

1st4sport Level 1 Award for a Table Tennis Session Coach

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 a Table Tennis Session Coach
Qualification Overview:	Provides learners with an introduction to the principles and practice of safe, ethical and effective management and coaching of table tennis sessions for adults and young people.
Qualification Code:	L1ATTSCR
Qualification Regulation Number:	603/3301/7
Guided Learning Hours (GLH):	16
Total Qualification Time (TQT):	25
Credit Value (if applicable):	Not applicable
Operational Start Date:	01/06/2018
Qualification Review Date:	31/12/2022
Learner Registration Period:	2 years
Qualification Objective:	This qualification qualifies learners to develop their knowledge of how to effectively coach a local club or school team.
Qualification Purpose:	Develop knowledge and/or skills in a subject area.

Who is this qualification for?

This qualification is designed for aspiring Table Tennis coaches to be supported in the development of their knowledge of how to effectively coach a local club, or school team.

Qualification Progression

Learners achieving this qualification might consider progression to the following qualifications:

- 1st4sport Level 2 Certificate in Coaching Table Tennis
- Level 1 NVQ Award in Sport and Active Leisure.

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.

This qualification can lead to paid or voluntary roles as a Table Tennis coach. Other roles that learners may also consider exploring include;

- activity leader
- table tennis umpire
- 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:

- Multiple Choice Examination (in 3 of 3 mandatory units),
- Portfolio of Evidence (in 3 of 3 mandatory units),
- Practical Demonstration/Assignment (in 3 of 3 mandatory units)

Grading Methods

This qualification will be graded Pass / Fail.

Qualification Structure

Learners must successfully complete all mandatory units to achieve this qualification.

Mandatory Units

Unit ID	Unit Title	GLH
M/617/0867	The role of the table tennis session coach	7
K/617/0883	The table tennis session coach in practice	7
M/617/0884	Technical coaching requirements for table tennis	2

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 table tennis session coach
Unit Aim	This unit aims to develop the table tennis session coach's understanding of their role and responsibilities. This unit is designed to ensure duty of care through safe and equitable practice as a table tennis session coach.
Unique Unit Number	M/617/0867
Unit Assessment Method(s)	<ul style="list-style-type: none"> - Multiple Choice Examination - Portfolio of Evidence - Practical Demonstration/Assignment
Assessment Specification	Learners are required to complete tasks within the NSG for Table Tennis e-learning online resource and Learner Booklet supporting the programme as required. They must also evidence via the e-learning online resource that they have completed the multi choice question assessment. Learners will need to prepare 3 (30 minute) session plans as part of their home study. These sessions must be delivered within their own workplace or simulated session and observed by a recognised licensed NSG tutor/assessor.

Learning Outcome: 1. understand the role of the table tennis session 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 identify the key aspects of the role	<ul style="list-style-type: none"> the role, its boundaries and adherence to table tennis codes of conduct the importance of building relationships and rapport with others the ethos of the participant-centred approach the role of the table tennis coach in encouraging the pursuit of a healthy lifestyle the importance of being a role model the table tennis coaching process of plan – do – review 	

Learning Outcome: 2. understand the responsibilities of the table tennis session coach

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 overarching legal and table tennis-specific responsibilities the table tennis organisational procedures, responsibilities and liabilities the rules and regulations of table tennis to enable the delivery of sessions the role of table tennis officials and the positive promotion of these 	
2.2 identify responsibilities related to duty of care	<ul style="list-style-type: none"> the importance of operating within their own level of competence and experience what is acceptable in terms of the coach-participant relationship the table tennis guidelines for safeguarding and protecting the following participant groups, adherence to these and maintaining confidentiality: <ul style="list-style-type: none"> young people and children, including signs and symptoms of abuse adults at risk participants who share protected characteristics the requirements of the participant group, managing resources for all participants including those who share protected characteristics the requirements of the participant group; managing information for and about all types of participants the rationale and processes for referring participants whose needs cannot be met 	

2.3 identify 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 <ul style="list-style-type: none"> • emergency procedures; knowing how to follow: - correct procedures for dealing with accidents, emergencies and incidents - correct procedures for reporting issues 	
2.4 identify responsibilities related to inclusive coaching practice	<p>inclusive delivery of coaching activities</p> <ul style="list-style-type: none"> • assisting the coaching of participants who share protected characteristics • communicating with a variety of participant types: <ul style="list-style-type: none"> disabled and non-disabled people, children, youths and adults <ul style="list-style-type: none"> • recognising that different participants learn in different ways • different backgrounds and stages of participant development can impact on coaching: age, emotional development <ul style="list-style-type: none"> • skill development 	

