1st4sport Level 2 Certificate in Coaching Rowing (Fixed)

Qualification Specification

About Us

Welcome to 1st4sport, established in 2000, 1st4sport 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 though 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 Rowing (Fixed)
Qualification Overview:	Gives learners the knowledge, skills and confidence to plan, deliver and evaluate a series of linked and progressive rowing sessions with a focus on fixed seat rowing.
Qualification Code:	L2CCROWRF
Qualification Regulation Number:	603/1447/3
Guided Learning Hours (GLH):	32
Total Qualification Time (TQT):	128
Credit Value (if applicable):	Not applicable
Operational Start Date:	01/06/2017
Qualification Review Date:	30/04/2025
Learner Registration Period:	2 years
Qualification Objective:	This qualification qualifies learners to become a rowing session coach with a focus on fixed seat rowing.
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 coaching as a Rowing coach, and to have responsibility for the ongoing development of participants. It is directed at learners who have an interest in coaching Rowing.

Qualification Progression

Learners could progress on to the 1st4sport Level 3 Certificate in Coaching Rowing. 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.

Successful learners are eligible to seek employment in appropriate paid or voluntary coaching roles. They should look to develop their learning and knowledge of Rowing by working with other, more experienced, coaches. Following a period of practice as a qualified coach, learners may choose to develop their skills by participating in continuing professional development (CPD) opportunities offered within Rowing and other coaching-related organisations

Entry Requirements

Learners must be a minimum of 16 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 16 years of age
- be able to undertake this assessment in English or Welsh (if available)

Assessment Methods

The assessment methods used in this qualification are:
- Coursework (in 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
H/615/7159	The role of the rowing coach	7
Y/615/7160	Plan a series of rowing coaching sessions	7
D/615/7161	Deliver a series of rowing coaching sessions	7
H/615/7162	Review a series of rowing coaching sessions	7
K/615/7163	Technical coaching requirements for fixed seat rowing	4

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 rowing coach
Unit Aim	This component assesses a rowing coach's understanding of their role and responsibilities and the roles of others, ensuring that their coaching is safe and inclusive.
Unique Unit Number	H/615/7159
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 rowing coach	
Assessment Criteria The learner can:	Indicative Delivery Content
1.1 describe the role	• The role of the fully independent rowing coach, its boundaries and adherence to codes of conduct • the responsibilities of the fully independent rowing coach when working with others such as leaders, coaching assistants • the importance of being a role mode • the rowing coaching process of plan-do-review

Learning Outcome: 2. understand the responsibilities of the rowing coach	
Assessment Criteria The learner can:	Indicative Delivery Content
2.1 describe the responsibilities related to rules and regulations	• The overarching legal and rowing-specific responsibilities • the rowing organisational procedures, responsibilities and liabilities • the rules and regulations of rowing to enable the delivery of sessions • the role of rowing officials and the positive promotion of these
2.2 describe responsibilities related to duty of care	• What constitutes acceptable relationships as a 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
2.3 describe responsibilities related to safe coaching practice	• 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
2.4 describe responsibilities related to inclusive coaching practice	• 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 • how different backgrounds and stages of participant development can impact on age skill development emotional development.

Learning Outcome: 3. understand rowing participants and their development needs	
Assessment Criteria The learner can:	Indicative Delivery Content
3.1 describe how to engage with and develop a range of participants	• 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: 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	• The physical capabilities required for, and the basic anatomical and biomechanical demands of, rowing • the units of physical fitness and how they link directly to rowing • 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: 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
3.3 describe the mental and social influences on participation	• How the mental capabilities of participant(s) will influence the content and structure of the session • the key methods for improving participant(s)': connection confidence concentration motivation emotional control cohesion • the concepts of: skill coordination motor skill learning skill acquisition skill retention skill transfer • the different stages of cognitive, emotional and social development • how to develop participants' mental skills in rowing • how to develop participants socially; building relationships and rapport with and between participants develop confidence self-esteem

Unit Title	Plan a series of rowing coaching sessions
Unit Aim	This component assesses a rowing coach's ability to plan a series of rowing coaching sessions to meet the needs of participants. The series of rowing coaching sessions planned will be linked and progressive in nature in order to develop participants' performance within rowing.
Unique Unit Number	Y/615/7160
Unit Assessment Method(s)	- Coursework - Practical Demonstration/Assignment
Assessment Specification	Learners are required to plan a minimum of eight coaching sessions in rowing. Six of the eight sessions must be linked and progressive, and working with the same group of participants in order to monitor and review any progress made. Sessions should be an appropriate length for the sport or physical activity and the identified participant group. Normally this will be around 60 minutes but may be longer or shorter based on participant and sport or physical activity needs. Where sessions are significantly longer or shorter than this, learners should provide a rationale for this.

