working relationships

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 Establish effective rapport with participants and other people involved in the motor sport session	There is no mandatory content for this criteria	
3.2 Communicate effectively with participants and other people	There is no mandatory content for this criteria	
3.3 Give participants and other people time, attention and support relevant to their needs	There is no mandatory content for this criteria	
3.4 Manage participant behaviour and any conflict	There is no mandatory content for this criteria	
3.5 Ensure working relationships take account of equality and diversity and are in line with relevant codes of practice	There is no mandatory content for this criteria	



## Learning Outcome: 4. be able to safeguard and protect children and vulnerable adults

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 Follow the relevant procedures for safeguarding children and vulnerable adults	There is no mandatory content for this criteria	
4.2 Follow the relevant procedures for protecting self from accusations	There is no mandatory content for this criteria	
4.3 Identify possible signs of abuse	There is no mandatory content for this criteria	
4.4 Follow procedures for recording and reporting concerns about the welfare of children and vulnerable adults	There is no mandatory content for this criteria	
4.5 Maintain confidentiality as appropriate	There is no mandatory content for this criteria	

Unit Title	Deliver a series of motorsport coaching sessions
Unit Aim	This unit covers the delivery of motorsport coaching sessions, including preparing the participants to take part, delivering the session, developing participant performance and concluding the session.
Unique Unit Number	L/650/4331
Unit Assessment Method(s)	<ul style="list-style-type: none"> <li>- Portfolio of Evidence</li> <li>- Practical Demonstration/Assignment</li> </ul>
Assessment Specification	<p>Learners need to produce evidence of:</p> <ul style="list-style-type: none"> <li>• the delivery of a minimum of four coaching sessions, including the four linked and progressive sessions from the outline plan</li> <li>• a health and safety log for each coaching venue utilised for the delivery of coaching sessions contributing the achievement of this qualification</li> <li>• the available support of an appropriately qualified assessor.</li> </ul> <p>The session may be drawn from the sessions planned previously. This may be delivered in a simulator environment. All sessions must be drawn from the Level 2 motor sport Technical Syllabus.</p>

## Learning Outcome: 1. be able to prepare participants for motorsport 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 ensure that the identified resources meet the requirements of the motorsport or activity	There is no mandatory content for this criteria	
1.2 handle motorsport equipment safely	There is no mandatory content for this criteria	
1.3 set up equipment according to the session plan	There is no mandatory content for this criteria	
1.4 ensure the coaching environment is safe, appropriate, and conducive to learning for all participants	There is no mandatory content for this criteria	
1.5 ensure everyone involved in the session has the information they need to participate	There is no mandatory content for this criteria	
1.6 establish behaviour rules for the session	There is no mandatory content for this criteria	
1.7 deliver warm up activities appropriate to the participants and session	There is no mandatory content for this criteria	
1.8 ensure participants are aware of the goals of the session	There is no mandatory content for this criteria	

## Learning Outcome: 2. be able to deliver motorsport 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:
2.1 provide clear information to participants about the planned activities	There is no mandatory content for this criteria	
2.2 ensure activities maximise participants' learning in line with the participants' goals	There is no mandatory content for this criteria	
2.3 provide technically correct explanations and demonstrations appropriate to participants' needs and level of experience	There is no mandatory content for this criteria	
2.4 use methods for motivating participants appropriate to their needs and in line with accepted good practice	There is no mandatory content for this criteria	
2.5 ensure all participants have the opportunity to take part in activities	There is no mandatory content for this criteria	
2.6 deliver sessions at a pace appropriate to the participants' needs	There is no mandatory content for this criteria	
2.7 carry out emergency procedures when appropriate	There is no mandatory content for this criteria	

### Learning Outcome: 3. be able to develop participants' performance

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 review participants' motor sport performance with regards to: <ul style="list-style-type: none"> <li>strengths</li> <li>weaknesses</li> <li>areas for improvement</li> </ul>	There is no mandatory content for this criteria	
3.2 use appropriate coaching methods and practices	There is no mandatory content for this criteria	
3.3 provide feedback to participants during the session to help participants achieve their goals	There is no mandatory content for this criteria	
3.4 adapt sessions to respond to the participants' changing needs	There is no mandatory content for this criteria	
3.5 provide opportunities for participants to reflect on their learning and apply their reflections to their performance	There is no mandatory content for this criteria	
3.6 encourage participants to take responsibility for their own learning	There is no mandatory content for this criteria	