Learning Outcome: 3. understand table tennis 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 identify how to engage with and develop a range of participants	<ul style="list-style-type: none"> participants' motivations for taking part how to manage sessions for different backgrounds, stages of participant development and needs the basics of the C System; focussing on: <ul style="list-style-type: none"> - connection - competence - confidence 	
3.2 identify the physical influences on participation	<ul style="list-style-type: none"> the basic physical capabilities, basic hydration and nutritional requirements for table tennis, and how to minimise the risk of injury how to apply basic hydration and nutrition advice relevant to table tennis and environmental conditions how the physical capabilities of participants will influence the content and structure of the table tennis session the impact of the stages of participant development and how they impact on table tennis coaching practice 	
3.3 identify the mental and social influences on participation	<ul style="list-style-type: none"> how the mental capabilities of participant(s) will influence the content and structure of the table tennis session how to develop table tennis participants socially; building relationships and rapport with and between participant 	

Unit Title	The table tennis session coach in practice
Unit Aim	This unit aims to develop the coach's ability to plan, deliver and review table tennis coaching sessions.
Unique Unit Number	K/617/0883
Unit Assessment Method(s)	<ul style="list-style-type: none"> - Multiple Choice Examination - Portfolio of Evidence - Practical Demonstration/Assignment
Assessment Specification	Learners are required to complete tasks within the NSG for Table Tennis e-learning online resource and Learner Booklet supporting the programme as required. The learners are required to demonstrate their ability to plan a full coaching session on a specific technical area (as designated by the assessor), and deliver and review a 15 minute section of the plan. Coaching delivery will be observed by the assessor.

Learning Outcome: 1. be able to plan table tennis 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 activities to meet participants' needs	<ul style="list-style-type: none"> • plan or liaise with the session's organiser/manager/provider to ensure the session meets the needs of the participants, where appropriate • identify and gather information from relevant sources about lifestyle, and the needs of the participant group • understand the needs of different groups and individuals • know how to apply basic goal setting • select a balance of activities to meet the needs of the participant group 	
1.2 plan a coaching session to meet participants' needs	<ul style="list-style-type: none"> • plan a balance of table tennis activities to meet the needs of the participant group • plan and prepare for table tennis sessions involving realistic timings, sequences, intensity and duration of activities • know how to ensure basic hydration and nutrition advice is applied, relevant to the activity and environmental conditions 	

Learning Outcome: 2. be able to deliver table tennis 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 prepare the coaching environment	<ul style="list-style-type: none"> know how to set up the equipment required for the table tennis session 	
2.2 prepare the participants for the coaching session	<ul style="list-style-type: none"> understand how to set ground rules understand physical preparation and the delivery of warm-ups 	
2.3 deliver a coaching session which meets participants needs	<ul style="list-style-type: none"> apply range of coaching styles; listening to and motivating participants cater to a variety of learning styles; balancing instruction, facilitation, demonstration, questions and answers ensure inclusivity and consideration of participants who share protected characteristics; communicating and listening to a variety of participant types: <ul style="list-style-type: none"> - disabled and non-disabled people, - children, youths and adults ensure there is a balance of activities; realistic timings, sequences, intensity and duration of activities within the session implement contingency plans and modify plans when needed; ensuring that table tennis sessions are adapted to meet participants' needs in the time available 	
2.4 use technically correct explanations and demonstrations of activities	<ul style="list-style-type: none"> explain relevant technical and tactical requirements of table tennis deliver demonstrations and explanations that are technically and tactically correct 	
2.5 observe participants' performance and provide them with feedback	<ul style="list-style-type: none"> develop participants' skill through coaching table tennis respond to different participants and their individual learning styles; understanding the factors that affect the development of participants' table tennis skills analyse performance and give feedback to participants 	
2.6 ensure the participants and others' safety is maintained throughout the session	<ul style="list-style-type: none"> manage the equipment required for the table tennis session manage behaviour by being: <ul style="list-style-type: none"> positive and challenging encouraging and motivating 	
2.7 end a coaching session	<ul style="list-style-type: none"> deliver cool-downs take down and store the equipment following the table tennis session 	

Learning Outcome: 3. be able to review table tennis 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 review a coaching session	<ul style="list-style-type: none"> understand how to review and evaluate sessions, using the views of participants and others; understanding how the review outcomes can be used to impact on future table tennis sessions know where to refer participants whose needs cannot be met 	
3.2 review own coaching practice	<ul style="list-style-type: none"> take responsibility for own development develop a Personal Development Plan; identifying types of personal development activities potential career progressions and the role of others. 	

