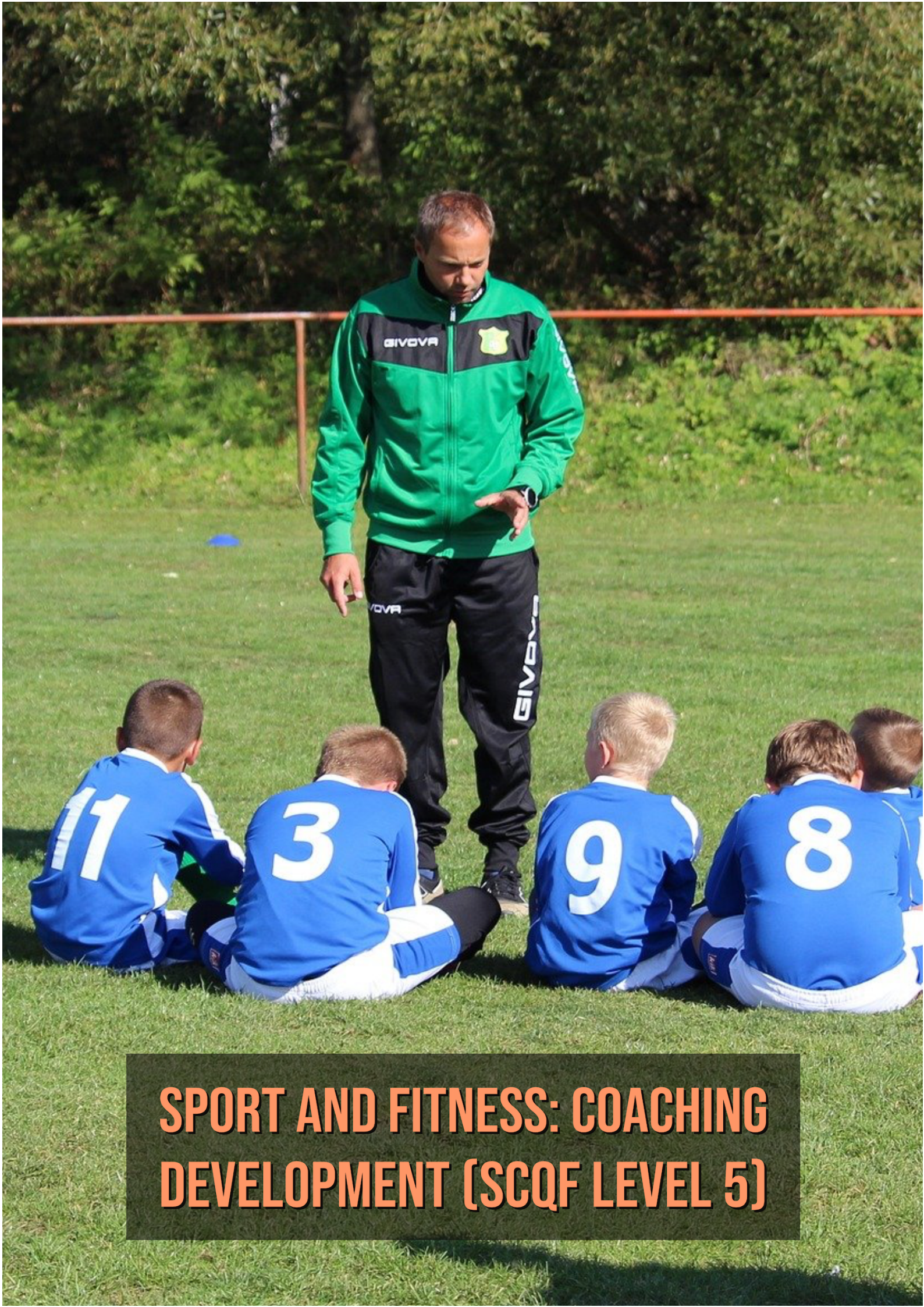

SPORT AND FITNESS: COACHING DEVELOPMENT (SCQF LEVEL 5)

Unit No/Title:	F6XD 11: Sport & Fitness: Coaching Development
Outcome(s):	1(a)
Method of Assessment:	Written
Learner's Name/ID:	
Class:	☐ NQ Pathways to Sports Coaching (Level 6) ☐ NC Sport & Fitness (Level 5) ☐ NPA Sport & Fitness: Individual Sports – Schools (Level 5)

You must present recorded evidence of information and data gathered about participants. This should be used in planning the progressive sequence of coaching sessions required for Outcome 2.
Though not exhaustive, it may include:

Information on participants may be gathered as a result of interviews, questionnaires, observation, and discussion with other professionals.

- Personal details (age, gender etc.)
- Previous experience
- Medical background
- Individual targets and goals

Confidentiality and Data Protection procedures must be observed.