## Learning Outcome: 4. be able to conclude motorsport 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:
4.1 ensure there is sufficient time to conclude the session	There is no mandatory content for this criteria	
4.2 encourage participants to give feedback	There is no mandatory content for this criteria	
4.3 provide feedback to participants on their performance relating to their goals	There is no mandatory content for this criteria	
4.4 deliver cool down activities appropriate to the participants and session	There is no mandatory content for this criteria	
4.5 provide information to participants about future sessions	There is no mandatory content for this criteria	
4.6 ensure participants depart from the session safely	There is no mandatory content for this criteria	
4.7 follow procedures for checking and dealing with equipment used	There is no mandatory content for this criteria	
4.8 ensure the coaching environment is left in a condition fit for future use	There is no mandatory content for this criteria	

Unit Title	Monitor and evaluate motorsport coaching sessions
Unit Aim	This unit covers the monitoring and evaluation of motor sport coaching sessions, including evaluating participant performance, coaching sessions and own coaching practice.
Unique Unit Number	M/650/4332
Unit Assessment Method(s)	<ul style="list-style-type: none"> <li>- Portfolio of Evidence</li> <li>- Practical Demonstration/Assignment</li> </ul>
Assessment Specification	<p>Learners need to produce evidence of:</p> <ul style="list-style-type: none"> <li>• A recorded evaluation for each coaching session delivered that contributes to the achievement of this qualification</li> <li>• the observation and independent assessment of the delivery of a minimum of one session by an appropriately qualified assessor, during which all the relevant assessment criteria for this qualification are met.</li> </ul> <p>The session may be drawn from the sessions planned previously. This may be delivered in a simulator environment All sessions must be drawn from the Level 2 motorsport Technical Syllabus.</p>

## Learning Outcome: 1. be able to evaluate participant performance

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 carry out participant evaluations according to the motor sport session evaluation plan	There is no mandatory content for this criteria	
1.2 involve all participants in evaluating their performance	There is no mandatory content for this criteria	
1.3 review participants' performance	There is no mandatory content for this criteria	
1.4 measure participants' progress against planned goals	There is no mandatory content for this criteria	
1.5 provide feedback to participants	There is no mandatory content for this criteria	
1.6 produce an action plan to progress or adapt participants' goals	There is no mandatory content for this criteria	
1.7 record evaluations for future reference	There is no mandatory content for this criteria	



## Learning Outcome: 2. be able to evaluate 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:
2.1 carry out session evaluations according to the session evaluation plan	There is no mandatory content for this criteria	
2.2 use feedback from participants and other people involved in the session to evaluate the session	There is no mandatory content for this criteria	
2.3 compare outcomes and feedback to the session goals	There is no mandatory content for this criteria	
2.4 identify the effectiveness of the activities, and session overall	There is no mandatory content for this criteria	
2.5 identify the effectiveness of own management of the session, including health and safety and welfare issues	There is no mandatory content for this criteria	
2.6 discuss evaluations with an appropriate colleague for additional feedback	There is no mandatory content for this criteria	
2.7 record evaluations for future reference	There is no mandatory content for this criteria	

### Learning Outcome: 3. be able to evaluate own 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 review evaluations of previous sessions and feedback from relevant colleagues	There is no mandatory content for this criteria	
3.2 ensure own knowledge is up-to-date with current developments in chosen sport or activity	There is no mandatory content for this criteria	
3.3 ensure own knowledge is up-to-date with current developments in coaching practice	There is no mandatory content for this criteria	
3.4 identify areas for development of own coaching practice	There is no mandatory content for this criteria	
3.5 produce a personal action plan to develop own coaching practice	There is no mandatory content for this criteria	
3.6 take part in development activities identified in personal action plan	There is no mandatory content for this criteria	
3.7 review progress against personal action plan regularly and update accordingly	There is no mandatory content for this criteria	

## 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):

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

- hold a Level 2 Certificate in Coaching Motorsport qualification or recognised equivalent based on individual application

Tutors who possess considerable professional experience in this area, but do not possess or are working towards the above qualifications, must be approved by Motorsport UK to tutor the programme prior to the delivery of teaching.

NSG for motorsport tutors are required to attend a minimum of one NSG for motorsport standardisation day per year.

### Assessor(s):

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

- hold a Level 2 Certificate in Coaching Motorsport qualification or recognised equivalent based on individual application

Assessors who possess considerable professional experience in this area, but do not possess or are working towards the above qualifications, must be approved by Motorsport UK to assess the programme prior to delivery

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

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

- hold a Level 2 Certificate in Coaching Motorsport qualification or recognised equivalent

## Additional Qualification Requirements

This qualification is solely awarded by 1st4sport Qualifications as the recognised awarding organisation regulated by Ofqual in England. All training and assessment sites must be an approved association venue, meeting the requirements of accepted safe practice in motor sport.

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