Learning Outcome: 1. be able to plan a series of rowing coaching sessions	
Assessment Criteria The learner can:	Indicative Delivery Content
1.1 plan a series of progressive sessions	• 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	• Understand how individual 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: realistic timings sequences of activities intensity of activities duration of activities specific technical content within activities specific tactical content within activities contingencies

Unit Title	Deliver a series of rowing coaching sessions
Unit Aim	This component assesses a coach's ability to deliver a series of rowing coaching sessions to meet the needs of participants. The series of rowing coaching sessions delivered will be linked and progressive in nature in order to develop participants' performance within rowing.
Unique Unit Number	D/615/7161
Unit Assessment Method(s)	- Coursework - Practical Demonstration/Assignment
Assessment Specification	The learner is required to deliver a minimum of eight coaching sessions in rowing. Six of the eight sessions must be linked and progressive, and working with the same group of participants in order to monitor and review any progress made. The content for these sessions must have been developed for Plan a series of coaching sessions unit. In addition, learners are required to demonstrate their ability to coach session(s) in a 40 minute practical coaching assessment (either in their workplace or in a simulated environment). Observed sessions may be taken from the eight planned sessions, there is no requirement to plan additional sessions for the observation of coaching practice. Sessions must be for rowing.

Learning Outcome: 1. be able to deliver a series of rowing coaching sessions	
Assessment Criteria The learner can:	Indicative Delivery Content
1.1 establish a safe coaching environment	• 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	• 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	• Incorporate a variety of coaching styles and techniques in delivery and incorporate: 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 rowing through the provision of explanations and demonstrations of activities	• 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 sport or physical activity specific rules and codes • prepare participants for competition.
1.5 analyse and provide feedback on participants' performance	• 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	• 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	• 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	Review a series of rowing coaching sessions
Unit Aim	This component assesses a coach's ability to review a series of rowing coaching sessions that meet the needs of participants. The series of rowing coaching sessions reviewed will be linked and progressive in nature in order to develop participants' performance within rowing.
Unique Unit Number	H/615/7162
Unit Assessment Method(s)	- Coursework - Practical Demonstration/Assignment
Assessment Specification	The learner is required to review and evaluate a minimum of eight coaching sessions in rowing. Six of the eight sessions must be linked and progressive, and working with the same group of participants. These linked and progressive sessions must be reviewed and evaluated individually at the time of delivery, and holistically once all sessions have been delivered. The planning and delivery of the sessions for review must be completed within Plan a series of coaching sessions and Deliver a series of coaching sessions; reviews must clearly relate to these sessions.

Learning Outcome: 1. be able to review a series of rowing coaching sessions	
Assessment Criteria The learner can:	Indicative Delivery Content
1.1 review participants' performance	• 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	• 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	• 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 rowing.	• 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

Unit Title	Technical coaching requirements for fixed seat rowing
Unit Aim	This component aims to develop the coach's knowledge of the technical coaching requirements for fixed seat rowing.
Unique Unit Number	K/615/7163
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 rowing	
Assessment Criteria The learner can:	Indicative Delivery Content
1.1 identify the key elements of rowing skills.	Provide an introduction to the boathouse: - identifying hazards - locating equipment - emergency procedures - identifying rules of the organisation Know the principles of getting afloat: - lifting and carrying - getting in - stretcher adjustment - safe position - getting out Use the skill continuum (including recording and progression): • confidence and start tests: - circle hands - rock by lowering/raising handles - raising handles to dip riggers in the water - rock and remove one hand / both hands - rock using heels, hands off - slapping blades / alternate blades on the water - balance, blades off water, handles over feet / blades in safe position - standing up in the boat - standing up riggers in the water • manoeuvrability - single side - alternate side - both sides together - forwards - backwards - spoons at different depths - leaving and returning safely to launching area - steering • emergency stops - single side - both sides - forwards - backwards - at speed Move the boat: - roll-ups - backing down and suspending the weight on the handles - stationary and suspending the weight on the handles - single strokes - linked strokes (1-10) - distance per stroke - fewest strokes over a fixed distance
1.2 identify the key coaching points of rowing skills.	

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

- hold the 1st4sport Level 2 Certificate in Coaching Rowing, or ARA Instructor Award or recognised equivalent

NSG for rowing tutors are responsible for the delivery of the NSG for Rowing Learning and Assessment Programme. In doing they are required to conduct of valid and reliable assessments.
Licensed rowing tutors must have attended the British Rowing qualification induction.

Assessor(s):

For this qualification, the minimum requirements stated in the centre handbook apply in addition to any further qualification specific requirements stated below.

- hold the 1st4sport Level 2 Certificate in Coaching Rowing, or ARA Instructor Award or recognised equivalent

NSG for rowing assessors are responsible for the delivery of the NSG for Rowing Learning and Assessment Programme. In doing they are required to conduct of valid and reliable assessments.
Licensed rowing tutors must have attended the British Rowing qualification induction.
Evidence: ongoing capability and competence.

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

- hold the 1st4sport Level 3 Certificate in Coaching Rowing (QCF), or ARA Bronze Coaching Award or recognised equivalent
- hold a recognised assessing qualification
- hold or be working towards completing a recognised Internal Quality Assurance qualification

NSG for rowing interval quality assurers are responsible for the conduct of valid and reliable internal quality assurance activities. They must have attended the British Rowing qualification induction.

Additional Qualification Requirements

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

The recognised centre is required to have equipment in place to facilitate the full programme of learning and assessment which must comply with accepted health and safety practice for rowing and must include:

- boats, vessels and equipment suitable for the water, location and environment
- safety equipment suitable for the water, location and environment

This qualification is regulated by Ofqual (603/1447/3) and QiW (C00/1304/1 - Regulated).

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