Participant Information

Name of coach: _____ **Sport:** _____ **# of participants:** _____

# of males: _____ **# of females:** _____

#	Participant Initials	Gender *(M/F)*	Age	Level of Ability *(e.g., Beginner, Intermediate, Advanced)*	Level of Experience *(e.g., None, Recreational, School, Club, etc…)*	Medical Needs	Referral Required Y/N*	Additional Notes
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
13								
14								
15								
16								

**where participant needs cannot be met*

Will you have to make any adaptations to your coaching session plans based on the above information? *(i.e., session type, intensity, delivery mode, coaching style, methods of communication, personnel… etc)*

☐ **Yes,** ☐ **No**

Briefly explain your answer

Targets & Goal Setting (course, sport, progression)

#	Participant Initials	Individual Targets & Goals
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		
16		

Unit No/Title:	F6XD 11: Sport & Fitness: Coaching Development
Outcome(s):	1(b)
Method of Assessment:	Written open book restricted short answer response questions
Learner's Name/ID:	
Class:	☐ NQ Pathways to Sports Coaching (Level 6) ☐ NC Sport & Fitness (Level 5) ☐ NPA Sport & Fitness: Individual Sports – Schools (Level 5)

A sports coach is responsible for collecting and recording a range of information and needs to be aware of the issues of dealing with information that is regarded as confidential.

Explain the need for an awareness of confidentiality, data protection and the protection of children and vulnerable adults by answering the following questions:

1. **What type of information might a coach collect?**

2. **What is the General Data Protection Regulation (2018)?**

3. **What are the eight data protection principles and what do they mean?**

4. **What does the term "right to know" mean in relation to data protection?**

5. What are the procedures for the protection of children and vulnerable adults?

Unit No/Title:	F6XD 11: Sport & Fitness: Coaching Development
Outcome(s):	2(a)
Method of Assessment:	Written – Risk Assessment
Learner's Name/ID:	
Class:	☐ NQ Pathways to Sports Coaching (Level 6) ☐ NC Sport & Fitness (Level 5) ☐ NPA Sport & Fitness: Individual Sports – Schools (Level 5)

You must complete a risk assessment to cover your four progressive coaching sessions.

As a minimum this should include identification of:

- Hazard
- Risk Level
- Who may be affected?
- Safety provisions in place
- Health and Safety should include: Procedures for protection of children and vulnerable groups, Disclosure Scotland… etc.

Note: if you use different venues (e.g., move from indoor games hall to outdoor grass) you must complete a new risk assessment for that location.

Student Name: _____ **Sport:** _____

Venue: _____

	Source/Resource	**Hazard** *(e.g., slip, trip, collision, catch, choke…etc)*	**Risk Level** *(Low, Medium, High)*	**Who may be affected** *(e.g., coach, participant, observer, all, combination [please state])*	**Safety provisions in place**
Activity Area	1.	1.	1.	1.	1.
Equipment	1.	1.	1.	1.	1.

	Source/Resource	**Hazard** *(e.g., slip, trip, collision, catch, choke…etc)*	**Risk Level** *(Low, Medium, High)*	**Who may be affected** *(e.g., coach, participant, observer, all, combination [please state])*	**Safety provisions in place**
Personnel (Participants)	1.	1.	1.	1.	1.
Environment	1.	1.	1.	1.	1.
Participant Needs	1.	1.	1.	1.	1.

Procedures for protection of children & vulnerable adults (if applicable):

Signature: _____ **Date:** _____

Assessor signature: _____ **Date:** _____

F6XD – Sport & Fitness: Coaching Development Coaching Session Checklist			
Candidate Name:		Date:	
Sport:		Technique:	
Session #:	Choose an item.	Assessor:	Choose an item.

S = Satisfactory, U = Unsatisfactory (area for improvement)

#	Occurrence	Result	Areas of competence / requirement
1	Lesson plan is included prior to the start of the coaching session.	Choose an item.	☐ Complete? ☐ Easy to follow? ☐ Inc. relevant coaching points? ☐ Inc. diagrams?
2	Set up equipment effectively & safely, in line with Risk Assessment & College NOP.	Choose an item.	☐ RA Submitted?
3	a) The participant's attire is checked prior to commencement of teaching session.	Choose an item.	☐ Clothing? ☐ Footwear? ☐ No Jewellery? ☐ No chewing gum?
	b) Coach's personal attire is appropriate.	Choose an item.	☐ Distinguished from group? ☐ Stopwatch? ☐ Whistle?
4	a) Session aims stated to participants prior to the start of session.	Choose an item.	☐ Aim stated?
	b) Session objectives to the participants.	Choose an item.	☐ Objectives stated?
5	**Session is structured in a logical & progressive manner:**		
	a) Introduction	Choose an item.	☐ Introduction completed?
	b) Warm-up	Choose an item.	☐ CV? ☐ Sport-specific? ☐ Technique specific? ☐ Used equipment? ☐ Dynamic Flexibility? ☐ Combined?
	c) Technical Drill	Choose an item.	☐ Progressed the drill? ☐ Included variation?
	d) Conditioned game/practice	Choose an item.	☐ Condition relevant to session aim?
	e) Game based activity (unconditioned)	Choose an item.	
	f) Cool-down	Choose an item.	☐ CV? ☐ Sport-specific? ☐ Technique specific? ☐ Used equipment? ☐ Dynamic Flexibility? ☐ Combined?
	g) Debrief	Choose an item.	☐ Debrief completed?
6	Selected content appropriate to the ability of group.	Choose an item.	☐ Beginners?