Unit Title	Technical coaching requirements for table tennis
Unit Aim	This unit aims to develop the coach's knowledge of the technical coaching requirements for table tennis and be able to coach a range of skills to support the development of a participant in table tennis.
Unique Unit Number	M/617/0884
Unit Assessment Method(s)	<ul style="list-style-type: none"> - Multiple Choice Examination - Portfolio of Evidence - Practical Demonstration/Assignment
Assessment Specification	Learners are required to demonstrate their ability to coach table tennis activities in a practical coaching assessment (either in their workplace or in a simulated environment). The demonstration must be a minimum of 15 minutes in duration covering a specific technical area (as designated by the assessor).

Learning Outcome: 1. know how to coach table tennis activities

Assessment Criteria The learner can:	Mandatory Delivery Content The learner will develop an understanding of:	Evidence Requirements The learner is required to complete:
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<p>1.1 identify the key elements of table tennis skills</p>	<p>Positioning and Footwork</p> <ul style="list-style-type: none"> • get into the ready position being aware of the fundamentals; <ul style="list-style-type: none"> - feet apart - knees bent - bend forward - centre of gravity - low base <ul style="list-style-type: none"> • use correct basic footwork techniques; - side to side - in and out - use of footwork development exercises <p>Table Tennis Grips</p> <ul style="list-style-type: none"> • use different table tennis grips; <ul style="list-style-type: none"> - shake hands grip - neutral grip <ul style="list-style-type: none"> • be aware of more advanced grips; - forehand grip - backhand grip - high up grip 	
<p>1.2 identify the key coaching points of table tennis skills</p>	<p>Table Tennis Service and Return</p> <ul style="list-style-type: none"> • be aware of the principles of serving i) backspin serve ii) topspin serve • know the principles of returning serve i) returning backspin serve ii) returning topspin serve <p>Table Tennis Strokes</p> <ul style="list-style-type: none"> • use basic stroke technique • use the basic principles of the following strokes i) backhand drive ii) forehand drive iii) backhand push iv) forehand push v) forehand topspin and block (forehand and backhand) • understand bat angles <p>Table Tennis Equipment</p> <ul style="list-style-type: none"> • know the basic principles of i) blades ii) glue iii) tables and nets iv) rubbers (short pimples, long pimples, reverse, basic principles of anti-spin) <p>Table Tennis Key Drills, Games and Lesson Ideas</p> <ul style="list-style-type: none"> • use table tennis specific warm ups and cool downs in preparation for participation • coach and improve basic table tennis skills and technique through examples of key drills and fun games • use basic ball control 	

Qualification Conditions: Delivery and assessment requirements

To complete the delivery, assessment, and internal quality assurance of the qualification, providers will be required to adhere to the guidance set out in the Recognised Centre Handbook.

Qualification Approval Conditions: Workforce requirements

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

Tutor(s):

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

The recognised centre is required to recruit and deploy approved tutors. The tutors are responsible for the delivery and assessment of the qualification. Tutors are required to:

- have met minimum National Source Group License Standards for a Table Tennis Tutor/Assessor. Information on how to become a licensed Table Tennis Tutor is available from Table Tennis England, who can be contacted at: coaching@tabletennisengland.co.uk

Evidence: initial capability and competence

- detailed on the TTE workforce register

Assessor(s):

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

The recognised centre is required to recruit and deploy approved assessors. The assessors are responsible for the delivery and assessment of the qualification. Assessors are required to:

- have met minimum National Source Group License Standards for a Table Tennis Assessor. Information on how to become a licensed Table Tennis Assessor is available from Table Tennis England, who can be contacted at: coaching@tabletennisengland.co.uk

Evidence: initial capability and competence

- detailed on the TTE workforce register

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

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

The recognised centre is required to recruit and deploy a NSG licensed Table Tennis IQA who holds as a minimum:

- 1st4sport Level 2 Certificate in Coaching Table Tennis, or Level 3 Home Country Table Tennis Coaching Award or recognised equivalent
- hold or working towards a recognised teaching/tutor qualification at Level 3 or above
- hold or working towards a recognised assessing qualification at Level 3 or above
- hold or be working towards completing a recognised IQA qualification at level 3 or above

IQA's are responsible for the conduct valid and reliable IQA activities.

The IQA must not be included in the delivery and assessment of the programme.

Evidence: initial capability and competence

- detailed on the TTE workforce register

Additional Qualification Requirements

This qualification is regulated by Ofqual (603/3301/7).

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