#	Occurrence	Result	Areas of competence / requirement
7	Ensures all participants are included within session, removing any potential barriers to participation.	Choose an item.	☐ Used smallest W: R ratios possible? ☐ Minimum use of lines? ☐ Maximum use of equipment? ☐ Maximum use of space? ☐ Appropriate rotations (in drills)? ☐ Equal practice time/attempts? ☐ Dealt with uneven numbers?
8	Communicates well with the Students, applying appropriate communication styles to ensure a positive & encouraging environment.	Choose an item.	☐ Separates organizational information from coaching points. ☐ Question & Answer Approach? ☐ Used open Q's? ☐ Used closed Q's?
9	Presents a good model when demonstration.	Choose an item.	☐ Demonstrates exercises?
10	Takes all safety requirements into consideration.	Choose an item.	☐ Equipment stored safely during session. ☐ No objects (e.g., water bottles, locker keys, bags) lying around working area?
11	Makes good use of time available to deliver planned teaching session.	Choose an item.	☐ Started on time? ☐ Finished on time? ☐ Appropriate length of sections? ☐ Quick transitions b/n sections?
12	Controls the students and activities correctly.	Choose an item.	
13	Observes student's performance and provides constructive feedback	Choose an item.	☐ Coached the group? ☐ Coached individuals? ☐ Provided + feedback (i.e., what the performer did well)? ☐ Provided – feedback (i.e., what the performer did wrong)? ☐ Used the feedback sandwich?
14	Applies the rules correctly at the appropriate level of play.	Choose an item.	☐ Referees conditioned game? ☐ Applied the rules of the sport correctly?
15	Applies simple tactics at an appropriate level.	Choose an item.	☐ Team games: Formations/positions provided?
16	Ensures all equipment is stored away safely & correctly after use.	Choose an item.	☐ Supervised equipment stowed away?
17	**<u>Overview of Session</u>: Positive Aspects and Areas of Development**		

Assessor Signature: _____ **Date:** _____

Unit No/Title:	F6XD 11: Sport & Fitness: Coaching Development
Outcome(s):	LO6
Method of Assessment:	Written Session Evaluation (x4)
Learner's Name/ID:	
Class:	☐ NQ Pathways to Sports Coaching (Level 6) ☐ NC Sport & Fitness (Level 5) ☐ NPA Sport & Fitness: Individual Sports – Schools (Level 5)
Submission Date:	
Work which is submitted for assessment must be your own work. All students should note that the College has a formal policy on plagiarism which can be found **here** **By submitting this assessment I confirm that this assessment is my own work.**	

After each session you should reflect on and record your strengths and areas for improvement and produce recommendations for future improvement.

Analysis and feedback must include the use of external feedback, and include both planning and delivery of the sessions. This may be facilitated by a professional discussion with the assessor/ appropriately qualified person.* Assessor comments should be recorded if this method is utilised.

An appropriately qualified person would have Scottish/National Governing Bodies (S/NGB) or other accreditation at an appropriate level to make responsible & effective judgement of candidate performance.

F6XD – Sport & Fitness: Coaching Development Coaching Session Evaluation			
Candidate Name:		**Session Date:**	
Sport:		**Technique:**	
Session #:	Choose an item.	**Assessor:**	Choose an item.

1. (a) Did you modify your session content from the session plan in any way? (Please check):

☐ **Yes,** ☐ **No**

(b) If yes, in what way & did it affect the aims & objectives of the session?

2. Overview of your coaching session

Warm-up:
Technical Activity:
Progression:

Conditioned activity:

3. **What were your strengths during your practical coaching performance (i.e., planning, time keeping, feedback, demonstrations, correcting etc)?**

4. **Areas for personal improvement (coaching performance i.e., planning, delivery of the session, time keeping, communication, feedback etc)?**

5. **Recommendations for future improvement (Relate to next coaching session)?**

Student Signature: _____ **Date:** _____